

JANUARY 2020

Internment of Japanese Americans during World War II—a personal story

Nearly 120,000 people of Japanese ancestry were incarcerated in concentration camps in the western interior of the United States during World War II. Their forced relocation and internment were ordered by President Franklin D. Roosevelt shortly after Japan attacked Pearl Harbor on December 7, 1941. Sixty-two percent of the internees were



U.S. citizens, including the parents of John H. Suzukida, our guest speaker in January.

Szukida will speak about his parents' experiences during WWII. His talk will include historical context and quotes from his parents describing their time of internment, post-war resettlement, and assimilation back into society. He will share pictures, artifacts, and the story of how his parents chose to live with this challenge—being imprisoned while in their early 20s, what they experienced, and how they went on with their lives, leaving the camps with just \$25 and a train ticket to a destination of their choice.

Focused on leadership

Szukida is the founder and president of Lanex Consulting, LLC, where he is primarily focused on working with leadership teams on strategic planning and product-to-solutions business model changes.

Previously, he was senior vice president of marketing and strategy for global commercial business at Trane, a world leader in air conditioning systems and environmental technology.

Szukida currently leads the board of governors for Steffes, LLC, and previously served as a director or advisor for Terra-Therm, Inc., the Altra Federal Credit Union, and CM Global. He is a member and past club president of Rotary International, the Environmental Quality Committee in Shoreview, the Metro Clean Energy Resource Teams, and Fishing for Fun.

Szukida has a BS in mechanical engineering from the University of Illinois but has strong ties to the University of Minnesota: Lori, his wife of 37 years, was an RN patient care coordinator at the U of M Physicians Clinic until her recent retirement; their daughter, Jill, is a graduate of the Medical School; their son Greg earned a BS in mechanical engineering at the U; and their son Matt earned a BS in forestry and will graduate this year from the Carlson School's Master of Accountancy program.

Come at 10:30 for coffee and conversation

Thanks to the Campus Club, the West Wing Dining Room is available to UMRA members for coffee and conversation before our luncheons. There is no charge and no need to RSVP.

UNIVERSITY OF MINNESOTA

JANUARY MEETING At A Glance

Tuesday, January 28
 Campus Club, Fourth Floor
 Coffman Memorial Union

Luncheon + Forum

11:30–1 p.m.

West Wing Dining Room

Featured speaker

John H. Suzukida

*Internment of Japanese Americans
 during WWII*

Living Well Workshop

1:30–2:30 p.m.

Dale Shephard Room

Professor Peggy Nelson and

Liz Anderson, PhD

Strategies for dealing with hearing loss

Menu

Grass-fed Minnesota beef
 Bolognese with white wine, onion,
 tomato, carrots, and cream over
 penne pasta.

RSVP by January 21

Prepayment of \$23 per person.
 Annual prepayees, please cancel
 if you will NOT attend.

[Reserve and pay online](#) or send
 your check payable to 'UMRA' to:

Mary Ford

1147 Ivy Hill Drive

Mendota Heights, MN 55118

Parking

\$7 maximum in University ramps
 with UMRA's discount coupon.

To reserve parking in the East
 River Road Ramp, contact Mary
 at fordx045@umn.edu or
 651-955-6118.

Looking forward to an interesting 2020

Happy New Year! Our Retiree Association has just finished up a great 2019. We heard from President Joan Gabel at our November forum before the largest crowd in our history, met regents Mary Davenport and Janie Mayeron in a wonderful conversational setting (thanks to the University of Minnesota Foundation and Lynn Praska), and, for the first time ever, got together for a Holiday Party in December. Results of the UMRA Quiz (forecasting the future) will be available soon.

There is much to look forward to in the new year with a great lineup of forum speakers and workshops.

As we move into 2020, UMRA will also play close attention to the upcoming change from Securian to Fidelity as the administrator of the University's retirement funds. We've already had a couple of opportunities to hear about those changes, and there will be more to come in January and February, with Fidelity and the Office of Human Resources (OHR). Ken Horstman, who was one of our presenters in October, has been named the interim head of OHR. We hope he will continue to attend to the concerns and needs of retirees as he has for the past several years.

Making wise choices

I trust everyone was able to complete their benefit choices during Open Enrollment. Keeping up with these changes and making wise choices for your health and dental care can be a daunting task. I hope you were aided in those choices by the presentations and presence of the OHR and health plan representatives at our benefits workshop in October.

While our allegiance to the University derives primarily from our past work for the University and our desire to further its mission of teaching, research, and service, many of us, as a practical matter, are tied to the University through our health care and retirement accounts. It is one of our goals as an organization to keep on top of the changes in health care benefits and retirement accounts and help communicate those changes to our members. If you have concerns, please let us know.

We're looking forward to an interesting and prosperous 2020.

—Bill Donohue, UMRA president

January workshop: Understanding hearing loss

Peggy Nelson, PhD, and Liz Anderson, PhD, from the U's Center for Applied and Translational Sensory Science (CATSS), will be the presenters for our January workshop, "Understanding hearing loss: What's new and what we all should know."

CATSS focuses on research related to our senses, including vision, hearing, and touch. Dr. Nelson explains:

"In our lab, we simulate challenging listening situations in order to test technology and strategies to improve listeners' performance in everyday complex listening environments. In particular, we are studying hearing loss, hearing technology, social isolation, and the effects of hearing loss on us all as we age.

Our workshop on the latest findings regarding aging and hearing loss will include:

- what happens to our hearing as we age
- why hearing aids are better than ever before—and expensive, but worth it
- examples of new and emerging technologies
- the social and interpersonal aspects of living with hearing loss
- recommendations for effective technology use and communication strategies for listening in everyday environments.

"You'll be invited to learn more about CATSS and the latest research. Questions are welcome."



Peggy Nelson, PhD, is a Dean's Medal Professor and executive director of the University's Center for Applied and Translational Sensory Science.

UMRA Board seeks volunteers

The UMRA Board of Directors is seeking three volunteers to serve on the Nominating Committee, which will select candidates for the board and officers for the coming year. Please consider this opportunity to become engaged and/or to suggest someone else for the committee. Please also consider putting yourself forward for one of the open positions (to be announced in the next few months).

The Nominating Committee consists of these three volunteers, two current Board members, and the immediate past president.

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President Gabel attracts largest attendance in UMRA history

In front of the largest crowd in UMRA history, President Joan Gabel offered brief opening comments, responded to an extensive interview by two of our members, and then took questions from the audience attending UMRA's November Forum. She was clear, direct, and genuine, and was a big hit with our membership. As musicians might say, she "blew the room away."

President Gabel is well versed about trends in higher education and how they apply to the University of Minnesota. She articulated her early impressions of the University and promised a strong strategic planning effort in the coming months. There is already a website for the [Systemwide Strategic Plan](#) where visitors may offer comments on the proposed systemwide strategic commitments.

Gabel said the University is a world-class institution and, in her view, needs to address the subjects of health, food, and the environment in its plan. She believes the University is particularly strong in each of these areas. She also believes it is urgent for the University to address issues surrounding student mental health on campus. She noted that 42 percent of 18–25 year olds have received [a mental health diagnosis](#), and said that number is estimated to be even higher for our students. "Providing appropriate care is becoming as important as helping them with selecting their classes," she said.

Endearing humbleness

President Gabel said she hopes to continue to expand the University's commitment to access and excellence. Interestingly, she noted our "endearing" inclination toward humbleness. "It is a strength, but also a challenge," she said. "We are a cornerstone economic driver and we have to be able to articulate in crisp, clear language" the long-term value we generate, she said.

President Gabel thinks Minnesota, unlike some other research universities, has retained its sense of place and strong connection to the communities it serves. She was also complimentary to the Legislature, for its continuing support of higher education, and to the State. "The culture of the State around higher education is not about its value, but how to make it better."

She addressed the current renaming controversy on campus and the need for a new policy. She believes this is an ongoing issue and will require a good deal of attention and sustained educational programming. Gabel also spoke

briefly about her appointment of Rachel Croson, PhD, as the new executive vice president and provost. Dr. Croson is a behavioral economist and currently serves as a dean at Michigan State. She is scheduled to begin her appointment on March 30, 2020.

UMRA thanks Kathleen O'Brien and Frank Cerra for conducting a comprehensive and insightful interview of the new president before the 150+ people in attendance. Great event!

—Bill Donohue, UMRA president



President Joan Gabel, center, with Kathleen O'Brien and Frank Cerra at UMRA's November forum.

Welcome new members to UMRA

Please give a hearty welcome to nine new members who joined UMRA between mid-October and mid-December. Encourage anyone you know to attend our monthly meetings, greet all newcomers, and help introduce them to other members.

- Barbara DeGroot (and Robert DeGroot), Minnesota Landscape Arboretum
- Leslie Everett, College of Food, Agricultural, and Natural Resource Sciences (CFANS)
- Marsha Finkelstein, surviving spouse of Stanley Finkelstein, Department of Laboratory Medicine and Pathology
- Sandy Korlath, Office of the President
- Evryl LaChapelle, Office of the Executive Vice President and Provost
- Diane Madlon-Kay, Department of Family Medicine and Community Health
- Curt Nelson, Department of Entomology
- Faye E. Sleeper, CFANS

*For contact information, please visit umra.umn.edu
> Contact Us > [Member Search](#) (login required).*

HELLO: My name is Gloria Williams

Hometown? I am the younger of two girls born to Shirley and Nicholas Martin in Washington, D.C. When I was about five years old, my mother, sister, and I moved to Philadelphia. At 16, I began my undergraduate education. I completed graduate education at New York University (MS) and the University of Minnesota (PhD).

When did you join UMRA? In 2009. Currently, I am the historian charged with preparing UMRA documents for the University Archives in Andersen Library.

What was your first job? I was a “soda jerk” and luncheon waitress in a drugstore in downtown Philly. (I was terrible at both.)

What was your occupation when you retired from FT work? I was an associate professor in the Department of Design, Housing, and Apparel, College of Design.

Where were you when Apollo 11 landed on

the moon? I remember viewing and reading about the landing, but my whole being was involved with doctoral written and oral exams and the dissertation proposal.

If you could learn a new skill, what would you like it to be? Rather than a new skill, I would continue to further develop my piano and sketching skills. I also need to improve my creative writing ventures.

Do you have a favorite place on the U of M campus?

I find the Goldstein Museum a great place for learning, I like the St. Paul and Minneapolis campus malls for relaxation and beauty, and the Wilson and Magrath libraries for research and writing.

What is a fun fact about you we might not know?

I make an unforgettable seafood gumbo, a delicious shrimp jambalaya, and a great-tasting potato salad.

What is something you currently enjoy doing?

I like being alone and having quiet time. I enjoy reading fiction and nonfiction, doing crafts (knitting, crocheting, and counted cross-stitch), being challenged by creating an intellectual biography of a colleague, sketching seasonal views overlooking the lake in my backyard, and playing the piano.



Gloria Williams, left, and her daughter, Kate.

November’s workshop included plea for an age-friendly university

Professor Joseph Gaugler, director of the University’s Center on Aging, led UMRA’s November workshop addressing two topics: how to create an Age Friendly University (AFU), and how to keep our brains healthy.

Dr. Gaugler started with a pitch for Minnesota to join the AFU movement, which originated in Ireland. He defined an AFU as a university that gives older adults access to teaching and learning, supports intergenerational activities, offers encore careers, promotes aging research, partners with local retiree communities, and combats ageism. He discussed the [AFU core principles](#) and how he aims to lead Minnesota in these directions.

Importantly, the Minnesota Gerontological Society has announced an initiative for [Age Friendly Communities](#).

Dr. Gaugler briefly discussed [brain health and Alzheimer’s disease](#), highlighting in his presentation an illustration showing what modifiable factors may reduce the risk of Alzheimer’s. The most important things we can do to reduce the risk are participate in regular physical exercise, avoid obesity, manage hearing loss and hypertension, stop smoking, and avoid social isolation.

For those who serve as caregivers for someone with severe memory loss, Dr. Gaugler runs an annual day-long conference. You can join the email list for the June 27, 2020, conference by contacting Ann Emery at 612-626-9515 or carl0219@umn.edu.

—Ron Anderson, UMRA Cares Committee

Book Club to meet January 17

Stephanie Daily will lead the discussion of *Leadership: In Turbulent Times* by Doris Kearns Goodwin when the UMRA Book Club meets at 2 p.m. on Friday, January 17, at [1666 Coffman](#) in Falcon Heights.

In February, Pat Tollefson will lead a discussion of *Italian Shoes* by Henning Mankell. Discussion of our March book, *A Woman of No Importance* by Sonia Purnell, will be led by Judy Helgen. Our April book is *Where the Crawdads Sing* by Delia Owens; Beth Bedell will lead the discussion. In May, Laura Ericksen will lead the discussion of *Year of Yes* by Shonda Rhimes. Contact Pat Tollefson at p-toll@umn.edu for more information.

Visit the UMRA website for a review of *Main Street* by Sinclair Lewis, the club’s December read.

Happy holiday party

UMRA's first-ever December holiday party was truly festive and well attended.

The Campus Club West Wing Dining Room provided a beautiful, panoramic view of the wintry Minneapolis skyline, backlit by the setting sun, as more than 70 UMRA members, spouses, and friends arrived to share time together socializing, sampling the appetizer buffet, and enjoying a wonderfully upbeat performance by members of 7Days A Capella, an impressive group of University of Minnesota students drawn together by their love of music and performance.

UMRA President Bill Donohue spoke briefly before introducing the choir. He encouraged attendees to complete a 10-item UMRA quiz to make some predictions for the coming year, and presented a special award to



Cathy Lee Gierke was honored by Bill Donohue. Photos: Ginny Hanson

UMRA Webmaster Cathy Lee Gierke for her invaluable service to our association. He also thanked President-elect Frank Cerra and Past-president Jerry Rinehart for the work they did to produce the party.

The half-hour performance by 7Days A Capella featured a delightful range of seasonal and not-so-seasonal music, beginning with the modern Christmas classic *Mary, Did You Know?* Before starting, the 13 singers each introduced themselves, identifying their academic majors, schools, and/or colleges—and were cheered and applauded by their affiliates in the audience: CLA, Carlson, Applied Economics, Biochemistry, etc.

A Pentatonix arrangement of *Little Drummer Boy*, featuring 7Days' vocal percussionist Ethan Gormong, a chemistry graduate student from Spooner, Wisconsin, "beatboxing" the rhythm line, was a special treat.

The students received a standing ovation as they concluded their performance, and, clearly, a good time was had by all.



Jerry Rinehart, second from left, and Frank Cerra, seated center, were in good company at UMRA's holiday party.

—Kristine Mortensen, editor

UMRA Travel Program

The UMRA Travel Committee is announcing its first Road Scholar Tour: "Discoveries along the Douro: Portugal's best-kept secrets." This exclusive learning adventure is scheduled for October 28 to November 7, 2020, and will be preceded by an optional, three-night tour of Lisbon.

We'll sail along the winding Douro River, through the fairytale landscapes of Portugal, aboard a riverboat chartered exclusively for Road Scholar. We'll have full access to top-notch instructors as we explore medieval towns and villages and Baroque architecture. We'll also get a taste of the local culture, with a bountiful selection of some spectacular wines, and discover some of the best-kept secrets of Portugal from the locals who know it best.

Travel for seven nights aboard the MS Gil Eanes, a premium three-deck ship that accommodates 100 passengers. Before boarding the ship, spend two nights at the Sheraton Porto Hotel and Spa in the cultural district of Porto. A group leader will begin our adventure with an introduction to Portuguese history, and then accompany us to explore the city of Porto, one of the most beautiful in Europe. The day will end with a visit to the home of a Portuguese family to learn of their role in 19th-century Porto and taste their family estate-produced wine.

This is a Road Scholar Adventures Afloat Program. So, in addition to lectures and field trips, you are invited to take advantage of classes and events aboard ship.

A brochure detailing both the river cruise and the optional pre-cruise tour of Lisbon will be sent to UMRA members in January. Questions? Please contact Cherie Hamilton at pimentamalageta@hotmail.com or 612-929-0233.

—Cherie Hamilton, chair, UMRA Travel Committee

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To identify and put forward a strong pool of candidates, we seek a diverse committee with extensive collective familiarity with UMRA's membership.

The committee's work does not involve a significant time commitment—likely just two or three meetings with additional email and telephone exchanges.

Member involvement is essential to UMRA's success, particularly in determining leadership for the organization. Please let me know if you're interested in helping in this way, or if you would like additional information on the work of the Board.

—Jerry Rinehart, UMRA past president, g-rine@umn.edu

In remembrance

We report the passing of UMRA members and University leaders as we learn of these losses to our community. Our condolences to the families and friends of our colleagues.

Robert “Bob” Kvavik died September 1, 2019. Dr. Kvavik joined the faculty in 1968, taught for 46 years, and was a professor emeritus of political science. He also served as senior associate vice president, vice provost, chief of staff to provosts, and interim provost in 1992 and 1998. His distinguished work ranged from the redesign of undergraduate programs to the construction of the science building, now Robert H. Bruininks Hall. Dr. Kvavik was honored with the rank of Knight First Class in the Royal Norwegian Order of Merit for promoting collaboration between the U. S. and Norway in research and the use of technology in higher education. He is survived by his wife of 52 years, Karen H. Kvavik, PhD.

Joan Steinhhauser died September 21, 2019. She was the widow of Professor Emeritus Frederic Steinhhauser, who died in 2017. Both were members of UMRA, and active in St. Anthony Park and St. Paul civic efforts. Over 68 years together they raised four children, celebrated six grandchildren, and traveled seven continents.

Barbara Sonkovsky passed away on September 17, 2019. She was the widow of Professor Emeritus Robert Sonkovsky, who died in 2014. She was a long-time teacher of Latin and English at St. Paul Academy and Summit School. Both were active members of UMRA. They are survived by three sons and their families.

David Kidwell died November 28, 2019. He was dean of the Carlson School of Management from 1991 to 2001, and is credited with leading the school to national stature. President Yudof called Kidwell the “father” of the Carlson School. Before coming to Minnesota, Kidwell was a finance professor and held endowed chairs in banking and finance at Tulane, the University of Tennessee, Texas Tech, and Purdue. He is survived by his wife and family.

—Kathleen O’Brien, Cares Committee

UMRA Cares supports members

If you learn of someone who is facing a difficult life challenge, or for assistance and support in the event of the death or serious illness of an UMRA member or family member, please email us at umracares@umn.edu or call 612-626-4403 and leave a message for UMRA Cares.

Meetings with Regents Davenport and Mayeron were cordial, informative

UMRA President Bill Donohue has invited the four newly elected members of the University of Minnesota Board of Regents to meet informally with members of UMRA. The goal is for us to become acquainted with the new regents. The first two meetings took place in early December in a large conference room provided by Lynn Praska at the University of Minnesota Foundation.



Regent Mary Davenport, right, visited with UMRA members Rosa Maria de la Cueva Peterson and John Adams on December 2.

Regent Mary Davenport, an at-large regent, met with about 40 UMRA members on December 2. She is a former administrator with 30 years’ experience with Minnesota State Colleges and Universities. Regent Janie Mayeron, from the 5th Congressional District, met with about 20 UMRA members on a snowy day one week later. She is a retired United States magistrate judge and lawyer.

Both gatherings were hour-long conversations that had the attendees asking questions regarding such topics as the future of the University, the role of the regents in promoting a positive image and story about the University, the role of the regents in the Department of Athletics, academic freedom, and what role UMRA can play to assist the University.

Attendees were impressed with the experience and knowledge that both women bring to the Board of Regents. Both were open and candid in their discussions.

Similar meetings with At-Large Representative Kao Ly Ilean Her and Student At-Large Representative Mike Kenyanya are being planned for 2020.

—Donna Peterson, Board of Directors

ARMCHAIR TRAVELER

Explore Papua New Guinea and cruise to North Cape

UMRA's next Armchair Traveler program will be from 3:15 to 4:45 p.m. on Tuesday, January 14, in the second-floor Community Room of the [Highland Park Community Center](#) at 1978 Ford Parkway in St. Paul. Please come early so we can start promptly at 3:15.

For the first half of the program, UMRA members Marilyn Joseph, MD, retired medical director of Boynton Health Service, and Warren Regelmann, MD, former head of pediatric pulmonology, will show some of the unique sights, sounds, and wildlife they experienced cruising and hiking Papua New Guinea (PNG) in 2019. The animals of PNG are found nowhere in neighboring Asia because they live on the Australian Plate, which drifted away from the Eurasian Plate, long ago, forming a deep-water barrier known as Wallace's Line, first noted by Alfred Russel Wallace, the explorer and co-formulator with Charles Darwin of *On the Origin of Species by Means of Natural Selection*.

The second half of our program will feature the Great Northern Lights cruise that Claudia Parliament, professor emerita from the Department of Applied Economics, John Welckle, associate professor emeritus from the Department of Education at St. Olaf, and Carol Urness, professor emerita and curator of the James Ford Bell Library, took in 2015. Their experience took them from Copenhagen northward along the coast of Norway, around North Cape, and then eastward to Murmansk, the Solovetsky Islands, and Archangelsk before the return voyage to Oslo.

Signup is limited to 45 so please email me at boundarywaters07@gmail.com if you plan to attend.

—Lynn C. Anderson, chair, Armchair Travel Committee

Photo Club to meet January 14

The Photo Club will meet 1–3 p.m. on Tuesday, January 14, in the second-floor Community Room of the [Highland Park Community Center](#) at 1978 Ford Parkway in St. Paul. Come at noon for lunch first at [Panera Bread](#), a block and a half west at 2056 Ford Parkway.

The change in venue for January is to make it easier for Photo Club attendees to join the UMRA Armchair Traveler program that will be held in the same room, starting at 3:15 p.m. Contact Craig Swan at swan@umn.edu for more information.

Firsthand—experiences with aging

By Kristine Mortensen

My mother had excellent hearing. Our family used to joke that Nana was able to hear children whispering, well into her 90s, no matter where they were hiding in her house. (It's true, she could.) But my dad needed hearing aids, as did all of his siblings. And because I physically resemble my dad's side of the family, I long assumed the day might come when I would need hearing aids, too. And, so it has.

Fortunately, just as I came to that realization, I learned about a hearing loss and healthy aging study that was seeking volunteers at the U of M. I applied for and was accepted into the [ACHIEVE](#) study, and, soon after my initial screening, was fitted with a pair of sleek, "smart" hearing aids in June 2018.

My hearing loss is moderate. Nevertheless, I am amazed by the difference I experience with my hearing aids. It's simply wonderful. I can now easily hear the soft-spoken elementary school students I tutor; I have no trouble conversing with a small group of people in a noisy public place; and I can easily understand dialog, even poorly recorded, on TV—I simply stream the audio directly through my hearing aids! In addition to hearing aids, the study equipped me with several communication strategies for making it easier to hear and understand. Foremost among them: Don't bluff!

Hearing loss is normal

Hearing loss affects about one-third of all adults in the U.S. between ages 65 and 74 and more than half over age 75. In other words, hearing loss is nothing to be embarrassed about. It is *normal*.

Did you know that untreated hearing loss can increase your risk of falls? It can also lead to social isolation and cognitive decline, neither of which is conducive to healthy aging.

If you suspect you're experiencing hearing loss, I encourage you to get your hearing tested by a qualified audiologist. A thorough evaluation includes testing to produce an audiogram—which charts your hearing at low, mid, and high frequencies—and to determine your ability to discriminate between similar sounding words. I did that annually for about three years before I eventually got my hearing aids, and it really helped when it came time to decide that hearing aids, for me, were no longer a "nice to have," but a "need to have."

UMRA University of Minnesota Retirees Association

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200 Oak Street S.E.
Minneapolis, MN 55455-2002
612-626-4403 | umra.umn.edu

Have you changed your address, e-mail, or phone?

1. Print new information below.
2. Cut out this form and address label.
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Zip _____ Phone _____

E-mail _____

Other info _____

UNIVERSITY OF MINNESOTA AND NIH PARTNER TO EXPLORE NON-DRUG THERAPIES FOR BACK PAIN

Low back pain? Has it gotten worse recently? The PACBACK study, funded by the National Institutes of Health (NIH), is looking for volunteers. Eligible participants receive up to 2 months of treatment from medical, physical therapy, and/or chiropractic providers at no charge.



Want to learn more?

Contact www.pacback.org
or call 612-626-6477



*Thank you to the Earl E. Bakken Center for Spirituality & Healing
for helping to sponsor our January newsletter.*