From the President

Hosting the Big Ten Retirees Association conference, finding ways to get more retirees involved in our association and finding new ways to support the university are among the goals for the UNL Emeriti Association for the coming year.

As president of the association for 2016, I am excited about the programming and activities awaiting us. Vice President Julie Johnson has developed an outstanding schedule of presentations for our monthly luncheon meetings; the interest groups we co-sponsor with OLLI will continue to provide for stimulating discussions; and our coffee house chats, campus tours, and holiday celebrations promise to be informative and enjoyable.

A highlight of 2016 will be our hosting of the Big Ten Retirees Association’s annual conference. Scheduled for August 5 to 7, this event will bring from one to three representatives from each of the Big 10 universities to our campus. With a number of spouses/partners also attending, we expect to have about 50 individuals participating in this year’s conference. John Bernthal is chairing the program committee that is lining up an outstanding schedule of speakers, campus tours and social events. We want to showcase the excellence and beauty of UNL as we meet to discuss how our associations can become more effective and efficient in serving our retirees and our universities.

At its December retreat, the Board of Directors discussed several new initiatives for 2016. A committee has been appointed to explore ways to reach out to a greater number of retired UNL employees who wish to remain involved in their university and continue to meet with their academic colleagues. (Continued on page 2)
Bounds talks about challenges and opportunities facing the University of Nebraska system
by Julie Johnson

This is a composite summary that includes information from President Bounds’ presentation to the UNL Emeriti Association last October and from other presentations he has made.

President Hank Bounds believes the University of Nebraska has the potential to change the world in many ways.

Bounds, the seventh president of the NU system, spoke about *The Challenges and Opportunities Facing the University of Nebraska* at the October luncheon. He said he had led a 20-stop statewide tour in early April 2015 and made additional community visits over the summer, listening and learning from stakeholders across the state.

Bounds listed a number of ways he believes NU can provide positive leadership:

- We have the expertise to lead the way in feeding a global population while using less water. The Water for Food Institute is well positioned to help with this goal. He said the state’s different ecological zones are one of its strengths and added that NU has the ability to provide the world with the best information possible regarding food production.
- We can improve the care and quality of life of those with cancer. We are on the way to having the best cancer treatment and research center. We are already leaders in infectious diseases and transplants. We have the opportunity to be the best medical health university in the country.
- We can meet and exceed the technology needs in our state and beyond.
- We can increase our research through collaboration among campuses. UNL can be a Level One research and land grant institution. Our potential is high.
- We have many facilities in excellent condition. Some do need a sizable investment to bring them to a higher quality, and a study of facilities is underway. The data from this study will help administrators develop campus facilities revenue models.
- We need to be one of the giants of higher education. We are positioned well for rising to greater heights. (Continued on page 3)

From the President
(Continued from page 1)

A number of the Big 10 universities have “retirees associations” that encompass academic, managerial, and support personnel. Of these, some maintain associations for emeriti faculty that hold a few separate meetings each year in addition to actively participating in their broader retirees association. Other universities simply provide for key academic support personnel to be invited to membership in their association for retired faculty.

The board members also discussed some new ways in which association members might become involved in supporting university programs and activities. One idea that drew considerable interest was to help new international students feel at home in our community. Several members of the board noted that in past years they had befriended and supported new international students through the former “Lincoln Friends of Foreign Students” organization. Past President John Comer will be meeting with appropriate university administrators early in the semester to discuss potential ways we could help.

The association officers and board members are dedicated to providing programs and activities that will sustain university relationships and build community among retired faculty members and administrators. We encourage you to communicate any ideas or suggestions that will help us achieve this objective.

jgriesen1@unl.edu
### Upcoming Activities

Lunches are $15/person, reflecting an increased cost — still less than actual cost of $18/person.

**January 19, 2016**

“UNL Memorial Stadium security.”

Butch Hug, Associate Athletic Director, and Mark Robertson, University Emergency Management Coordinator

**February 18, 2016**

“Childhood Obesity”

Robert Rauner, MD, and Director of Partnership for a Healthy Lincoln

**March 22 (to be announced)**

**April 21**

“Food security and water resources”

Dr. Nick Brozović, director of Policy for the Robert B. Daugherty Water for Food Institute

**May (date, time and place to be announced)**

“President’s Luncheon”

**September (date, time and place to be announced)**

“Foundation Luncheon”

**October 18 (save the date)**

**November 17 (save the date)**

### Challenges and opportunities facing the NU system

(Continued from page 2)

- We can enroll more students and give them the highest quality education. We have the expertise to recruit non-Nebraska students and increase the retention rates.
- We have world class faculty and expertise.

But Bounds also listed challenges facing the university:

- The UNL Chancellor is retiring, and a senior vice chancellor left her position last year. As these good people retire, the university is seeking leaders to move the institution to even higher levels. This is a critical opportunity for our future.
- We want to win national championship in every arena — in the classroom, in the laboratory, in the hospital and in athletics.
- We need to grow enrollment.
- We need to keep faculty salaries competitive.
- In an interview, a KETV reporter asked Bounds whether UNL Innovation Campus has been too slow “getting off the ground.” Bounds reminded the reporter that one of the most well-known places with a campus like this is “The Research Triangle” in North Carolina. It took the institutions there 20 years to attract their first business, but the triangle is considered first class now.

President Bounds answered questions after his address to the emeriti faculty. He said he comes from humble beginnings: His family raised pigs and cows in rural Mississippi. Service in the Army National Guard help him pay for college, and he earned all his degrees in Mississippi. He started as a high school teacher, then principal, then state superintendent and Mississippi’s commissioner of higher education. As commissioner he presided over eight public universities with a total of 85,000 students and 26,000 faculty and staff.

President Bounds said he and his family liked Nebraska when they visited here during the hiring process because they found it to be family friendly. He and his wife, Susie, have a son, Will, and a daughter, Caroline. He said they are grateful for the warm welcome they’ve received in Nebraska.

Since the president is eligible for membership in the Emeriti Association, President–elect Jim Griesen told him his first year would be dues-free. He also presented President Bounds with an emeriti coffee mug as a thank-you for his presentation.

Last April, President Bounds summarized his hopes for NU:

> Our country and our world needs the University of Nebraska to be a giant in higher education … a giant in accessible, affordable education, a giant in growing the state’s economy and a giant in feeding the world with less water. And a giant in many other ways. … I believe the best days of the University and the state are ahead of us." Hank Bounds: Dream with me, April 17, 2015.

http://www.nebraska.edu/president/photosandvideos.html

For more information about President Bounds and his vision for the University of Nebraska system check out these websites.


http://www.nebraska.edu/president.html
Dienstbier advocates a ‘toughness model’ to help resist stress and aging
by Dick Dienstbier

Want to keep your brain active and productive as you age? Dick Dienstbier, a UNL emeritus faculty member, suggests four “toughening” activities.

Dienstbier, a psychologist, told his fellow emeriti at the November Emeriti Association meeting that aging and chronic stress have similar impacts: Both stressors and aging sap our mental energy, degrade our stress tolerance, cause cognitive decline, and weaken our immune systems.

Various activities, however, can prevent and even reverse those negative impacts by building brain structures and enhancing neurochemistry. That can lead to positive psychological and mental outcomes such as emotional stability, enhanced energy, more efficient cognitive functions, fluid intelligence, and even self-control.

Dienstbier explained four toughening activities that activate or deactivate various genes, sometimes temporarily but sometimes by modifying genetic sensitivity for a lifetime. Genetic activation produces the proteins that change our body. Dienstbier said it is ironic that modern genetics shows us how we are shaped by our own activities and by our environments.

Mental enrichment. Researchers have long observed that people who have spent a lifetime in cognitively stimulating activities often seem to maintain good cognitive function in their elderly years, but only true experiments can establish causality. Recent research has done exactly that, demonstrating that memory and fluid intelligence can be enhanced – not merely preserved – when elderly people learn a lot of new skills. Enrichment activities enhance neurochemistry, and brain scans (MRIs) show they grow the hippocampi (memory) and prefrontal cortical structures (fluid intelligence).

Regular physical exercise. True experimental studies of aerobic exercise programs lasting from several months to a year show substantial cognitive improvement and substantial hippocampal growth in elderly people. Perhaps because older people are often chronically exercise-deprived, regular physical exercise may be the most potent toughening activity for cognition and brain.

Meditation and tai chi. Again, experiments show both cognitive improvements and brain growth from regular practice. Some research identifies the specific genes activated by meditation – even some genes that help the body resist inflammation and others that stimulate immune function.

Affection and nurturance. Hug somebody. Do it a lot. Affectionate activities have amazing impacts on neurochemistry (especially brain-building neurotropins), even for aging adults. These positive impacts are the opposite of the cognitive and brain deficits suffered by abused and affection-deprived kids.

Dienstbier said people who begin to use these four toughing activities can experience an upward spiral. Once people’s mental and physical energy are enhanced and their mental abilities sustained, they are likely to make further choices that continue to toughen them.

Dienstbier’s presentation was based on his recent book, Building Resistance to Stress and Aging: The Toughness Model. For questions or more information: rdien@neb.rr.com.
Outgoing President Duane Eversoll passes the gavel to 2016 President Jim Griesen at the November 2015 meeting.

Delivee Wright holds her certificate of recognition for 12 years of service on the Board.

Delivee Wright said Wilma Crumley, the late associate dean of the College of Journalism and Mass Communications, recruited her in 2003 to chair the Courtesy Committee that assembled and delivered baskets of treats to members who had recently been hospitalized or who had significant birthdays of 80, 85, or 90 years. This committee developed into the Member Relations Committee.

In 2004, Delivee was elected to a three-year term on the Emeriti Board. At the end of her term, Dan Lutz, who had been editor in Ag Communications, asked her to serve as the board’s assistant-secretary. She was subsequently appointed Secretary, and served in that role through December 2015. She also served on other committees to implement projects and assisted with monthly luncheon meetings.

President Duane Eversoll, left, presents an award of recognition for distinguished service to John Comer at the November meeting. John has served as president, president-elect and past president.
**NU benefits are available to emeriti**

by Doug Zatechka, Benefits Committee Chair and Julie Johnson, President Elect

**First In a series**

We all remember how honored we were to be given emeritus/emerita status when we retired – but the benefits go beyond that good feeling and include some substantive privileges, too.

Emeriti status is granted to recognize service in teaching, research, extension or administration. Furthermore, it is designed to encourage the individual to maintain association with the institution and to continue study and scholarship if the person so desires.

But the status also includes specific privileges and benefits. While benefits can change over time, the list below is just some of those available in early 2016. More will be identified in the next newsletter.

1. On formal occasions, emeriti faculty are recognized on the same basis as active faculty. They do not attend faculty meetings except by invitation. While they may not vote, they have the privilege of speaking at those meetings.
2. The dean or director, at his or her discretion, may grant office space and use of department facilities in consultation with the department head/chair. The decision is influenced by availability of space and the retiree’s ongoing contribution to the university.
3. Emeriti may retain the rights and privileges associated with their level of membership on the Graduate Faculty. They may also retain any special professorship title as approved by the Chancellor.
4. Emeriti may use official stationery and other departmental office privileges when writing references for students, furnishing information to associates, or performing a service stemming from responsibility which has continued beyond retirement.
5. Emeriti are eligible for free non-reserved (“A”) parking permits which must be renewed annually. If you need a reserved permit, these may be available on a limited basis at a discounted rate.
6. Emeriti continue to have access to the university’s library facilities and Digital Commons.
7. Emeriti have continued use of a university email address.
8. The regular faculty discount at UNL computer telecommunications stores remains available to emeriti. Computers, software and cell phones may be purchased at a discount. The latest virus program may be downloaded for no cost for use on home computers. (See http://antivirus.unl.edu/download)
9. The University Bookstore offers faculty discounts to emeriti with an emeritus/emerita photo card.
10. The Athletic Ticket Office allows all emeriti faculty to purchase tickets for athletic events on the same basis as current employees. All UNL retirees, including Emeriti, who hold discounted season tickets at the time of retirement and who have held those tickets for ten years prior to retirement continue to have the privilege of obtaining discounted tickets to athletic events.
11. Events sponsored by the University Program Council at the Student Union are available to all emeriti at the same discounts as regular faculty.

If you were unaware of these benefits, you will want to check them out. Stay tuned to learn about more benefits in the next newsletter. [http://emeriti.unl.edu/list-benefits](http://emeriti.unl.edu/list-benefits)

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**Big Ten Conference in August 2016**

UNL will host the 2016 conference of the Big Ten Retirees Association in August at the Van Brunt Visitors Center.

The Big Ten Retirees Association, open to retiree groups from Big Ten universities, is designed to enhance the groups at each school by sharing information, primarily at the yearly conference, which rotates among member institutions.

The August 2016 conference theme is *Healthy, Wealthy, and Wise Retirements and* will include topics of cognitive and financial issues and how the information can be used in programming. As the host school, we will also showcase UNL’s unique programs and facilities. Each member association is entitled to two representatives on the governing board that convenes once a year at the annual conference. In addition, UNL Association members will be offered the opportunity to come to meal events.

Typically members of the hosting institution have made contributions to help fund the conference. To help underwrite the 2016 conference, members of the UNL Emeriti Association Board have pledged to make personal contributions of $100 per Board member. Please consider a tax-deductible donation to the NU Foundation Fund 13266 to support the conference.
The Faculty Senate passed (with two dissenting votes) a resolution supporting the University in imposing a weapons free zone on the campus. The vote was in opposition to a bill championed by Senator Garrett of Bellevue that would outlaw the imposition of Gun Free Zones in Nebraska.

Faculty senators said the vote was more than a symbolic measure. It presents a broad front against Garrett’s bill. Senator Garrett indicated he would introduce the bill during the 2016 legislative session.

For a more detailed report on the resolution please click on the following link.


Membership Relations
by Nancy Aden & Kay Rockwell

Currently, the Membership Relations Committee is responsible for promoting and conducting programs of interest to UNL Emeriti. This includes two distinct opportunities for emeriti faculty. One is Coffee House Chats and Social Functions where members meet for no-agenda chats and holiday parties. The next chats will be:

- February 12 at 9:30 am at the Crescent Moon (140 N. 8th). Come celebrate Valentine’s Day. Bring a silly valentine to exchange.
- March 15 at 9:30 at Jeff and Gail Keown’s home (9340 Whispering Wind Road) to celebrate the Ides of March.
- April 12 at 9:30 am at Crescent Moon.

See page 10-12 for pictures of Emeriti faculty having fun at these social functions!

Campus tours
Kay Rockwell organized the most recent tour to the East Campus Utilities Plant.

Charlie Griesen led this informative tour. See page 8 for the story.

Stay tuned for more tours this year!
A dozen emeriti members braved the cold and wind to tour the East Campus Utilities Plant on Nov. 19. The tour provided a rare opportunity to look behind the scenes and learn how the UNL East Campus is heated and cooled.

Charlie Griesen, construction coordinator with Facilities Management and Planning and son of Emeriti President Jim Griesen, said the three boilers on East Campus can produce up to 220,000 pounds of steam per hour at 125 pounds per square inch. The original boilers burned coal until they were converted to natural gas around 1950.

The touring emeriti also saw the three electric-driven centrifugal chillers that can produce 7.5 thousand tons of chilled water at 42 degrees. They learned about boilers, coolers, super steam and saturated steam.

It takes a staff of 13 operators and 23 shared (with City Campus) maintenance, engineering and management personal to keep all East Campus buildings at desired temperatures 24 hours per day, 365 days of the year. Griesen showed the tour participants a pair of steam-driven vacuum pumps that have been so well maintained that they have been operating since the construction of the plant in 1917.

The tour participants also took a look, from a distance, at the thermal energy storage tank. This huge tank acts like a battery, storing chilled water during off-peak hours for use during peak hours, thereby saving a considerable amount of money.

The most venturesome of the touring emeriti went part way into the tunnel system to see how 4.7 miles of steam piping and 3.6 miles of chilled water piping are distributed to buildings throughout East Campus. Those who entered the tunnel system said they appreciated their hard hats; nearly all of them bumped their head as they entered the tunnel opening.

The facility has the latest in electronic monitoring devices as well as mechanical parts that are 100 years old. Professional staff keep older equipment in good working order and synced with new equipment.

Next time you arrive at a cozy campus location in mid-January think about the personnel and infrastructure required to make it so.

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**Donors Needed**

If you can help underwrite the Big Ten Retirees conference at UNL, please send your tax-deductible contribution to University of Nebraska Fund #13266.
A number of former ghoul teachers joined in the emeriti Halloween party.

About 30 joined the UNL Emeriti Spook Party at the home of Gary and Karen Heusel, including the Queen of Hearts, Sam Spade, Count Dracula, a hippy couple from San Francisco, a brother of former Indonesian president Sukarno, Groucho Marx and many more. Recognize anybody?
About 25 emeriti and guests enjoyed the annual holiday party. Kay and Lee Rockwell hosted the event on Dec. 16.
Santa’s visit was a big hit at the party!
Emeriti Profile—Charlyne Berens

When I retired in summer 2014, I planned to follow a retired friend’s advice: “Don’t get yourself obligated to anything for a year.” For better or worse, I managed to ignore that advice pretty much from the start.

OLLI quickly became a major part of my retirement activity. I love the classes, and I’ve also loved being sucked into several committees and the advisory board. OLLI classes offer solid information and then raise new questions and ideas and give people a framework to think through potential answers and responses. It’s like going back to school but with no homework. Fantastic!

I’ve also had a chance to get more involved in my church where I serve on several committees and have had multiple chances to put my journalism skills to work. I think every church — and probably every volunteer institution — ought to have at least one retired journalist/journalism teacher among its ranks.

That same journalism background has set me up to do a bunch of freelance writing and editing and to teach one-shot presentations or a series of workshops on both the mechanics and structure of good writing. In fact, I’m team-teaching an OLLI writing class this winter.

Around and in between all those things, my husband and I travel to see his elderly mother in Iowa, my elderly father in the Chicago area and our daughters and their families in Wisconsin. We have driven I-80 across Iowa more times than we can or want to count. We’ve also had some fun trips that range from a day at the Ashfall Fossil Beds through visits to friends on both coasts to a couple of weeks in France.

I loved teaching, and I still love UNL, but this retirement stuff is as good as everyone said it would be. I am happy and grateful.

Dr. Charlyne Berens is professor and associate dean emerita from the College of Journalism and Mass Communications.
Emeriti Profile — Mac Sawyer

Sixty years ago Mac and Pat Sawyer traveled with friends to a resort on the Current and Jack’s Fork rivers in Missouri, noted as one of the most scenic river areas. Mac and Pat knew a good thing when they saw it, and they have gone there every year since. In fact, it’s become a central part of their lives.

The first year they traveled with three other couples, and these same families, including children and grandchildren, still get together for a vacation there every year. This year 40 people attended.

Mac retired in 2006 from the Department of Teaching, Learning and Teacher Education. Mac and Pat have traveled on many riverboat cruises over the years on the Mississippi River, the Ohio River and Chesapeake Bay.

Nowadays, their travel includes visits to children (daughters in Cincinnati, Ohio and Tucson, Arizona; and a son in St. Joseph, Missouri). In addition, they take trips so see their eight grandchildren (six boys and two girls) who are scattered across the United States.

The first few years after retirement, Mac volunteered as a docent at the Nebraska Historical Society Museum. Following that, he was a volunteer member of the Occupational Therapy Licensing Board.

After his term expired on the Occupational Therapy Board, Mac was appointed to the Podiatry Licensing Board, the group that hears complaints against podiatrists and determines the consequences for demonstrated offenses. This service has been a good opportunity to learn about the profession and give assistance to others.

Recently, Mac was selected to become a participant in the Lincoln Public Schools (LPS) Citizens Education Academy. The Academy is open to 20-30 people from the community. The participants are provided hands-on programs giving them a behind the scenes sense of LPS. Mac has learned a lot from his onsite visits including what is done in English as a Second Language programs. There are 2,536 children who do not speak English in LPS, coming from 118 countries and speaking 96 languages. Mac is proud of the job LPS is doing.

Three times a week, you’ll find Mac taking a water aerobics class at Bryan LifePointe. He says the warm water keeps the joints moving, and he recommends it for everyone.

Mac and Pat’s most recent trip was to Flagstaff, Arizona, for the wedding of the first of their grandchildren to marry. While there, their family surprised them with a 60th anniversary party.

Even though their anniversary was Nov. 23, it’s not too late to wish Mac and Pat many more years of health and happiness, including that annual trip to Missouri.

Dr. Mac Sawyer is professor emeritus from Teaching, Learning and Teacher Education.
## Memory Moments

The UNL Emeriti Association Board mindfully watches obits and posts information on the website regarding deceased Emeriti who are honored with a moment of silence at membership meetings. In addition, the University provides the Association with names of the deceased.

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<td>James Knisely, UNL Comptroller</td>
<td>Monte M. Page, Psychology</td>
<td>Agnes Adams, UNL Libraries</td>
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<td>Beverly and Harold Moser, Teachers College</td>
<td>Judy Wendorff, International Affairs</td>
<td>Lois Schwab, Home Economics</td>
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<td>Gloria Papik, spouse of Elvin (Al Papik), Athletics</td>
<td>Irene Ruzicka, Extension</td>
<td>Mary Jane Steward, spouse of Cecil Steward, Architecture</td>
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<td>Harley Batie – Dentistry</td>
<td>Delwyn D. Dearborn, State 4-H Program</td>
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<td>George Holdren – Accounting &amp; Business</td>
<td>George A Woolsey, Extension Educator</td>
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<td>Lou Leviticus – Agricultural Engineering</td>
<td>Harold L. Davis, Industrial Systems</td>
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<td>Gary Meisters – Mathematics</td>
<td>Helen C. Sulek, Child, Youth &amp; Family Studies</td>
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<td>Charles Stubblefield – English</td>
<td>Jerry S. Cloyd, Sociology</td>
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<td>Lloyd L. Young, Agricultural Leadership</td>
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<td>Ralph Roy Marlette, Civil Engineering</td>
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<td>Vernon L. Souders, Survey Division</td>
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<td>James Merchant, Agronomy &amp; Horticulture</td>
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<td>Raymond Burchett, Extension geologist</td>
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Julie Johnson, vice president and newsletter
Duane Eversoll, past president
Rita Kean, secretary and board member
Jack Goebel, treasurer
John Bernthal, board member
Roger Kirby, board member and membership
Doug Zatechka, benefits
John Comer, website
Al Seagren, Wisherd awards
Kay Rockwell, member relations
Nancy Aden, member relations
Jeffrey Keown, board member and Faculty Senate liaison

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

Contact Us
Let the newsletter committee know what you think about the newsletter and share ideas for stories and improvements.

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