

# UNL Emeriti and Retirees Association **N**

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

This newsletter is archived at [emeriti-retirees@unl.edu](mailto:emeriti-retirees@unl.edu)

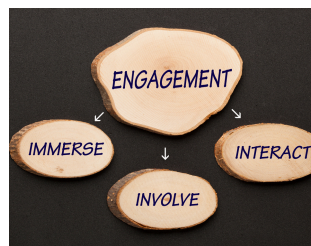
NOVEMBER 2024



## INSIDE THIS ISSUE

- Message from the ERA President, Larry Dlugosh p. 02
- Welcome new Emeriti and Retirees Association Members p. 03
- Congratulations to ERA Members p. 04
- ERA Members Giving Back in the Community p. 06
- Campus and Community Engagement p. 10
- Give to the ERA Scholarship fund p. 11
- Wake Up to Well-being p. 12
- Book Review p. 14
- A Look Ahead at Programming p. 15
- Reflections of Past Programming p. 16
- Memory Moments p. 17

**Welcome new Emeriti  
and Retirees  
Association Members**



### ERA MEMBERS GIVING BACK

ERA members share their engagement in the community. Learn about their awesome experiences as they give back to others!

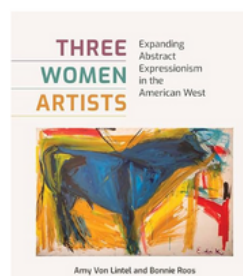


### Wake Up to Environmental Well-being

The key to sustainable well-being includes flexible and positive thinking, making small changes, and building outward connections with other people and the natural environment.

### Book Review

This book chronicles the work of three artists, Elaine de Kooning (oils), Louise Nevelson (wood), and Jeanne Reynal (ceramic tiles). One of these artists has a cool connection to Nebraska.





# 2024: AN OUTSTANDING YEAR FOR THE ERA!

BY LARRY DLUGOSH, ERA PRESIDENT

One of Janee and my favorite movies is 'A Good Year,' a 2006 film in which Russell Crowe inherits his uncle's vineyard in Provence. It is a fun movie and the scenery is beautiful. 2024 has been a good year for the UNL ERA and our scenery is great as we look forward.



Thanks to the leadership of Don Weeks the membership in 2024 is at an all-time high with over 700 members. It will peak again in January and June when additional members will be ushered in. As a point of reference, in 2021 the ERA listed 500 members.

- In October of 2024 the Board of Directors approved two ad hoc committees; (1) The 2028 Big Ten Retirement Association Conference Committee (UNL will be the host of the 2028 event) and (2) The Sponsorship Committee (to identify and attract paid sponsorships for the ERA)
- Strategic Planning: The five strategic goals of the association have focused the attention of the Board of Directors in a way that has and will continue to move the association forward. The five goals are:



1. The ERA will cultivate a culture of inclusivity and diversity where individuals of all identities feel a sense of belonging. (Linda Major, Tom McFarland, Jake Kirkland, Nancy Meyers, and Roshan Pajnigar) Objectives are identified and in progress as of September 2024.
2. Implement an electronic dues and registration payment system. (Earl Hawkey, Alfred Stark, Kim Hachiya, Don Weeks and Larry Dlugosh) System will be initiated by the new year.
3. By the Spring of 2027, increase the amount of money in the scholarship fund to \$90,000. (Patricia Crews, Marjorie Kostelnik, Jim Griesen, Earl Hawkey)
4. Distinguish a 'brand' for ERA that will assist in promotion of the organization (Nancy Mitchell, Rita Kean, Kim Hachiya, Pam Edwards, Phyllis Larson). In Progress
5. Partner and connect with pre-retirees and early retirees (Vicki Highstreet, Rita Kean, Roshan Pajnigar) Objectives in place and proceeding with organizational and partner identification

- In December of 2024 the Board of Directors will convene for the second annual strategic planning session. Thanks to everyone whose attention and excellent ideas made this process a success.
- The number of members attending the 2024 membership luncheons have continued to increase. Including the October reservations, approximately 458 members (duplicated count) will have attended the luncheons so far this year and with two more luncheons on the docket the ERA will likely observe a new record for attendance. Thanks Program Committee and members who are actively engaged.
- Attendance at educational programs and ERA Coffees has also increased in 2024 thanks to The Educational Activities and Social Events Committees.
- Once again the ERA signed a memorandum of Understanding with OLLI to provide discounts for ERA members who wish to join OLLI.
- The **ERA Newsletter** is now being published four times per year so members can keep informed of activities, events, and programming. Thanks to Connie Boehm and her team!

It has been rewarding to be able to interact with colleagues at each of the ERA events and we plan to continue to make it easier for members to engage with the association each year. With the adoption of the on-line dues renewal program it will be easier for members to continue their membership.

On a personal note, I have enjoyed my time as ERA President and value the opportunities to meet so many of you. Thank you for the opportunity to serve. In December, the gavel will be passed to Pam Edwards who has done a remarkable job as Vice-president and will continue to provide leadership for the ERA. The officers of the association believe strongly that the ERA provides you an opportunity to explore new ideas, be engaged with colleagues, and stay connected to UNL. Thank you for your support!

# WELCOME NEW ERA MEMBERS!

BY DON WEEKS, ERA MEMBERSHIP CHAIR



Welcome to the 31 new ERA members who joined from August 1, 2024, to October 1, 2024. If you joined during that time period but do not see your name, please contact me at [dweeks1@unl.edu](mailto:dweeks1@unl.edu) so that we can include you in the next newsletter.

**Nidzarija Acic**, Housing Facilities  
**Judith R. Augustine**, Nebraska Union  
**Omega Barcnas**, Extension  
**Kevin J. Benham**, Landscape Architecture  
**Stephen G. Burnett**, Classics and Religious Studies  
**Donna M. Devine**, University Television  
**Traci D. Estes**, Housing Facilities  
**Roch E. Gaussoin**, Agronomy and Horticulture  
**Ramon E. Godtel**, Athletics  
**Brett W. Hansen**, Information Technology Services  
**Anne M. Hanway**, Food Science and Technology  
**David K. Henderson**, Philosophy  
**Brian S. Hermes**, Arts and Sciences  
**Kathie J. Hiatt**, Mechanical and Materials Engineering  
**Timothy Ray Janda**, English as a Second Language  
**David D. Jones**, Biological Systems Engineering  
**Kenneth Anthony Kiewra**, Educational Psychology  
**Cynthia N. Loope**, University Museum  
**Linda J. Lynch**, Center for Brain Biology and Behavior  
**Brian E. Maust**, Agronomy and Horticulture  
**Pamela A. McCoy**, Information Technology Services  
**Jolene A. Meyer**, Landscape Services  
**Mary Annette Mumgaard**, University Museum  
**Judy A. Nordlee**, Food Science and Technology  
**Stephen K. Panarelli**, Education and Human Sciences  
**Marlene S. Pyatt**, Accounts Payable  
**Richard R. Rebarber**, Mathematics  
**Ellen M. Shutts**, Athletics  
**Cathy L. Stenka**, Dining Services  
**Loan A. Vo**, Custodial Services  
**Shelley R. Witte**, Information Technology Services

# CONGRATULATIONS ERA MEMBERS!

## TRIBUTE TO DR. JAKE KIRKLAND

Chadron State College alumnus Dr. Jake Kirkland Jr. of Lincoln was honored with the **Distinguished Alumni Award**. Kirkland earned a bachelor's degree in education in 1973 from Chadron State College. He then went on to earn a master's degree in educational and counseling psychology from the University of Nebraska—Lincoln (UNL) in 1981 and then a doctorate in adult education with an emphasis in Community and Human Resources from UNL in 2002.

During his 30 years at UNL, Kirkland served in multiple counseling and advisory roles in the counseling center and Career Services and served as the interim director of OASIS and the Jackie Gaughan Multicultural Center and interim assistant to the Vice Chancellor for Student Affairs.

Kirkland's scholarly contributions include articles about job seeking and resume advice for high school seniors. He has presented, co-presented, or participated in panels at numerous leadership, counseling, and college admissions symposiums. He has also given talks about goal setting to elementary and middle school children.

Additionally, Kirkland assisted in planning and organizing conferences related to multicultural counseling, academic success, diversity, career exploration, and institutional team building.

Kirkland received more than 30 honors and awards related to his professional and volunteer work. His accolades include the Spirit of Nebraska Award, a Kudos Award from the University of Nebraska Board of Regents, the MLK Fulfilling the Dream Award, the James V. Griesen Chancellor's Award for Exemplary Service to Students and honorary induction in the Innocents Society.

Kirkland's professional affiliations include the Nebraska Counseling Association. He was a member from 1977 to 2016 and chaired the Human Rights Committee from 1994 to 2015. He has been a member of several other state and national associations affiliated with career and academic counseling.

In his community, Kirkland has been a member of the Lincoln Chapter of the National Association for the Advancement of Colored People from 1988 to the present and served on the Voter Registration Outreach Committee from 2019 to the present. He has assisted with the annual Reverend Dr. Martin Luther Youth Rally for nearly 20 years. He has also been a volunteer with Cornhusker State Games and Big Brothers and Sisters. He is also an active member of UNL's Emeriti and Retiree Association.



**Dr. Jake Kirkland**

### **Dr. James Griesen comments on Jake...**

*Throughout his professional career Jake has been a dedicated advocate for students, with a special talent for helping students from minority cultures succeed in their academic programs and plan their professional careers. Also a well-known community leader and volunteer, Jake has enhanced the lives of numerous students, alumni, and fellow citizens.*



## TRIBUTE TO DR. COLLEEN JONES

provided by Nancy Mitchell

Dr. Mae Colleen Jones received the **Woman of the Year Inspire Award** posthumously Sept. 18, at a ceremony that was sponsored by the Lincoln Journal Star.

Dr. Jones, an emeritus associate professor of practice in management in the College of Business at the University of Nebraska-Lincoln and an ERA member, died June 18. She left an impressive legacy as a positive force for change in the many communities she served as demonstrated by her contributions to the students and faculty of the University, the community of Lincoln and beyond. Jones' teaching focused on leadership, organizational behavior and development, and management communications. Throughout her teaching career, she served as a role model, empowering students to make a difference by volunteering for projects in the Lincoln community. She created a hands-on learning experience called Strive to Thrive Lincoln that encouraged student organizations to annually raise funds and award \$10,000 in grants to area nonprofits. The project continued following Jones' retirement and recently celebrated the allocation of a total of \$150,000 to local nonprofits.

She contributed her expertise as a leader to many organizations throughout the community, including United Way, Leadership Lincoln, Friendship Home, the Sheldon Museum of Art, the Lied Center for Performing Arts and the Lincoln Community Foundation. She was an ardent supporter of Nebraska athletics.

She also served as president of the Melvin W. Jones Foundation after her late husband's death in 1999. The foundation supports mentoring and career counseling for the disadvantaged through scholarship programs. In 2002, she established the Melvin Jones Scholars Learning Community at UNL to honor her late husband's legacy of service. In 2004, the first class of Melvin Jones Scholars entered the University of Nebraska – Lincoln. The Jones Scholars Learning Community was open to students in any major, interested in making the most of their first year of college through a focus on leadership, academic excellence and service to others. She took an active interest in these students, some of whom called her Mama Jones.

Jones earned a Bachelor of Business Administration in Accounting and Quantitative Analysis, from the University of Iowa, and she received an MBA in Management and Finance from the University of Southern California. Following graduate school, she would enjoy many challenging and rewarding years as a college administrator. First, as a Woodrow Wilson Fellow at Tennessee State University, where she worked as Assistant to the President, and the University of Tennessee – Knoxville, where she was the teacher and youngest person in the classroom. She would later return to her alma mater, the University of Iowa, where she came full circle and became the Director of Special Support Services – the department that sponsored her scholarship a few years prior.

Ten years after receiving her MBA, now known as Colleen, she graduated with a Doctor of Business Administration degree from the George Washington University School of Business and Public Management. She received an American Fellowship from the American Association of University Women to underwrite her doctoral research project titled, "Learning to Lead: A Study of the Developmental Paths of African American Women Presidents." That dissertation was recognized by the Academy of Management's Women in Management Division with the Best Dissertation Award Runner-Up Certificate.



**Dr. Mae Colleen Jones**

### **Dr. Ronnie Green remembers Colleen...**

*"Dr. Colleen, as I called her, was a giant of a servant leader who was an accomplished educator and mentor in business management and leadership throughout her career at Nebraska and several other higher education institutions. While her professional accomplishments were certainly impressive, her leadership in developing others through her philanthropy, mentorship, and service were legendary. She was recognized for this impact by being the recipient of the inaugural JoAnn Martin Civic Leadership Award from the Lincoln Community Foundation and most recently as the Inspire Lincoln's 2024 Woman of the Year, awarded just after her passing earlier this fall. Above all, Mae Colleen Jones was one of the most gracious, kind, compassionate and caring people I have ever known – even to that category of folks known as UNL Chancellor – I know because I experienced it every time I was in her presence – usually along with a bit of well-placed advice that was always highly valuable. It was a privilege to know and be blessed by her, and she will forever be deeply missed."*

# ERA MEMBERS GIVING BACK



**Rita Kean with support from Joan Laughlin share their insights of their giving back experience at the International Quilt Museum.**

Because of Joan Laughlin, a colleague (and mentor to me in the Department of Textiles, Merchandising and Fashion Design), I became involved with the Genealogy Task Force (GTF) at the International Quilt Museum when I retired. Each quilt has its own story and the role of the GTF is to research the origin of each quilt. I have worked with wonderful, knowledgeable people and continue to learn. Working with the GTF members is a great way to continue to learn and make new friends.

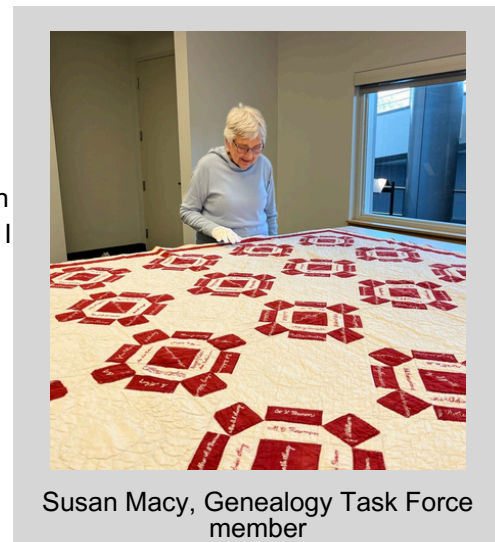
Quilt collectors/Scholars know merit in recording what is known about the quilts in their collection. Quilt-Scholar Ardis James, working with her quilt collector husband, Robert James was motivated to record descriptions of quilts they acquired along with what was known about those prized museum pieces. When the James collection was moved to the International Quilt Museum in June 1977, the records that came with them were documented by Ardis and her aides over the years.

Under the leadership of the Founding Director, Patricia Cox Crews and Curator of Collections, Carolyn Ducey, the objective was to enrich what was known about all the quilts in the collections as additions to the collection occurred over the years. A state-of-the-art protocol was introduced for capturing transcriptions on quilts along with guidelines for researching the quilts and preparing a narrative for each quilt researched. The three-step process sought to determine who made the quilt, for whom it was made, where and why it was created and, as most quilt makers are women, their life story. Women and women's quilts are largely unknown. This information is critical to the scholarship of quilts, who made them, when they were made, and how they were made. Quilt scholars use material culture analysis to learn about the history of quilting and quilters.

Step two- Each name is subjected to genealogical research. That is, the birth date and death of each person. In addition, details are aids in describing the quilter and the quilter's innovations. Details such as marital status and if married, information about the spouse, the number of children and where the children were born, community involvement, church membership, political persuasion and other forms of involvement. With such detail the research is actively developing a knowledge base about women who quilt.

Step three involves recording and documenting findings in a written report for historical purposes. Written reports are shared with other members of the Genealogy Task Force in on-line sessions, printed information housed in the IQM files and digital copies in the file server where they can be accessed and used for preparation of exhibitions, presentations and publications based upon the research of the Genealogy Task Force Members.

Thank you to Carol Ducey, Curator of Collections and Jamie Swartz, Collections Assistant for their contributions to this article and to Susan Macy member of the Genealogy Task Force.



Susan Macy, Genealogy Task Force member



Rita Kean was born in Brooklyn, NY and lived in White Plains, NY until 1974 when she married a Nebraskan! After finishing her MS degree at UNL, she became a buyer for Hovland Swanson, a specialty store in Nebraska. In 1980 she was offered a position in the Department of Textiles, Merchandising and Fashion Design(TMFD), accepted, taught and completed her PhD in 1984. During her tenure at UNL she served as Department Chair of TMFD. She held a research appointment with IANR and served on many UNL committees. She retired in 2015.



# LIVE & LEARN

## Three ERA members: Kim Hachiya, Doug Jose and Jerry Renaud share their involvement journey with Aging Partners: Live and Learn.

In August 2016, a small news item in the Lincoln Journal Star about Aging Partners seeking hosts for a TV show caught the attention of three recent retirees from UNL. After submitting applications and undergoing “harrowing” interviews, Doug Jose (retired from Agricultural Economics); Jerry Renaud (retired from the College of Journalism and Mass Communications) and I, retired from University Communications, were chosen along with three other folks. Thus a new chapter in Broadcasting History was written.

The show, Live and Learn, is a co-production of LNK-City TV and Aging Partners. Taped once a month in the Bill Luxford Studios at City Hall, the show is a “talk show” format with each host interviewing a guest in 12–15-minute segments. Aging Partners is a multi-county agency whose mission is to “enhance daily living, expand personal choices and educate the community to ensure the independence and full life of the people we serve.” The core demographic is 60+.



Tune into the [July 2024 Live and Learn](#) and learn about OLLI from Charlyne Berens and hosted by Doug Jose.



Among other projects, Aging Partners offers:

- counseling in signing up for Medicare and Social Security;
- operates seven senior centers all of which offer activities and meals;
- handyperson help;
- transportation help;
- health and fitness classes and screenings;
- nutrition education and outreach;
- information on long-term care options/care management;
- and information and referrals for folks needing help resolving questions and concerns about aging.

Doug Jose said he applied for the show because he enjoyed being a host for the Nebraska Public Media series “Market Journal.”

“I enjoyed talking to people about the key factors in whatever aspect of production, marketing or financial management we were discussing,” Doug said. “I thought this was an opportunity to continue interacting with a variety of people and digging into topics they were knowledgeable about. In a way, to continue the MJ theme – that is, to discuss topics that people, particularly seniors, make decisions about.

“I enjoy exploring ideas and information with people that might be considered behind the scenes but information that is helpful and informative. This includes services, information or ideas that people might not otherwise be aware of. I think we all need to be lifelong learners and hosting L & L interviews contributes to a learning experience for others and is also a learning experience for me. It is also a way for me to make a small contribution to the community.”

Jerry Renaud, like Doug, has extensive experience in TV work. In fact, it’s what he taught at the Journalism college.

“I wanted to find an activity that my wife, Sara, and I could do together after I retired. A friend of hers suggested Tai Chi. We signed up for the class and showed up and it was sponsored by Aging Partners. I thought this will be terrible. It turned out to be great and I loved the instructor and got to know some of the other participants,” he said. “We kept doing Tai Chi and then started taking Xigong classes and learned more about Aging Partners. I thought it was one of the best kept secrets in Lincoln. I then saw an ad in the paper that Live and Learn was looking for hosts. I thought, what a perfect way to give back. Auditioned and surprisingly to me got accepted. Loved it ever since.”

Kim Hachiya applied because “it sounded fun and something I might be able to learn. My on-air broadcast experience consisted of ONE testimonial for Nebraska Public Media but I had a lot of behind-the-scenes during my work at UComm. So, I applied and was selected. I was at first terrified and nervous on air but now seven years later, I feel I have grown into the task. My first experience was being interviewed by the now-late Leta Powell Drake, an absolute broadcasting icon. I learned much from her and am glad to have worked with her for several years until her death in 2021.”

The show Live and Learn started in about 1999 by the late Bill Luxford. Current producer, Dave Norris, is public information specialist for Aging Partners. He offered this memory of adding to his team of co-hosts:

“The first thing I noticed was the media experience they brought with them. I had known of Jerry from his experience with Bill Luxford. I also heard from people in the public relations/media field who had known of or worked with Kim and Doug. All three have done something that I’ve seen most all our co-hosts do – they took ownership of the show. They are fully vested in what we do and to the mission of the TV program (they take it personally and I love that!). They are also very ‘connected.’

“As co-hosts, they’ve been given the responsibility to approach and line-up segment guests, write the scripts, arrange pre-interview meetings with guests and, eventually, host the show. Their professionalism comes shining through with each segment they record. It’s a volunteer co-host position they’re in, but it can be demanding with the scriptwriting and time scheduling commitments involved. Some of the guests they’ve lined up are very impressive. And each time I hear of one just makes me further appreciate the wealth of Kim, Doug and Jerry’s experience and the relationships they’ve developed over their professional years and throughout their lives. Their commitment to the show and level of dedication is something I’ve always been and will continue to be grateful for. On top of that, they’re great people who’ve become good friends – we’ve always had a lot of fun producing the show!”

Although our goals are to find interesting people to chat with, each of us has also mined our own interests and contacts. Doug has done shows on estate planning, vision care, author interviews, and veterans’ needs. Jerry has interviewed Lincoln’s mayor, various university officials, musicians, and folks who help protect seniors and others from on-line and others financial scams. My favorite topics are wildlife, and helping publicize local agencies and organizations like the Food Bank or Domestic Pups (which trains service and therapy dogs – my guest brought a beautiful golden retriever who was the star of the show). My very first topic was bed bugs and I interviewed an extension entomologist.

A recent addition to the host chair is Julie Masters, who teaches gerontology at UNO. Other hosts are Barb Tyler and Bill Ainsley.

The show airs on ALLO channel 2, Spectrum channel 1300, and Kinetic channel 1005. Show times are Monday, 11 a.m.; Wednesday, 5 p.m.; Thursday, 7 p.m.; Friday, 11:30 a.m.; Sunday, 3:30 p.m. It can also be found at LNKTV.lincoln.ne.gov or Live and Learn’s YouTube channel at <http://lincoln.ne.gov/LiveAndLearn>. To view the show that aired in October, 2024, click here <https://youtu.be/StKZxQmuyxl>

It’s been fun for each of us to continue to flex our communications muscles and meet new people. And as we close each segment, “it’s never too late to live and learn.”



Kim Hachiya is a retired communications specialist for the University of Nebraska-Lincoln. She is the author of *Dear Old Nebraska U* (Nebraska Press 2019) and an associate editor for *The Nebraska Sandhills* (Nebraska Press 2024). She volunteers with Platte Basin Timelapse and is affiliated with the UNL Emeriti and Retirees Association, where she is secretary. She is a 1977 graduate of UNL. She and her spouse Tom White live with a pug dog, Zing, and a tabby cat, Tito.





### Charlie Francis discusses his retirement involvement and how he gives back to the community,

In planning beyond retirement, I wanted to do two things: walk the Camino de Santiago and adopt a dog that could be trained to be a therapy dog. After completing the Camino pilgrimage, the perfect dog came into my life - Bosley. Bosley was surrendered to the Capital Humane Society and adopted by Domesti-Pups, a local nonprofit that trains service dogs. At Bosley's physical it was determined that he had some hip dysplasia and would not be able to become a service dog. At that point Domesti-Pups staff put Bosley up for adoption as a second career dog.

We adopted Bosley July 14, 2023. Prior to adopting him he spent six weeks at the Nebraska Correctional Center for Women in York, learning basic obedience skills. After his adoption there were additional classes required for us to become a Therapy team. The three training courses we needed to complete for this to happen were Intermediate Obedience, AKC Canine Good Citizen and Domesti-Pups pet therapy certification program/AKC Community Canine certification. Classes were six to eight weeks long, each with many out-of-classroom hours. I estimate that we worked between 200-300 hours for the Therapy class alone.

May 11th was the big test at South Pointe Mall, and we passed! At that time we were considered a probationary therapy team. Probationary teams have three months of supervised visits at different locations and on August 25th we graduated as a certified therapy team. Once a team is certified, they continue doing two visits each month to remain active in the group. Teams will visit specific facilities that Domesti-Pups has relationships with (nursing homes, schools, hospitals, hospice, events). In addition to Domesti-Pup events, Bosley and I volunteer at four monthly events through our faith community.

Volunteering as a Therapy team is very rewarding. I like knowing that we are able to provide a level of comfort and healing to many people. I'm continually amazed by how people react when you walk into a room, and they see the dog. It's fun to watch adults sit on the floor and love on Bosley. We have been to a number of UNL events where students talk about how they really needed the visit as a form of stress relief. We were recently at a memory care center, and I ended up staying after the event because so many people wanted to pet Bosley.

I love coming to campus as this allows me to give back to UNL and continue to be engaged on campus.



Charlie and Bosley at graduation!

Charlie Francis retired from the University of Nebraska-Lincoln (UNL) after 40 years of service in higher education. In addition to 17 years at the University of Nebraska-Lincoln, where he served as director of the unions and then senior director of housing and dining, Francis worked at West Virginia University, Plymouth State College, the University of Denver, Notre Dame University, Emporia State University and the University of Wyoming. Francis is known for his ability to work with others and his focus on students.

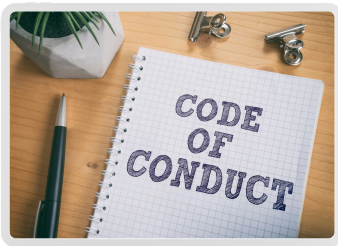
# CAMPUS AND COMMUNITY ENGAGEMENT

BY VICKI HIGHSTREET, ERA ENGAGEMENT CHAIR

The benefits of involvement in the community are many especially when we are retired. Staying connected to others is vital to our well-being. Being involved gives structure to our days and gives us a sense of purpose. We are able to build new friendships. Connecting with others supports our mental health which in turn supports our physical health as all well-being dimensions are interconnected. Involvement in activities that require thinking, planning and problem solving help keep our minds sharp.

**Please consider one of the engagement opportunities below!**

## **UNIVERSITY APPOINTED ADVISORS**



The university must appoint advisors to parties in sexual misconduct cases when the party does not have an advisor of their own that they wish to use or in their absence at a hearing. The role of a university appointed advisor is to conduct cross-examination (questioning) on behalf of their assigned party during the hearing. Institutional Equity and Compliance will provide you with training to be able to fulfill the role. The training is approximately 2 hour.

Contact Meagan Counley, the Assistant Director & Title IX Coordinator at 402-472-3417 or [mcounley2@unl.edu](mailto:mcounley2@unl.edu) if interested.

## **GRADUATION CEREMONY VOLUNTEERS**

Saturday, December 21 from 7:15am to 9:00am volunteers are needed to help at the front gate, help with traffic, assist with check-in, answer questions, and distribute commencement programs. The graduation ceremony is at Pinnacle Bank Arena. Sign up on the [website](#).



## **PARTNERSHIPS WITHIN ERA**

Look for more information regarding the partnership program which will begin in January 2025. A partner is someone who shares thoughts, ideas and experiences with others while being a respectful listener. As an engaged member of ERA you will be matched with pre-retiree or recently retired staff or faculty member, or with a non-involved member of ERA. More information to follow. Hope you're willing to volunteer to be a partner!





# GIVE TO THE ERA SCHOLARSHIP FUND

BY JAMES GRIESEN, ERA SCHOLARSHIP FUND CO-CHAIR

The ERA Scholarship Fund was established in 2021 with a \$1,000 transfer from the Association's general fund. Criteria were established for annually awarding a \$1,000 scholarship to a UNL sophomore or junior with unmet financial need. Thanks to a great response from our members we now have an endowed account with a balance of \$66,600 and have awarded four scholarships to date. The ERA Board has set a goal of raising the endowment balance to \$ 90,000, enough to fund three scholarships annually.

**For income tax purposes individuals often choose to make some of their charitable contributions before December 31st.** Contributions to the ERA Scholarship Fund at the NU Foundation can be made in the following ways:

- 1) **Contributing by Check:** Mail your check payable to the University of Nebraska Foundation (PO Box 82555 Lincoln, NE 68501-2555). Specify that your donation is in support of the UNL ERA Scholarship Fund, and on the memo line of the check please note Fund 01157580.
- 2) **Contributing Online:** Simply click on this [link](#).
- 3) **Contributing from an IRA:** There are several reasons for making contributions from pre-tax retirement accounts before the end of the income tax year:

For individuals age 73 and older, Required Minimum Distributions (RMDs) from pre-tax retirement accounts – e.g., IRA, 401k, and 403b accounts – must be taken by December 31st.

- Qualified Charitable Distributions (QCDs) from an Individual Retirement Account (IRA) – completed by direct transfer from the IRA to the charity – do not affect income taxes; they are excluded from both income and deductions. You can make tax-free QCDs from an IRA after age 70½, but they will not count towards meeting Required Minimum Distributions (RMDs) until you reach age 73. QCDs must be made from an IRA account, but funds from other pre-tax retirement accounts (e.g., 401k) can be rolled over to an IRA account and subsequently contributed directly to a charity.
- The amount transferred directly from an IRA to a charity counts toward meeting your RMDs if you have reached the RMD age (currently 73).
- Please consult your tax or financial adviser if you have no prior experience in making QCDs from an IRA or have any questions.

It is important to commence this process in November in order to ensure completion before December 31st.

**Please consider including the UNL ERA Scholarship Fund as you make your end-of-year donations!**



As **Chancellor Bennett** remarked when he addressed us at a luncheon meeting last year, "For a student several hundred dollars short of what they need to pay their tuition a scholarship can make the difference between enrolling or dropping out."

## WAKE UP YOUR ENVIRONMENTAL WELL-BEING

### UNL'S OFFICE OF SUSTAINABILITY

BY MADELINE YEATTS, UNL SUSTAINABILITY COORDINATOR

The UNL Office of Sustainability (OS), founded in 2014, focuses on creating programs and initiatives to promote responsible stewardship of the university's resources along with providing education to the campus community about the importance of reducing our negative environmental impact through simple personal actions. One of the OS's major initiatives is the [All in the Hall recycling program](#) – UNL's first comprehensive recycling program! A new program resulting from a partnership between the OS and University Housing is the [Sustainability Ambassadors](#) program, which hired student peer-to-peer educators to promote sustainability within UNL's resident student population. UNL's guiding plan for sustainability is the Environment, Sustainability, and Resilience Master Plan, which focuses on ten themes, including Health and Wellness Culture.



A recent article about wellness and sustainability says “sustainable” wellbeing is achieved when improving individual wellbeing is correlated with improving the wellbeing of other members of society and the natural environment” (Ronen & Kerret, 2020). This article focuses on the intersections of the Positive Education and the Environmental Education perspectives but can be applied to a variety of contexts—especially for lifelong learners! The key components of sustainable wellbeing include flexible and positive thinking, making small changes, and building outward connections with other people and the natural environment. A big part of wellbeing is reducing stress, and it is important to remember that work stress doesn't suddenly end after retirement. After a long, dedicated career, you may still be holding onto stress from your last years of working, or you may be struggling with a new type of stress resulting from having to find new ways to fill your time. Both of these types of stress can lead to burnout which makes it difficult to enjoy retirement and practice wellbeing. UNL's Chancellor's Environment, Sustainability, and Resilience Commission hosted a [Lunch and Learn](#) presentation about strategies for dealing with stress and burnout. These strategies include starting with reflection on your feelings and identifying your emotions.

After identifying emotions and stressors, connect with others to talk about how you are feeling. Often just sharing a problem with a trusted friend can make the problem seem less large and overwhelming. Cutting out negative stressors follows, addressing the things that aren't bringing joy and peace into your life. Maybe you've realized that a lot of time spent watching the news or on social media is creating stress for you, so you decide to fill that time with a hobby. Next, the focus shifts to identifying, or redefining, purpose – the Lunch and Learn talks about finding



purpose in work, but this purpose can be found in anything that you do by focusing on joy, connection, and the unique value you provide. Then there are ways to implement new habits to take care of your health that support your mental wellbeing, like getting regular exercise. Bonus points for getting exercise out in nature when the weather is nice!



These key strategies identified in the Lunch and Learn are aligned with the elements of sustainable wellbeing put forth by Ronen & Kerret. Here are some resources to help you practice sustainable wellbeing!

- A quiet place to begin your reflection and connect with nature:
  - [UNL botanical garden and arboretum](#)
- Guided routes for getting exercise:
  - [HealthierU Walking Routes](#)
- Connect with others in the ERA and consider looking out for opportunities to connect with students and share your wisdom and experience:
  - [Student Life website](#)
- Stay up to date with the Office of Sustainability:
  - [The Sustainability Scoop Newsletter](#)
- Read the sustainable wellbeing article:
  - [Promoting Sustainable Wellbeing: Integrating Positive Psychology and Environmental Sustainability in Education.](#)
- Watch the Lunch and Learn on Handling Burnout:
  - [Handling Burnout Lunch and Learn](#)
- A way to learn more about sustainability and get involved on campus:
  - [UNL Sustainability Bingo](#)

Note: Emeriti and retirees are welcome to complete and submit a **bingo card** to earn a reward! The webform on the website is configured to only accept UNL domain email addresses to avoid spam in the webform. If you no longer have your UNL domain email address and would like to submit a bingo card, please send an email to the Office of Sustainability at [sustainability@unl.edu](mailto:sustainability@unl.edu) with your completed bingo card and the subject line: “ERA Newsletter Sustainability Bingo Submission – [Last Name]”

#### Reference:

Ronen, T., & Kerret, D. (2020). Promoting Sustainable Wellbeing: Integrating Positive Psychology and Environmental Sustainability in Education. *International journal of environmental research and public health*, 17(19), 6968. <https://doi.org/10.3390/ijerph17196968>



“I had the honor of serving as Madeline’s mentor in UNL’s staff mentorship program last year. She is such a passionate, dedicated individual and a really good writer. I was thrilled when she said that she would do this environmental well-being article.” Connie Boehm, Publication’s Chair

Madeline has worked with the Office of Sustainability since 2023. In this role, Madeline focuses on sustainability data analysis and reporting. This work includes gathering data for UNL’s triennial Association for the Advancement of Sustainability in Higher Education (AASHE) STARS report, designing surveys to assess campus sustainability efforts, conducting annual greenhouse gas inventories, grant writing, and compiling reports and data visualizations detailing progress toward institutional sustainability goals. Madeline also manages departmental communications on social media, the Office of Sustainability website, and The Sustainability Scoop newsletter.

## BOOK REVIEW

### **THREE WOMAN ARTISTS: EXPANDING ABSTRACT EXPRESSIONISM IN THE AMERICAN WEST**

**BY AMY VON LINTEL AND BONNIE ROOS, 2022**

**BY PATRICIA KANE KNABU , ERA ENGA**

Georgia O'Keeffe's paintings of flowers, bones and landscapes are the most widely associated with Abstract Expressionism, especially in the Southwest. Living out away from the patriarchal constraints of the eastern art world drew Georgia to the scantily populated southwest where she proved what it meant to "live out" off the grid and with fierce self-sufficiency. Many female artists, lesser known, followed her lead toward abstract expressionism and lifestyle. The book by Von Lintel and Roos chronicles the work of three such artists, Elaine de Kooning (oils), Louise Nevelson (wood), and Jeanne Reynal (ceramic tiles) along with Dord Fitz, an Amarillo-based art dealer who represented many female artists and sought markets for the emerging art form, abstract expressionism.

As an example, let us take a closer look at Jeanne Reynal who has a surprising connection to Nebraska.

Born in New York to a wealthy family, the second of five children, she traveled with her family to Europe eventually, living there in the 1910's and 20's. At age 25, leaving her family, she struck out on her to apprentice with Russian mosaicist, Bori Anrep. As a female and wealthy, she wasn't accepted originally as a serious artist. She fell in love with Anrep, but when she became pregnant, he said he couldn't afford her and abandoned her. Alone and without money she terminated it (a decision many expressionist women artists made in pursuit of their careers). But though her parents disapproved of her lifestyle and had severed their relationship, she learned they had died and left her with a significant estate.

She first established herself in both coasts' art scenes as artist-heiress, hosting parties and introducing artists to one another. She was able to continue her artistic career, but Reynal was seen by others more as a collector than an artist in her own right. Traveling in South America, Africa, and central America, her work reflected these experiences. Over time she did WPA funded ceramic murals experimenting with cement, and Southwest indigenous sand painting influenced her to work with the "stones as if they had the quality of sand, a mosaic in sculpture form."

Reynal had a long-standing, nomadic engagement with the American West and "lived out." Interestingly, it was here (Texas, Nebraska, Oklahoma) where she found her most stable and continuous artistic acclaim and patrons. Dord Fitz, the West Texas dealer, introduced her to an opportunity for a commission (two out of six murals) in the Nebraska State Capitol (see below). They offer an excellent example of abstract expressionist art and an instance of paying communities outside of New York.



"Planting of Trees" 1967  
In the Nebraska State Capitol



**Patricia Kain Knaub, Ph.D.**

Pat was a professor in the Department of Human Development and Family Science at UNL and also had an IANR research appointment for 14 years. Following her time at UNL she spent 18 years at Oklahoma State University as a professor and dean. After she retired she became a consultant at the Oklahoma State University Foundation.

THE ERA PROVIDES OPPORTUNITIES FOR MEMBERS TO CONNECT, ENGAGE AND SERVE. THE NEXT FEW PAGES HIGHLIGHT THESE OPPORTUNITIES.

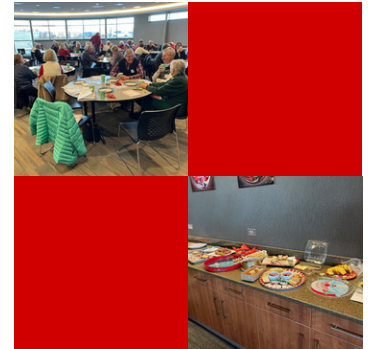
# UPCOMING PROGRAMMING

**December 5, 2024-Holiday Social**

**Time:** 9:30 am - 11:00 am

**Location:** Cornhusker Bank at 84th and “O”

Last year the ERA Social Events Committee revived the annual Holiday Social that had not been held during the COVID era. Last year, 58 members attended and brought their favorite holiday treats to accompany the coffee and tea. A few entertaining group activities launched an active morning of conversation and fun. Having received positive feedback following last year’s event, a 2024 Holiday Social has been scheduled. Mark your calendar and watch for the invitation to register that will be sent during the week before Thanksgiving.



**December 12, 2024-Chancellor’s Luncheon**

**Speaker:** Dr. Rodney Bennett, Chancellor, UNL

**Topic:** Learn about the state of UNL and interact with Chancellor Bennett. Presentation of: ‘Doc’ Elliot Award (by the UNL Alumni Association) and the Wisherd Award for Outstanding Service to UNL (by the ERA).

**Location:** Nebraska Innovation Campus Conference Center

**Time:** 11:30 am - 1:00 pm

Co-sponsored by the Chancellor’s Office, UNL Emeriti and Retirees Association, the UNL Alumni Association, and NU Foundation. ERA members will receive a registration form from the Chancellor’s Office in November so please be on the lookout for the invitation.

**January 21, 2025**

**Speaker:** Dr. Karen Kassebaum, Global Inclusion Lead, Hudl

**Topic:** Inclusion and Belonging

**Location:** East Campus Union

Time: 11:30 am



**February 12, 2025**

**Speaker:** Dr. Adrian Wisnicki, Professor, English Department, UNL

**Topic:** Artificial Intelligence Today and Tomorrow

**Location:** East Campus Union

Time: 11:30 am



**March 13, 2025**

**Speaker:** Michael Forsberg, Research Assistant Professor, School of Natural Resources, UNL

**Topic:** Photography in the Wild

**Location:** East Campus Union

Time: 11:30 am



**April 10, 2025**

**Speaker:** Dr. Jeffrey Stevens, Susan J. Rosowski Professor, Psychology, UNL

**Topic:** Canine Research and the ManyDogs Project

**Location:** East Campus Union

Time: 11:30 am





# PROGRAMMING RECAPS

## EDUCATIONAL PROGRAMS

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

### September 12, 2024

**Speaker:** Dr. Dee Dee Anderson, Vice Chancellor for Student Life

**Topic:** "Update on University of Nebraska-Lincoln Student Life"

Dr. Anderson provided an overview of Student Life's organizational structure and innovative programs directed at providing students with a total experience while at UNL. Dee Dee's energy and broad experience working and educating university students make it easy to see how she connects with students, staff, faculty and those outside the UNL community in an enthusiastic and directed, yet caring, manner.

A very interesting part of the presentation was an explanation of Husker Student POWER. Dee Dee explained that this framework was co-developed by UNL Student Life and other campus units and is directed toward each student creating a plan for their own success while at UNL with support from faculty and staff.



### October 17, 2024

**Speaker:** Dr. John Hibbing, Foundation Regent University Professor, Political Science

**Topic:** "Polarization and the 2024 Election"

Dr. Hibbing helped prepare participants for the upcoming election by providing answers to questions that he most often gets asked by family, friends, and students. These questions included:

1. What happens if a nominee is incapacitated or worse?
2. Why so much early voting? It is secure?
3. Why do swing states get so much attention?
4. What if no candidate receives a majority of the electoral college votes?
5. Are the polls useful? Why are they so inaccurate?
6. Why are we so polarized now?
7. Is our democracy in danger?

John provided answers in a humorous, engaging manor. Participants could certainly understand why he is an award-winning faculty!



## COFFEE CHATS

The ERA October Coffee was hosted by Tabitha in their recently completed S<sup>2</sup>age Living facility. Registration for this October 8th event had to be capped at 42 to avoid overcrowding the breakfast dining area and facilitate tours of the building. Tabitha developed S<sup>2</sup>age Living to provide an intergenerational community for older adults and health sciences college students. At the present time all student residents are studying at the Bryan College of Health Sciences, but health professions students from other area colleges will be included in the future. While there are a few other intergenerational living communities in the country, S<sup>2</sup>age Living is the only one that brings health sciences students and older adults together.

# CONGRATULATIONS ALFRED!



Alfred Stark was awarded the first ever ERA Partnership Award for his amazing work for Nebraska's Emeriti and Retiree Association and Osher Lifelong Learning Institute.

Alfred has served the ERA since January 2019 as a board member and digital committee chair. He started with OLLI in September 2020 as a volunteer supporting digital issues and as an ambassador.

Congratulations and thank you Alfred for your continued support and dedication to these organizations!

## MEMORY MOMENTS

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 September 1, 2024. 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.

**Karen Bestul**, College of Business Administration  
**Robert Broman**, Chemistry  
**Donna Bryan**, Agronomy and Horticulture  
**John Edward Foster**, Agronomy and Horticulture  
**Jerome Frobom**, University Libraries  
**Sibyl Gruhl**, spouse of John Gruhl, Political Science  
**Richard Hoover**, College of Education and Human Sciences

**Barbara Howard**, spouse of Dan Howard, Art and Art History  
**Dan Howard**, Art and Art History  
**Susan Jacobs Jacobson**, Criminology and Criminal Justice  
**Jane Lane**, spouse of Les Lane, Plant Pathology  
**Anthony 'Tony' Merrigan**, Extension  
**John Owens**, Institute of Agriculture and Natural Resource  
**Ann Pardy**, spouse of Ted Pardy, Biological Sciences  
**Joanna Rogers**, College of Law