

# UNL Emeriti and Retirees Association

*"Your opportunity to explore new ideas,  
be engaged and stay connected to UNL"*

UNL Emeriti and Retirees Association Newsletter

Fall 2020

## COVID can't stop the UNL ERA

By Don Weeks, president

Thanks to the tireless efforts of Julie Johnson, Doug Jose, Charlyne Berens and several other Emeriti and Retirees Association members, you have before you the latest edition of the ERA newsletter. In these pages you will witness the fact that the COVID pandemic has not stopped our organization and members from engaging in a wide array of activities to benefit ourselves and our communities.

Our September ERA meeting featured Chancellor Green and his updates on how the campus and UNL students are faring in the midst of an ever changing COVID-driven environment. His upbeat report was welcome news. Chancellor Green also helped to present the ERA's Wisherd Awards for 2020. An article by Pat Crews elsewhere in this newsletter will name the winners of the awards this year and detail the outstanding services they have performed for our campus, local community, and, indeed, the global community.

Our president-elect, Kim Hachiya, has worked diligently to put together an outstanding list of speakers for our fall and early winter membership meetings – all of which will be conducted via Zoom. A list of speakers and the topics they will be addressing is provided later in the newsletter. If you would like to suggest speakers or topics, please contact me or Kim and provide us with a bit of background information so that we can present your nominations to the ERA board of directors for consideration.

Speaking of nominations, I was pleased to report at our September meeting that Pat Crews and Chuck Hibberd have agreed to stand for election as our president-elect and new board member, respectively. We thank them for their willingness to do so.

We are always looking for new and productive ways in which to serve our members, UNL and our community. If you have ideas for activities that you feel will enhance the goals and objectives of ERA, please let us know by contacting me ([dweeks1@unl.edu](mailto:dweeks1@unl.edu)) or any of the ERA board members, listed on our web site, <https://emeriti.unl.edu/>.

Enjoy our beautiful autumn season, and stay well.



Don Weeks, president

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## Chancellor offers update on campus life during the pandemic

By Kim Hachiya

Today's situation is unique, UNL Chancellor Ronnie Green told members of the UNL Emeriti and Retirees Association (ERA) on Sept. 24.

"None of us have ever lived through anything like this," he said, adding that while his parents grappled with the Great Depression and WWII, and his grandparents lived through the 1918 flu pandemic, the current pandemic offers different challenges.

Green connected with the UNL ERA members via Zoom at the group's first meeting of the new school year. After first "virtually" conferring Wisherd awards—see accompanying story—he talked about how COVID-19 is affecting the campus.

Green said he is proud of how UNL's faculty, students and staff have "stood up" to the challenge. Since April, he said, the goal was to have in-person classes in the fall, and all efforts focused on that goal, keeping safety as a top priority.

Green said faculty and staff put thought and effort into how to operate the campus with 6-foot distancing, face coverings, sanitation, air handling and other risk mitigation procedures. After careful analysis, some courses are being offered entirely online, some are entirely in-person, and some are a combination of both.

The academic calendar was adjusted so that first semester ends Nov. 25, the day before Thanksgiving. Second semester starts Jan. 24. Two three-week online inter-sessions have been scheduled with about 100 courses on offer.

The good news, Green said, is that enrollment held steady this fall, with only a 1 percent decline. Some had feared as much as 9 percent decline, especially due to the loss of international students. The incoming freshman class enrollment is similar to fall 2019; enrollment of under-represented minority students and first-generation students remains high.

Still, the university is working on how to meet a nearly 9 percent budget reduction, about \$38 million over three years. Cuts were determined by the colleges and units, and the Academic Planning Committee is beginning its review process.

The challenge, Green said, is how to make the necessary reductions without crippling the university's academic mission. He compared it to the last major cuts that occurred in 2003-2005, although the current cuts stem from loss of both state support and tuition revenues.

Green said student acceptance and compliance with safety measures has gone well with a few early glitches. Students have adapted to wearing face masks, making it a "non-issue," he said.

As of Sept. 24, there were 240 "active" COVID-19 cases on campus; approximately 800 people affiliated with UNL have tested positive since early August. There have been no cases of spread via classroom or academic activity. One employee died in July; his case was contracted via community spread.

Green said that "we are learning as we go, and we are learning a lot." Some spring courses may be adjusted to be more fully taught in-person (*continued on page 3*).



Green

**Chancellor Ronnie Green speaks via Zoom with the UNL ERA on Sept. 24.**

## Chancellor offers update on campus life during the pandemic *(continued from page 2)*

When he asks students how they are adapting, the range of responses is interesting, Green said. Upper division students, who have a “norm” to compare to, say they are adapting but working a lot harder than in the past. First-year students, for whom this is the only college experience they’ve known, seem to have adapted.

“The silver lining is that construction projects on the campuses have gone unimpeded,” Green said. The Nebraska East Union has been completely reimagined, and Green described it as “unrecognizable and phenomenal.” CY Thompson Library’s renovation is ahead of schedule, and the building will reopen in January 2021. Construction at the College of Engineering is on schedule. And Mabel Lee Hall demolition occurred over the summer; its replacement foundation is being laid.

Green said that among his biggest regrets was the inability to properly recognize and thank faculty who retired at the end of the 2020 spring term. He thanked the association for its interest in and support of UNL, noting there is a “wealth of knowledge and expertise” among the membership.

The association thanks Mike Zeleny, the chancellor’s chief of staff, for setting up and helping to conduct the webinar.

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## Three awards recognize service, continuing research

By Patricia Crews

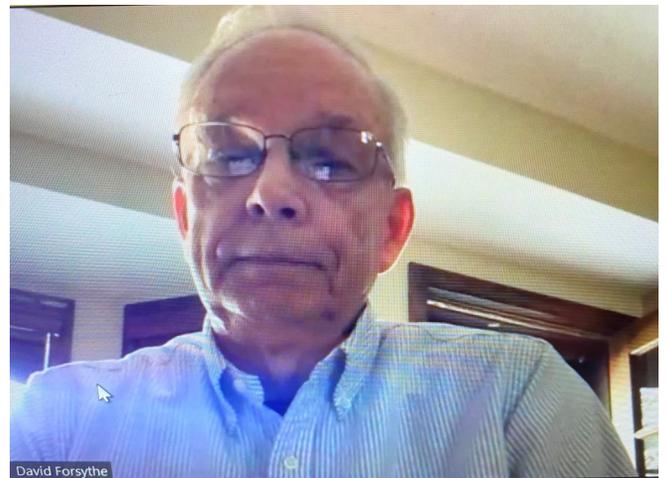
David Forsythe, Priscilla Grew and Dan Shattil are the 2020 recipients of the UNL Emeriti and Retirees Association’s annual Wisherd Awards, presented Sept. 24 during the association’s virtual meeting via Zoom.

**David Forsythe** was named the recipient of the **2020 Wisherd Award for Outstanding Community Service**.

Since retiring from UNL in 2010, Dave has been involved in a number of community activities that warrant recognition. First, David has been an officer and a member in the Nebraska Chapter of the United Nations Association, where he has been actively engaged in its monthly meetings and instrumental in recruiting speakers for those meetings and the organization’s annual meeting.

Dave has also been active in the Osher Lifelong Learning Institute (OLLI). He has taught in several courses over the past few years and has been an organizer of the annual OLLI fall symposium. For example, he helped plan last year’s symposium focused on women’s suffrage and the 19<sup>th</sup> Amendment and was instrumental in recruiting the keynote speaker Rhoda Howard-Hassmann, professor emeritus, from Wilfrid Laurier University, Waterloo, Ontario, Canada.

Finally, Dave is, and has been for several years, a member of the organizing committee for the Winter Lecture Series sponsored by the Unitarian Church. In 2020 he took the leadership role and developed a program on immigration in Central and South America (*continued on page 4*).



**David Forsythe is the recipient of the 2020 Outstanding Community Service Award.**

## Three awards recognize service, continuing research *(continued from page 3)*

The **2020 Wisherd Award for Outstanding Service to UNL** was presented to **Dr. Priscilla Grew**.

Priscilla retired in 2015 after 22 years of distinguished leadership as Vice Chancellor for Research, director of the University of Nebraska State Museum, and UNL's coordinator for the Native American Graves Protection and Repatriation Act (NAGPRA).

Since retirement, she has continued to serve as the UNL NAGPRA coordinator on a volunteer basis, spending time each week working with the museum's collections. Since 1993 the remains of more than 2,000 Native Americans have been repatriated, and she is currently working on a number of very complex cases.

Priscilla also has remained active in the University of Nebraska State Museum Friends organization, supporting the development of new exhibits like "Cherish Nebraska," which opened on the fourth floor in 2019.

Finally, Priscilla has been a longtime supporter of the arts at UNL, particularly the Lied Center for Performing Arts. When the Lied launched an initiative to bring the world's top dance companies to Lincoln, Priscilla set the pace by becoming the first member of the Dance Circle, a major donor support group.

In addition to these two Wisherd service awards, the Emeriti and Retirees Association Board approved a special, *one-time* award for **Kay Rockwell** in recognition of her **Outstanding International Humanitarian Service** to the global community.

After retiring from the Department of Agricultural Leadership, Education and Communication (ALEC), Kay volunteered in the Farmer-to-Farmer Program at USAID/USDA. Assignments took her to Uganda, Kenya, and Tanzania in Africa and to Paraguay, South America.

Kay also volunteered in Friendship Force International (FFI). Through FFI she helped establish new clubs in East Africa, including ones in Uganda and Kenya. Working with her new Friendship Force friends, she initiated partnership projects. For example, Kay raised money through efforts back home in Lincoln that supported building a K-14 public school near Kamuli, Uganda. She also organized and led a group of Friendship Force volunteers to Kenya a few years ago to help build a public library. She solicited book donations locally to help fill the shelves and finagled ways to get the books to Kenya in her own and others' checked luggage.

Over the past decade, Kay focused on humanitarian efforts near Kitui, Kenya, where she and a local resident developed a close friendship and started the Goats for Voo Project. They have provided four goats each to the neediest HIV orphans in the Voo area. Giving one billy goat and three ewes provided the wherewithal to establish a goat herd and give very needy families a sense of pride and dignity. To date, over 150 HIV orphans and their families have established herds of 15 or more goats, and the project has taken on a life of its own through a local service organization *(continued on page 5)*.



**Priscilla Grew is the recipient of the 2020 Outstanding Service to UNL Award.**



**Kay Rockwell received a special award for Outstanding International Humanitarian Service.**

## Three awards recognize service, continuing research *(continued from page 4)*

All three award recipients requested that their \$500 honoraria be given to the Emergency Aid to Students at UNL Program.

**Daniel Shattil** was awarded a **Wisherd Grant** in 2020 to help underwrite the costs of a permanent display to honor Daily Nebraskan Hall of Fame inductees.

Dan retired in 2019 after serving for 37 years as the Daily Nebraskan's first general manager. As the DN general manager, he oversaw transitions to computers and later to online media – from typewriters and paste-ups to desktop publishing to web pages to social media.

Dan's grant supports the creation of a permanent display in the Nebraska Union to honor past and future Daily Nebraskan employees named to the DN Hall of Fame. In 2019, the DN inducted its first class into the Hall of Fame with plans to select a class of winners annually. Recognizing the inductees in a permanent display will illustrate some of the university's history by highlighting how the Daily Nebraskan's reporting affected the campus and how its staff members influenced society after graduation. It will serve as a constant reminder of each inductee's dedication to the publication and the university. It also will share the inductees' stories and serve as a physical reminder to current staffers who are looking for inspiration in their daily work or a piece of Daily Nebraskan history.



The UNL Emeriti and Retirees Association (ERA) presents three types of awards annually – an Outstanding Community Service Award, an Outstanding Service to UNL Award, and annual grants for up to \$2,000 for Research, Scholarly and Creative Activity Awards.

All the awards are funded by the Maude E. Wisherd Fund at the University of Nebraska Foundation. **Maude Wisherd** worked as a librarian at the University of Nebraska for nearly 40 years from 1916 to 1955 and left her estate to the Foundation, 20 percent of which was designated to support a fund for the UNL Emeriti and Retirees Association.

The association's goals for the Wisherd awards is to focus attention on retirees' volunteer work, promote the UNL Emeriti and Retirees Association, and encourage other retirees to consider ways they might be of service to their community. The association contributes \$500 in honor of each recipient to a charitable organization of his or her choice.

The Wisherd Award for Outstanding Community Service considers service by those who share their time and talents with groups that have a positive impact on the community.

The Wisherd Award for Outstanding Service to UNL considers service to UNL-affiliated projects and organizations such as mentoring students; serving on advisory boards; advising student organizations; serving as ushers or docents; and serving affiliated support organizations such as the alumni association and friends groups.

Wisherd Grants for up to \$2,000 support members' research, scholarly, or creative activities.

## Alumni Association honors Pagel with Doc Elliott Award

Shelley Zaborowski, director of the Nebraska Alumni Association (NAA), presented the Doc Elliott Award at the recipient's home on September 23rd in Lincoln and again during the ERA September meeting via Zoom technology.

Each year, the Nebraska Alumni Association recognizes a retired faculty member who has exhibited a record of exemplary service, whose caring has made a difference in the lives of students and alumni and who has gone beyond traditional expectations. This award was established in 1986.

This year's recipient is Professor Emeritus Alfred "Bud" Pagel, whose career at the university has spanned 28 years in the College of Journalism and Mass Communications. He taught news courses at the college over the course of his career, holding the positions of Gannett professional lecturer (1982-87), department chairman (1990-95), associate professor of journalism (1988-97) and professor emeritus.

Pagel was the editor and publisher of the Neligh Leader from 1957-63 and held positions with the Norfolk Daily News, Miami Herald and Omaha World-Herald before joining UNL. He was inducted into the Omaha Press Club Hall of Fame in 2017 and the Nebraska Press Association Hall of Fame in 2006. He has also garnered numerous teaching and service honors over the course of his career.



**Shelley Zaborowski, executive director of the Nebraska Alumni Association (NAA), presents the Doc Elliott award during the ERA September Zoom meeting.**



**Shelley Zaborowski, executive director of NAA presents the 2020 Doc Elliott Award to Bud Pagel, emeritus journalism faculty, at his home in Lincoln. (Photos courtesy Nebraska Alumni Association)**



# UNL sees multiple construction projects during summer 2020

(This article was taken from Nebraska Today, the UNL online newsletter.

<https://news.unl.edu/newsrooms/today/article/mabel-lee-demo-marks-busy-summer-construction-season/>)

## Mabel Lee Hall

Mabel Lee Hall is one of a number of major campus construction projects in progress this summer. This \$46.5 million demolition and replacement project started early in the spring and will continue through summer 2022. A new building will replace the nearly 50 year old mixed used academic building with a modern facility that will allow the College of Education and Human Sciences to better connect its programs across City and East Campuses, while adding flexibility to meet future needs of students. The new 26,490 square-foot, four-story facility will feature a variety of classroom and office options and link directly to Teachers College Hall.



**An artist's rendering shows the replacement building for Mabel Lee Hall.**

Dedicated in 1968 as the Women's Physical Education Building, the facility was renamed Mabel Lee Hall in 1977 to honor Mabel Lee, who served as director of physical education for women at Nebraska from 1924 to 1952. According to Sherri Jones, dean of education and human sciences, "While Mabel Lee Hall will always hold special memories for the campus community, we're excited about future moments that will be created in the new space. The modern, new space will inspire collaboration while elevating our efforts to provide students with innovative and engaging ways to learn." The Mabel Lee project can be viewed in progress on line at <https://cehs.unl.edu/cehs/cehs-construction/>.

## Engineering upgrades

The first in a three-phase, \$160 million upgrade to engineering facilities has started with the demolition of the "Link," which featured office, classroom and lab spaces in a structure that linked Nebraska Hall to the Scott Engineering Center. The first phase is a \$75 million replacement for the Link and renovations to Scott Engineering Center. It is scheduled for completion in fall 2022.

<https://engineering.unl.edu/construction-central/>

## C.Y. Thompson Learning Commons

A \$22.5 million renovation of C.Y. Thompson Library, which is reconfiguring the entire building, will open in late fall 2020. The project includes a technology-laden and collaboration-friendly learning commons for students; redesigned study spaces; coffee/snack bar; a new home for the Engler Agribusiness Entrepreneurship Program; and an anchor point for the university's plans for Legacy Plaza, a greenspace in the core of East Campus <https://news.unl.edu/newsrooms/today/article/renovation-to-transform-cy-thompson-library/> (continued on page 8).



**The exterior facade of a renovated C.Y. Thompson will change to ground-to-roofline glass. This rendering shows how the building will link to Legacy Plaza. Plans for the plaza are being finalized by university leaders.**

## UNL has busy summer of construction *(continued from page 7)*

### East Union

How many of you have gone bowling in the East Campus Union? Soon, a new bowling area will be completed in the union. The two-year, \$28.5 million renovation of the East Union is on pace for completion this summer. It has included moving the East Campus dining center to the building's main floor; an expansion of the Great Plains Room; addition of a Starbucks; new and increased lounge areas and study spaces; and an upgrade to the bowling center. <https://unions.unl.edu/nebraska-east-union-renovation>



**Samuel Klein, a dining service associate, prepares fresh fettuccine alfredo for Erin Bauer (right) at the World's Fare station in the new East Campus Dining Facility. The renovated space is part of a larger project that will offer three dining options in the Nebraska East Union.**

### Husker Hub

Construction of the Husker Hub, a one-stop facility that offers integrated services (including scholarships and financial aid, registrar, bursar and student accounts) on the first floor of Canfield Administration Building was completed this summer. Husker Hub has been temporarily housed in Louise Pound Hall but will move into the new facility to offer services in the fall semester.

### Hamilton Hall Chemistry Labs

Hamilton Hall is undergoing the first in a three-phase project to modernize the nearly 50-year-old chemistry lab spaces on the third floor. Along with upgrading ventilation systems and infrastructure to improve safety, the work includes remodeling of the chemical storage room, restrooms and the chemistry department's glass shop. The reconfigured space was ready for fall semester. Additional chemistry labs on the third and fourth floors of Hamilton Hall are also scheduled for upgrades, with completion by summer 2022.

### Innovation Campus Hotel

Work has begun on a new \$23 million, 154 room, six-story hotel and three-story office building on Nebraska Innovation campus. The new hotel could open as soon as June 2021 under a Marriott Tribute Portfolio. The site is across from The Mill Coffee & Bistro on Innovation Campus, and the hotel is scheduled to include a full-service restaurant, coffee shop, gym, and other amenities. It will serve as a learning space for UNL students pursuing majors in hospitality, tourism, and restaurant management in the College of Education and Human Sciences.



**The Scarlet Hotel will be home to academic space managed by the University of Nebraska-Lincoln's College of Education and Human Sciences and will house the Hospitality, Restaurant and Tourism Management program.**

# OLLI to open more courses to ERA members

By Bob Michl, OLLI curriculum coordinator, and Rita Kean, ERA/OLLI liaison

ERA members' access to OLLI courses is about to get even better.

Thanks to the two groups' partnership, which began in 2006, ERA members have been able to enroll in one designated OLLI course each term, even if they are not OLLI members, simply by paying the course fee.

But beginning in 2021, all ERA members may enroll in any OLLI courses or events offered via Zoom during Term 3, late January through early March, and again during next fall's Term 1, late August through early October – simply by paying the fee for the courses or events. This does not include OLLI interest groups.

Don Weeks, ERA board president, said feedback from those who have taken OLLI courses in the past has been very positive. "The board hopes UNL ERA members will take advantage of this opportunity to take even more courses in the future," he said.

Each year, OLLI at UNL offers more than 240 courses and events over five six-week terms. Courses meet once a week for up to 90 minutes each and include up to six sessions, although many are made up of fewer sessions.

The Osher Lifelong Learning Institute at UNL is one of 124 such institutes across the United States and is the only OLLI in Nebraska. It offers non-credit courses for people age 50 and over. OLLI members are people from all educational, professional and social backgrounds who want to stay intellectually active and engaged. In fact, OLLI's motto is "Curiosity never retires."

The member-driven organization is served by a small staff and scores of volunteers. Nine topical curriculum subcommittees develop and organize courses for each term in the arts, contemporary issues, diversity, health and wellness, history, language and literature, lifestyles, religion, and science.

Course instructors, many of whom are current or retired UNL faculty, are experts in their field who volunteer their time to share their experience and expertise.

If you are interested in teaching an OLLI course or would just like to explore the possibility, please contact Bob Michl, OLLI curriculum coordinator, at [bob.michl@unl.edu](mailto:bob.michl@unl.edu) or 402-472-6206. A course catalog and instructions for registration can be found at [www.oli.unl.edu](http://www.oli.unl.edu).



## Dr. Robert Oberst leads discussion about India

"Contemporary India" was the topic when the International Affairs Discussion Group met Wednesday, Oct. 7. Dr. Robert Oberst, recently retired professor of political science at Nebraska Wesleyan University, led the discussion. Oberst specialized in international relations and the politics of South Asia and traveled to India several times to conduct research. He spoke to the Winter Lecture Series in Lincoln a few years ago.

The remaining International Affairs Discussion Group sessions are as follows:

- |            |   |
|------------|---|
| November 4 | Fred Choobineh, Industrial and Management Systems Engineering , guest speaker<br>"Iran since the 1979 Revolution" |
| December 2 | "U.S. Foreign Policy in the Next Administration"  |

All sessions are now on Zoom. You do not need to pre-register or pay a fee. You can join by clicking on the following link:

Link: <https://unl.zoom.us/j/95275055762>

Meeting ID: 952 7505 5762.

# Tired of cooking during COVID-19 times? Here are 9 quick no-recipe-needed ideas to stay motivated and eat well!

by Alice Henneman — Check my blog at [alicehenneman.com](http://alicehenneman.com) for more tips about cooking during the pandemic.

## Pesto Possibilities



Use pesto for a tasty salad dressing or pasta sauce. Add shortly before serving. Include protein sources such as beans, meat and cheese to make a quick main dish salad.

## Easy Avocado Toast



A regular avocado is the perfect size for 2 servings (2 slices of toast/serving), and a “mini” avocado for 1 serving. Toast bread, spread with mashed avocado and top with scrambled eggs. Add a very light sprinkle of crushed red pepper if desired. Need a quick side dish — add a handful of cherry or grape tomatoes. **TIP:** When regular tomatoes are no longer in season, these small tomatoes offer the most concentrated “tomato-y” flavor.

## Berry Good Smoothie



Per smoothie, add to a blender 1/2 cup of each of the following (in this order): Milk or juice, yogurt (any flavor) and frozen berries (i. e. raspberries or blueberries). Blend until smooth; add more milk if you want a thinner smoothie or more frozen fruit for a thicker smoothie. If desired, sweeten with about a teaspoon of honey.

## An EGG-cellent idea



Need a quick lunch or dinner — scramble some eggs! Serve on whole grain toast. For added nutrition and eye-appeal, offer a side of sliced kiwi fruit. **Possible “add-ins” include:** Chopped herbs, shredded cheese, cooked mushrooms, chopped tomatoes. Eggs maintain good quality in your fridge for 2 to 3 weeks beyond the “sell by” date .

## Grilled Cheese Sandwich, Please!



Use a pastry brush to coat the outside of whole grain bread with extra virgin olive oil. Slip in some cheese slices and brown in a skillet on medium heat. **Possible “add-ins” include:** Tomato slices, thinly sliced jalapeno pepper, a little bit of spinach, a thin layer of fig jam or pepper jelly and sliced red pepper. The fruit side salad has a flavored yogurt dressing.

## Have It Your Way Parfait



Layer yogurt, low-fat granola and fresh, frozen or canned fruit in whatever proportions you like. Top with nuts if desired. Depending on the amounts used, this item can be used for a light meal.

## Nuked Nachos



Serve nachos as a main dish. Layer tortilla chips, beans or meat, and shredded cheese on a microwave-safe plate. (You also might add sliced olives and chopped fresh tomatoes.) Microwave on high until cheese is melted. Top with salsa.

## Roasted Brussels Sprouts



Use 3/4 - 1 cup of Brussels Sprouts per person. Set oven to 425 F. Wash and trim off any brown areas at ends; remove discolored leaves. Cut in half vertically; place in a bowl and mix in about 1 teaspoon extra virgin olive oil per serving. Place cut side down and so they’re not touching on a rimmed baking sheet. Roast for 20 minutes or until browned ... no need to turn. Season with salt and pepper. **TIP:** Line baking sheet with parchment paper for easy cleanup.

## Berry Good Overnight Oatmeal



Add 1/2 cup of each of the following (in this order) to a large glass or cup: Oatmeal (old-fashioned or quick-cooking); milk, yogurt (any flavor); and fresh or frozen berries. Refrigerate overnight. Sweeten with a teaspoon of honey<sup>10</sup> if desired.

## Managing the required minimum distribution from your IRA in 2020

By Doug Jose

So many things have changed since the coronavirus struck the U.S. last winter. One of those has to do with the options available to manage the required minimum distribution from your IRA in 2020. Here are highlights from Fidelity Investments, Edward Jones and IRS.

Current regulations say that if you hold a 401(k) or 403(b) plan or an IRA, you must take out your first required minimum distribution by April 1 of the year after you turn 70.5 (for individuals who attained this age in 2019 or prior) or age 72, beginning in 2020. For all subsequent years, you must take the money out of your accounts by Dec. 31 of each year. An account owner can withdraw more than the minimum in any given year but taking more than the minimum in one year cannot be credited to required minimum distributions (RMDs) in subsequent years.

The Coronavirus Aid, Relief, and Economic Security (CARES) Act was signed into law in March 2020. It included a measure to help those who may have lost money due to market volatility this year by making it possible for them to potentially recoup some of the market losses when the economy improves.

The CARES Act enabled any taxpayer with an RMD due in 2020 from a defined-contribution retirement plan to skip some or all those RMDs this year. This includes anyone who turned 70.5 in 2019. In addition, an IRA owner or the beneficiary who had already received a distribution from an IRA in 2020 had the opportunity to repay the distribution to the IRA, but this had to be done by Aug. 31.

Remember, an RMD for 2020 is based on the value of your IRA account on Dec.31, 2019, not on the balance in that account when the money is withdrawn.

Some considerations:

If you have planned to use your RMDs for regular living expenses each year, you may not wish to disrupt your budgeting by forgoing this year's RMD.

If you expect your tax bracket to be higher in the future, you may wish to continue to take all or part of your distribution this year.

Giving RMDs directly to a charity and thereby avoiding adding them to your taxable income is always a consideration.

To learn more, go to [fidelity.com](https://www.fidelity.com), [edwardjones.com](https://www.edwardjones.com) and [irs.gov](https://www.irs.gov)

## Cybersecurity tips for shopping online

- Never select "remember my password."
- Do not check the box to save your credit card information.
- Log out of sites before you leave them. Closing a browser is not the same as logging out.
- Look for <https://> in the web address. The "s" indicates that the site is secure.

Edward Jones [Perspective](#), October 2020

## Life after retirement — What are they doing now?



### Member Profile — Pat Crews

I retired the summer of 2015 and have not regretted the decision for a moment. I thoroughly enjoy the freedom to wake up without an alarm clock and to live each day at a more relaxed pace.

David and I love to travel, to experience the art, architecture, culture, and foods of the world. In 2019, we spent the month of February in Australia and New Zealand. We knew little of the history or geography of either country and relished learning more about them and experiencing firsthand the Outback, rain forests, and Great Barrier Reef of Australia as well as the fiords, sheep farms, and Maori culture of New Zealand. We traveled to Peru in July of 2019 and marveled at the engineering and architectural feats of the Inca. We had several international trips planned for 2020, but alas, the pandemic intervened, and we had to postpone them.

I still have family in Virginia, so we return to the Shenandoah Valley and Blue Ridge Mountains almost every year to visit. I also like digging into my family's genealogy and history. I joined the Lincoln-Lancaster

Genealogical Society and attend many of its informative Sunday afternoon seminars. My research led to several interesting discoveries: 1) all of my ancestors arrived in North America prior to the American Revolution and 2) some of them likely arrived as indentured servants as did approximately half of the white immigrants to the colonies.

I surprised myself and agreed to take a bridge class at a friend's urging and discovered what a great game it is. I now play bridge about once a week (online currently) with several persons with whom I took my first bridge class.

I enjoy attending concerts and plays at the Lied Center and taking OLLI classes. And, of course, I continue to enjoy attending exhibition openings and talks at the International Quilt Museum.

Finally, I love reading and taking daily walks in our neighborhood and the parks of Lincoln. Our son and grandchildren live in Lincoln and frequently drop by for a visit and a snack or a meal. We feel fortunate to be able to see them so often and to be a part of their lives.

Becoming more engaged in my local community was one of my goals in retirement, so I joined Rotary. I have learned more about what is going on in Lincoln from the weekly speakers representing local businesses and non-profits than I knew before in my 30-plus years as a resident. It has been rewarding to support Rotary's service and humanitarian efforts locally and worldwide.

Staying in touch with colleagues and getting better acquainted with others has been a great benefit of involvement in the Emeriti and Retirees Association. My days are full, but I have been intentional about keeping them from becoming hectic.

My advice: Capitalize on the time and opportunity to try new activities!

## Life after retirement — What are they doing now?



### Member profile — David Forsythe

When I retired in 2010 after almost 40 years at UNL, I volunteered with several Lincoln organizations before settling into my current pattern of activities, which turn out to be related to my professional interest in International Relations. I now help organize Global Perspectives: The Winter Lecture Series, which is a series of public lectures at the local Unitarian Church — with follow-on symposia as well. I also help organize a discussion group on international affairs sponsored by the ERA and OLLI.

While retired from regular teaching, I continue to publish and lecture on various international subjects. My main research interest is the policy making and diplomacy of the International Committee of the Red Cross, the first Red Cross agency dating from 1863. It has special expertise in trying to protect prisoners such as POWs but is not limited to that subject.

That research sometimes takes me to Geneva, Switzerland, where the ICRC is based. Naturally, there are side trips to the Alps with my wife. I have also recently lectured in South America. I made a side trip to the Amazon River basin and did a trip to an indigenous village—where I missed my target when trying a dart blowgun. I went swimming in a

lake with piranhas, but they have the good sense not to attack something as big as humans.

Before the virus hit we did a wonderful camera safari trip to South Africa. We made a side trip to Cape Town and Robben Island where Nelson Mandela was a prisoner under the apartheid regime. When the pandemic is under better control, we hope to resume travels.

In the United States, when not gardening I like to hike in the Rockies and fish in Florida where my daughter lives in the Tampa Bay area. Outside activities have always played a big part in my life, and while tennis now requires too much of my aging body, I find golf fascinating even if I did not start playing early enough to be very good. It is a nice break from computer work, especially since I don't take it seriously.

Covid-19 has eliminated not only travel but also dining inside in restaurants and going to concerts and movie theatres. But I have my research and writing projects, without which I would probably go nuts in this day and age. With or without the pandemic, I think retirees need projects. The first couple of years without grading are great, but then one needs projects.

## Meeting Schedule

Because of COVID-19 precautions, all general membership meetings will be conducted via Zoom webinar. You will receive links to the webinar a few days before each meeting. If you have changed your email address in the past few months, please send your new email address to [astark@inebraska.com](mailto:astark@inebraska.com).

### Fall 2020 schedule.

- Tuesday, Oct. 20, 12 Noon:** Ryan Sothan, Consumer Protection and Anti-trust Division, Nebraska Attorney General's office: recognizing and avoiding computer and other scams.
- Thursday, Nov. 19, 11:30 AM:** Dona-Gene Barton, associate professor of political science: follow-up to the Nov. 3 Elections.
- Wednesday, Dec. 9, 11:30 AM:** Megan Elliott, director, Johnny Carson School of Emerging Media: exploring UNL's newest school.

All coffee house chats, social activities, and tours have been suspended until it is safe to gather in person. We look forward to seeing you when these resume.



Coffee House Chats



Social Activities



Tours

## Quotable Quotes

*The odds of going to the store for a loaf of bread and coming out with only a loaf of bread are three billion to one.*

Erma Bombeck, American humorist (1927—1996)

*To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.*

Ralph Waldo Emerson - Poet (1803 - 1882)

*Be kind, for everyone you meet is fighting a hard battle.*

Plato - Philosopher (427 - 347 BC)

## Invite a former colleague to join our association

Do you know others who have officially retired from UNL, are 55 years old and have at least 10 years of service?

Invite them to join.

They can go to <http://www.emeriti.unl.edu> and click on “Become a Member” to complete the online application.

**Do it today!**

## 2020 Officers/Board of Directors

Don Weeks, president  
Kim Hachiya, vice president  
Jeff Keown, past president  
Dora Dill, secretary  
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Jane Zatechka, social events committee  
Rita Weeks, social events committee  
Jim Griesen, bylaws and policies committee  
Julie Johnson, publications, bylaws and policies committees  
Doug Jose, publications committee  
Charlyne Berens, publications committee  
Rita Kean, OLLI liaison

For information on the UNL Emeriti and Retirees Association, go to: <http://emeriti.unl.edu>

**Do you have ideas for stories or advice that would make the newsletter better?**

Please contact a member of the Publications Committee:

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