



INSIDE THIS ISSUE

- Message from the ERA President, Vicki Highstreet p. 02
- Welcome new Emeriti and Retirees Association Members p. 03
- Recipe p. 04
- Volunteer Service p. 05
- Funding Opportunity for ERA Members p. 06
- Wake Up Your Well-being p. 07
- Programming Recaps p. 08
- Celebration of Life p. 09
- Memory Moments p. 10



New Additions to the Newsletter

This edition of the ERA Newsletter features a beloved recipe along with a highlight of our members' volunteer experiences.

Welcome new Emeriti and Retirees Association Members



Nominations for Wished Awards

Nominate ERA members for the three Wished Awards: Community Services, Service to UNL and National/International Humanitarian Service.

GAIN SELF-AWARENESS, FORGIVENESS AND COMPASSION: ENNEAGRAM ASSESSMENT

BY VICKI HIGHSTREET, ERA PRESIDENT



Wondering how many of you have heard of or have taken the Enneagram assessment. It's a map of personal growth that identifies the nine basic ways of relating to and perceiving the world. It accurately describes why you think, feel, and behave in ways based upon your Core Motivations. Understanding the Enneagram will give you more self-awareness, forgiveness, and compassion for yourself and others.

Having had the opportunity to work through this assessment encourages me to “guess” what the types are of friends and colleagues in ERA. How does your type affect how you respond to the new and different ideas we are putting forward? How might your type indicate your interest in committee work?

The following are the nine types and a short description of the core desires for each. Do you see yourself in these short descriptions? You can take the assessment **FREE**, click [here](#).

Type 1: Moral Perfectionist – Having integrity; being good, balanced, accurate, virtuous, and right.

Type 2: Supportive Advisor – Being appreciated, loved, and wanted

Type 3: Successful Achiever – Having high status and respect; being admired, successful, and valuable.

Type 4: Romantic Individualist – Being unique, special, and authentic.

Type 5: Investigative Thinker – Being capable and competent.

Type 6: Loyal Guardian – Having security, guidance, and support.

Type 7: Entertaining Optimist – Being happy, fully satisfied, and content.

Type 8: Protective Challenger – Protecting yourself and those in your inner circle.

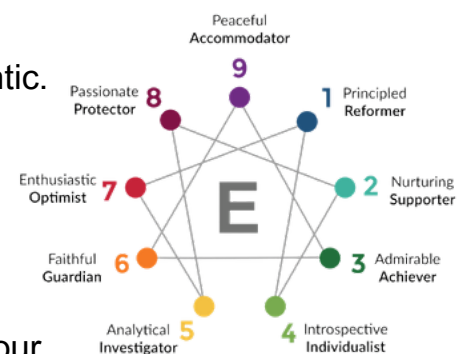
Type 9: Peaceful Mediator – Having inner stability and peace of mind.

Can you guess what my type is? There are also two lines of impact that impact the way I process and deal with the strain that I might experience. I hope you'll experiment with this type of assessment, continuing your self-learning journey. Makes great discussions!

(Vicki = Type 2, Connecting types 4 & 8)

Vicki Highstreet

ERA 2026 President



WELCOME NEW ERA MEMBERS!

BY DON WEEKS, ERA MEMBERSHIP CHAIR

Welcome to the 43 new ERA members who joined from February 1, 2026- April 1, 2026. If you joined during that time period but do not see your name, please contact me at dweeks1@unl.edu so that we can include you in the next newsletter.

Kurtis Anderson, Maintenance
Bryan E. Areman, Finance and Personnel
Keith Wayne Bacon, Husker Energy and Power
Ricardo S Barrera, College of Business
Robert D. Beckstrom, Organizational Development
Marlene K. Beyke, Student Life
Thomas Borstelmann, History
Robert A. Bourg, U. S. Meat Animal Research Center
Mary M. Brenning, Dining Services
Margaret J. Brown, University Libraries
Desa Cakic, Custodial Services
Vicki L. Capazo, Athletics
Robert James Crisler, Information Technology Services
Thomas K. Danaher, Business Center
Cindy L. DeRyke, Educational Administration
Sheryl L. Gartner, Business and Finance
John E. Gilley, Biological Systems Engineering
Michael R. Grove, Housing Facilities
Scott L. Guthrie, Athletics
Edmund T. Hamann, Teaching, Learning and Teacher Education
Shellie J. Hanneman, School of Natural Resources
Cynthia L. Harris, College of Law
Allan K. Henrichs, Information Technology Services
Carol M. Johnson, Print and Mail Services
Daniel L. Kenny, Information Technology Services
Gary Edward Kimminau, Information Technology Services
Susan O. Lackey, School of Natural Resources
Lorita J. Lang, School of Computing
Jeannine M. Leger, College of Engineering
Lee Manns, Buffett Early Childhood Institute
Peter G. McCornick, Biological Systems Engineering
Michael C. McKain, Athletics
Marla J. Nissen, University Registrar
Dean L. Oberg, Husker Energy and Power
Leslie B. Reed, University Communications

Patricia A. Saldana-Neumann, College of Education and Human Sciences
Kim S. Scerini, Dining Services
Kathryn L. Schindler, Glenn Korff School of Music
Karl H. Schlitt, Informational Technology Services
Juresic Snezana, Custodial Services
Scott F. Stoltenberg, Psychology
Karen C. Williamson Conway, Athletics
You Zhou, Biological Sciences



INTRODUCING NEW ADDITIONS TO THE ERA NEWSLETTER...RECIPES

Thanks to the newly formed **ERA Publications Committee**—comprised of Mary Garbacz, Deb Pearson, Pat Tetreault, Rita Weeks and Connie Boehm, chair—our ERA newsletters will now include exciting new features. Expect to see delicious recipes and spotlight stories highlighting how our members are making a positive impact in their communities.

Pesto Salmon

shared by Linda Schwartzkopf

This Mayo Clinic Pesto Salmon recipe has become one of my go-to company dinners. It's easy, healthy, and always feels a bit special without requiring much time or effort — the kind of dish everyone seems to enjoy. Best of all, it lets you spend time with your guests instead of spending it in the kitchen.

Ingredients:

4 – 3 oz Salmon Fillets
4 Tablespoons Low Sodium Pesto
Ground Pepper



Method:

Preheat oven to 425°F. Lay the salmon, skin side down, in an oven-safe baking dish. Spread the pesto over the top and season with pepper. Bake in the oven for 12 to 15 minutes until cooked to your liking.

Makes 4 servings.

Nutrition Facts per serving: Calories 222 Total Fat 15.5 g - Saturated Fat 3.2 g Cholesterol 48 mg Sodium 90 mg Total Carbohydrate 0.5 g - Dietary Fiber 0.3 g - Total Sugars 0.1 g -- Added Sugars 0 g Protein 18 g

**INTRODUCING NEW ADDITIONS TO THE
ERA NEWSLETTER...
ERA MEMBERS MAKING POSITIVE IMPACTS!**



**VOLUNTEER OPPORTUNITY: SHEPHERD'S REST GOAT AND SHEEP
RESCUE BY DEB PEARSON**

When I retired, I knew I wanted to scale up my involvement with animal rescue. I volunteer a few hours a week at The Cat House, am a board member with Nebraska No Kill Canine Rescue, feed the Husker Cats on UNL's city campus, and occasionally assist at microchip clinics through a local Trap, Neuter, Release (TNR) non-profit.

However, as a child, my favorite pet was a goat named Dupree Brown aka Dupey. Imagine my delight when I found out there is a sheep and goat rescue in Pickerell, Shepherd's Rest Goat and Sheep Rescue! Shepherd's Rest is one of only three rescues in the country that specializes in goat and sheep rescue. A recent visit convinced me that Shepherd's Rest will be my next volunteer experience.

The rescue has 114 goats and a few sheep, a llama and requisite farm cats and dogs, as well as a "house goat" named Dobey. Volunteer opportunities include taking care of the animals' basic needs, i.e. feeding and cleaning, and they can always use help with goat yoga in the Spring and Summer and to take a few goats to senior living facilities, and recently, to Love Library! Jen, the owner, also welcomes people coming out to socialize with the goats (the llama is kind of a loner, she said). Jen is also trying to increase her marketing and social media presence, so if anyone has some interest in that, she would love to talk to you!

So, if you were a farm kid, like me, or would just like to feel like a kid by being around goats, please take a look at their website or Facebook/Instagram pages.



NOMINATIONS FOR WISHERD AWARDS

BY MARJORIE KOSTELNIK

IT'S TIME TO START THINKING ABOUT WISHERD AWARD NOMINEES FOR 2026

Every year, ALL members of the UNL Emeriti and Retirees Association as well as any UNL administrator **may nominate members of the Association** for one of the following three awards:

1. **The Wisherd Award for Outstanding Community Service**
2. **The Wisherd Award for Outstanding Service to UNL**
3. **The Wisherd Award for Outstanding National/International Humanitarian Service**

Eligibility and Criteria for each SERVICE award are as follows:

- Nominee must have been retired from the University for at least two years.
- Only volunteer service since retirement shall be considered.
- To be considered volunteer service, there must be no compensation.

Further information about the Wisherd Service Awards application process can be found on the UNLERA website.

The **DEADLINE** for submitting service award nominations is **May 15**. Submit your nomination to:

Marjorie Kostelnik (mkostelnik@unl.edu)
Awards Committee Chair
UNL Emeriti and Retirees Association

Members of the UNL Emeriti Awards Committee for 2026-2027 are listed here. Feel free to contact any committee member for further information if you wish.

Robert Diffendal rfd@unl.edu

Patricia Crews pcrews1@unl.edu

Rita Kean rkean@unl.edu

Jake Kirkland jkirkland1@unl.edu

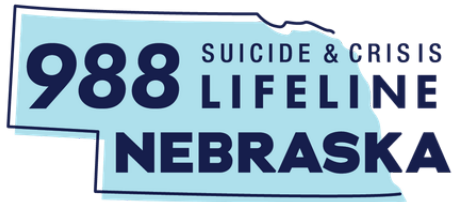
Marjorie Kostelnik mkostelnik@unl.edu



WAKE UP YOUR WELL-BEING

Resources provided by Connie Boehm, Publications Chair

Wake Up to Well-being offers a mix of helpful resources. Click the image to explore everything.



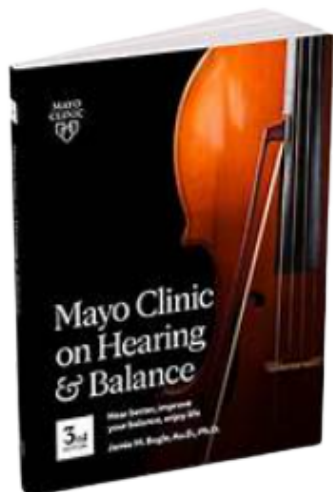
LIVE & LEARN



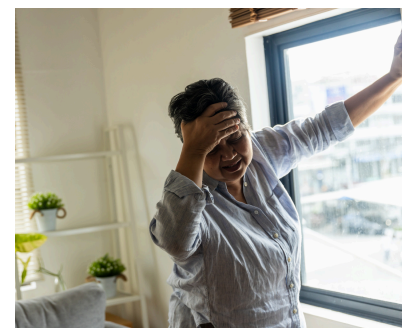
[LISTEN TO THE LIVE AND LEARN SEGMENT ON SUICIDE PREVENTION EFFORTS AMONG THE OLDER POPULATION.](#)



40+ Senior Discounts That Can Help You Save Money Right Now
Between inflation and federal benefit cuts, every dollar matters. We've rounded up 40+ senior discounts—from restaurants and travel to retail and phone plans—to help you save where it counts. Many of these deals aren't advertised, so don't miss yo...
[mca.org](https://www.mca.org)



Vertigo shows up for a lot of us, even if we don't often mention it. I've experienced it myself, and this book offered real comfort. Tap the image on the right to read more.



PROGRAMMING RECAPS

Please go to the ERA website for [video recordings](#) of the Educational Programs

EDUCATIONAL LUNCHEONS



March 19, Back Yard Farmer Panel

Speaker: Kim Todd

Members were able to ask questions about bugs, plants, grass and more.



April 14, IANR Update on the Power of Partnerships

Speaker: Tiffany Heng-Moss

Members enjoyed an engaging conversation with the Vice Chancellor of the Institute of Agriculture and Natural Resources.



TOURS

February 13, 2026

Host: Ajai Ammachathram, Associate Professor, Nutrition and Health Sciences and staff, Scarlet Hotel and Hospitality Management Program explained the vision for the Scarlet Hotel.



March 24, 2026

Topic: Green House: Innovation in Plant Growth
Mike Boehm, Professor of Plant Pathology and the greenhouse team led us through the greenhouse and explained innovative projects.





CELEBRATING LARRY DLUGOSH



The Celebration of Life service for Larry Dlugosh was April 24, 2026, at Saint Paul United Methodist Church in Lincoln, Nebraska. Larry was a wonderful friend to everyone and as the Past President of the UNL Emeriti and Retirees Association (ERA). We were all blessed with his incredible leadership and the joy, care, quick sense of humor and so much more that he brought to each one of us. Jed Linder, Saint Paul Pastor, beautifully captured Larry in his Message of Grace and in true, only Larry style, a musical piece Larry selected was “You Can’t Always Get What You Want” by The Rolling Stones, masterfully performed by Saint Paul’s Music Director, Dr. Mary Young and soloist Shane Daughtrey. **Written by Pam Edwards**

.Always the educator, Larry included the following words to guide us in his Celebration of Life program.

Lessons Learned
by Larry Dlugosh

Many lessons are learned throughout a person’s lifespan – there seems to be an unlimited supply of lessons waiting to be learned!

First, never underestimate the power of a smile and a kind word. In some cases, the one who speaks the kind word or sends the smile may never have knowledge of the benefit to the recipient – but send them anyway!

Next, build your reputation on trust and honesty. What you say may be important, but what you do tells the real story. One of my favorite books is *Fierce Conversations* by Susan Scott. It is about the notion that our lives succeed or fail one conversation at a time. Be intentional about the words you use in every conversation because the life of the receiver may be changed positively or negatively because of what you say and how you say it. The ‘doing’ part of reputation building is the canvas upon which your life story is painted, one good deed or bad deed at a time. Be certain your good deeds are far more numerous than your bad deeds.

Read. Read all you can to satisfy your curiosity.

Travel. The world is not all that big and it is important to leave the comfort of your surroundings and experience other cultures. People are pretty much the same all over the world. They want to be safe, to have an adequate source of food, to take care of their families, and to experience joy. Janee and I started traveling around 1990. That trip helped us understand that the United States is young: the rest of the world has history and traditions of which we were unaware. Now, 35 years later, we have been on all seven continents and more than 40 countries. We have loved every minute of the mind-broadening experiences of travel!

Be generous. There are students who need scholarships, people who need food, areas that need to recover from disasters, and charities that provide hope to people. Give a little or a lot when you can. I think the people of America are among the most generous people in the world.

Ask more questions. When I was a young student, I was afraid to ask questions because I did not want to reveal my lack of understanding. Big mistake! Ask as many questions as it takes to gain clarity.

Thank you Larry for being our friend – We miss you



The UNL Emeriti and Retirees Association Board mindfully watches obituaries and posts information on the website regarding deceased emeriti and retirees who are honored with a moment of silence at meetings. The following names were announced since February 1, 2026. According to board policy, a \$500 contribution will be made each year to the UNL Emeriti and Retirees Scholarship fund in honor of the ERA members who have died that year.

Carol Borgialli, widow of Orval Borgialli, Athletics
 Carol Larue Brown, College of Business
 Barbara Ann Brunken, Clerk Typist
 Ruth Diedrichson, Animal Science
 Richard Dienstbier, Psychology
 Larry Dlugosh, College of Education and Human Sciences
 R. Wayne Drummond, dean emeritus, Architecture
 Bradley Gengenbach, spouse of Christine Gengenbach, Institute of Agriculture and Natural Resources
 William Baker Gibbon, Modern Languages and Literature
 Willa Grange, wife of Bill Grange, Johnny Carson School of Theater and Design
 Joan Leitzel, Academic Affairs
 Patrick McBride, Admissions
 Aaron McClusky, University Libraries
 Donnie Dean Miller, Nebraska Extension
 Vickee Loree Millard, NU Foundation
 Jack Nebelsick, Nebraska Extension

Lynn Marie Niemann, Institute of Agriculture and Natural Resources
 Irvin Omtvedt, Institute of Agriculture and Natural Resources
 Jim Potter, Architecture
 William Powers, Agronomy and Horticulture
 Clarice Ramsey, Teachers College
 Reshell Ray, Student Life
 Marvin Rhodes, Veterinary Science
 Randy Sue Reinhart, Athletics
 Paul Royster, University Libraries
 Tom Simons, University Communications
 Joan Sivers, College of Dentistry
 Tom Shores, Mathematics
 Fayrene Hamouz, College of Education and Human Sciences
 Nancy Sorensen, Division of Continuing Studies
 James Specht, Agronomy and Horticulture
 Sheila Stewart, Business and Finance
 Fred Wagner, Biochemistry
 Darrell Dean Wheaton, Nebraska Public Media