



Emeriti Staff Quarterly Newsletter

Volume 24, No. 1, Winter 2018

From the Chair's Desk

Winter Greetings to All!

It is with greatest honor that I have assumed the role as your leader of the Rochester Emeriti for this year. In the last several years we have witnessed exciting growth and diversity in the function and structure of our group due to the hard work of many. We have several more opportunities to continue our mission of bringing purpose, relevance and meaning to each of your lives.

In January we will conduct an important survey of our emeriti in the upper mid-west. This will come by both mail and email. Look for information about this at the Tech Talk on January 16th, at the Quarterly Noon Luncheon January 23rd and through our Facebook page and website. These three important areas will be assessed:

- Mayo leadership would like to know if you would be interested in participating in paid leadership opportunities for a variety of projects and possibly some in mentorship as well.
- How are we doing with the Silver Force initiatives and can, or should, we be doing more?
- As we see increased restrictions on Mayo email and internet services, we want to know how you would like to stay connected with emeriti news and activities and we would like to ensure we have your preferred email address(es).

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This year will focus on service to our communities and Mayo, preservation and protection of our Mayo Franciscan values, and helping take care of each other. I promise to always do my best. My door, email, cellphone and trout stream will always be open to you. Thank you for this opportunity to serve you.

Warmest regards, Claire

The Editor Says...

From time to time an Emeritus member shares an interesting story with us. In this issue, Stephen Carmichael, Ph.D., writes about his train trip across Russia this last September.

Journey on the Trans-Siberian Railroad **by Stephen Carmichael, Ph.D.**

My wife Susan and I have always wanted to take the Trans-Siberian railroad across Russia, the longest rail trip on earth, and in October 2016 we booked the trip. Our research indicated that September was the best month to go as the summers are hot, humid, and buggy and the winters in Siberia can be colder than Minnesota. Last December we ran into Nina and Fritz Schwenk who also love to travel. They mentioned that they were going on the Trans-Siberian railroad in 2017 and so by chance we ended up on the same train. We had a fun time together.

We chose the Golden Eagle tourist train, which operates as a charter a few times a year. We had a very comfortable cabin that had two beds at night and a sofa during the day plus a small bathroom with a compact shower. The ride could be rough at times but we got used to the rhythm of the train. We made regular stops at sites of historical and cultural interest, as well as a detour into Mongolia.

We started in Vladivostok on the Pacific coast on September 2nd. This city has been called the "San Francisco of Russia" as it is a Pacific port with hills and an impressive bridge, but the resemblance stops there. Heading north, the first stop was Khabarovsk, a provincial city on the banks of the Amur River. A brief tour of the town included a visit to the local museum. A notable feature was evidence that many exiles passed through on their way to gulags in Stalinist times.

In Mongolia we stopped in the capital, Ulaanbaatar and took in many local sights. We were given a small sample of Naadam, the national festival, held in July that features wrestling, archery, and horse racing. Another highlight was a stainless steel statue of Genghis Khan on horseback, the world's largest equestrian statue. It was from here that the Mongol Emperor began his conquest of the largest Empire the world has ever seen.

Near Lake Baikal we visited a village of Old Believers. This religious sect split from the Russian Orthodox Church in 1666 regarding the church liturgy and rituals. The main church changed to using three fingers when making the sign of the cross, the Old Believers preferred the old way using two fingers. We were told that some extreme practitioners amputated a finger so they couldn't make the cross with three fingers! The village prepared a meal that we shared with them and then they entertained us with singing and dancing.

One of the highlights of the trip was our visit to Lake Baikal, which has more water than any other lake in the world, even more water than our 5 Great Lakes combined! It's not only large, but also deeper than any other lake. A challenge was to swim in the cold water. Fritz was up to the challenge and took a brief plunge. This day concluded with a delicious barbecue on the shore of the lake featuring smoked omul, a fish of the salmon family found only in Lake Baikal.

The next day was spent in Irkutsk, the "Paris of Siberia." Many houses are wooden with attractive filigree trim painted in bright colors. We had a home-cooked meal in a dacha, the

family's small second home in the country. Irkutsk was home to several Decembrist, aristocratic revolutionaries who staged a failed coup in December of 1825 and were exiled to Siberia. In the home of a prominent Decembrist, we were "transported" back to the 19th Century and enjoyed vocal performances accompanied by a vintage piano from that time.

The stop in Ekaterinburg was particularly interesting because the Romanov family was incarcerated there during the Russian Revolution. When the White Russians were approaching the city in 1918, the Bolsheviks cruelly executed the entire family. The house where this occurred was torn down in the 1970s so it wouldn't become a shrine. The Church on the Blood now stands on the site and a statue memorialized the family of the last of the Russian tsars.

Our last city to visit was Kazan, the capital of the autonomous region of Tatarstan. This was a most pleasant surprise. The city is modern and scenic. The soccer World Cup will be in Russia next year and Kazan will be one of 11 host cities. Our guide was eager to show us their new stadium built for the event.

The final stop was Moscow. This cosmopolitan capital is always a pleasure to visit. We spent the afternoon at the Cosmonaut's Museum where their accomplishments in early exploration of space are proudly displayed. The accomplishments of Americans landing men on the moon and making other significant advancements were not ignored.



Travelling west the entire trip, we crossed seven time zones on the train which resulted in three 25-hour days and two 26-hour days. During the two-week trip there were many hours seeing only an occasional house and other times traveling through large cities. We spent time on the train attending presentations on history, not only of Russia but also the railroad, local religions, and culture. The best part

was spending our meals and leisure time with our fellow passengers who shared our passion for travel. We counted 18 other countries represented on our train. We enjoyed the endless variety of scenery that featured the vibrant colors of autumn in early September. And we got back to Rochester in time to enjoy the colors again in October!

Upcoming Silver Force Circle Events - Rochester

January 16th (Tuesday), 3:00-4:30 pm, Geffen Auditorium

Tech Talk: 90 Minutes of Relevant Insights from our IT Experts

- **Protecting your Assets-At Home and at Mayo**

Understanding and protecting your identity in the digital age is essential. Join us to hear the latest on cybersecurity from online standards, updates in Mayo's security requirements that affect you, hacking awareness, increasing your digital defense and what you need to do in 2018 to minimize chances of becoming a victim of cybercrime.

- **Password Management- A Repeat by Popular Demand!**

If you missed the November session, stay for the second half of this 90 minute Tech Talk to find out what you missed. Learn how you can have MANY passwords using the LastPass. Never have to memorize, or even know your passwords. All your passwords can be different, complex, and even unknown to you! LastPass can retrieve them when needed and even type them in to web sites automatically.

January 25th, (Thursday), 6-8 pm, Rochester Golf and Country Club

Winter Social – Part II: From Vocation to Avocation

Join us for a conversation, dinner, and a panel of colleagues sharing their passion

Learning: *Jim Ould*, Student, International Summer School, the University of Cambridge

Well-Being: *Laurel Podulke-Smith*, Improvisational Theater aficionado, Benefits for everyone!

Teaching: *Stephen Carmichael*, Teacher/Mentor, Passing on knowledge to the next generation.

February 6th (Tuesday), 3:00-4:00 pm

Small Talk: Sailing in the Caribbean on the Star Clipper-A Sensory Experience through Photos

Dr. Don Scholz will take you on a trip to the Caribbean without leaving Rochester. Don has traveled the world and has captured those memories in video. Don will share one of his favorite trips, a sailing trip on the Star Clipper, one of the many Mayo sponsored trips offered through the years. Your tour will transport you to the Caribbean islands and is sure to provide a sensory experience as well as the opportunity to enjoy the sights including exquisite sunsets and sunrises. You might even recognize some of your colleagues who accompanied Don on this trip.

March 6th (Tuesday), 7:00-8:00 pm, Judd Hall, Mayo Building

Tech Talk: Smart Homes, smarter than you think. But, is it the right thing for you?

Brian Kaihoi, will be our guide on a smart home tour. "Smart Home" is the term used to define a residence that has appliances, lighting, heating, air conditioning, TVs, computers, entertainment audio & video systems, security, and camera systems capable of communicating with one another and can be controlled remotely by phone or internet. Installation of smart products give the home and its occupants various benefits — convenience and savings of time, money and energy. But, is it the right thing for you?

Emeriti Staff Rochester Quarterly Luncheons for 2018

- **Tuesday, January 23, 2018**, at Phillips Hall, Siebens Building – Ms. Erin Sexton

- **Thursday, April 12, 2018**, at Phillips Hall, Siebens Building – Dr. Jane Matsumoto
- **Tuesday, July 10, 2018**, at Assisi Heights (spouse/guest invited) – Sister Ramona Miller and Dr. Robert Brown
- **Tuesday, October 9, 2018**, at Foundation House – Dr. John Noseworthy

New Emeriti Staff

Arizona: *Michael Sarr, M.D.*, MCR Surgery
Jesse Muir, M.D., Anesthesia
Xiu-bao Chang, Ph.D., Research
Russ Ruzich, M.D., Cardiovascular Medicine
Ron Marler, D.V.M., Ph.D., Research

Rochester:

Grazia Isaya, M.D., Ph.D., Pediatric and Adolescent Medicine
Kim Wolfgram-Salz, Administration
Timothy O. Wilson, M.D., Obstetrics and Gynecology
Leslie M. Huie, Information Technology
Piet C. de Groen, M.D., Gastroenterology & Hepatology
Arlen D. Hansen, M.D., Orthopedic Surgery

Paul L. Claus, M.D., Preventive, Occupational & Aerospace Medicine
Carl C. Reading, M.D., Radiology
Joseph Y. Matsumoto, M.D., Neurology
Susan Stirn, M.S.R.N., Nursing
Robert A. Rizza, M.D., Endocrinology Metabolism, Diabetes and Nutrition
Franklin H. Sim, M.D., Orthopedic Surgery

Deaths

Robert R. Sawtell, M.D., died September 25, 2017 at Charter House in Rochester at age 92. Dr. Sawtell Bob was born in Cantril, Iowa but while growing lived in a number of towns in Iowa, Nebraska, and California. After serving in the U.S. Navy (1943-1946), he later received the degrees of B.S. and M.D (1951) from the University of Nebraska and interned at the University of Nebraska Hospital in Omaha (1951-1952). Bob opened a private practice in Jeffers, Minnesota (1952-1953) and Worthington, Minnesota (1953-1964). In 1964 he began a fellowship in physical medicine and rehabilitation at Mayo Clinic and in 1966 was appointed a consultant in the Department of Physical Medicine and Rehabilitation. Dr. Sawtell's research interests were in operant conditioning and improving physical therapy for patients with hemophilia and back pain. He initiated a program for the care of patients with traumatic brain injuries. Dr. Sawtell was appointed to the academic rank of assistant professor in 1976. He held several offices in the Minnesota Psychiatric Society including serving as president (1986-1987). Dr. Sawtell retired from Mayo Clinic in June 1989.

Gordon K. Danielson, Jr., M.D. died on October 2, 2017 at home in Rochester at age 85. He was born in Burlington, IA and received a B.A. (1953) and M.D. (1956) degree from the University of Pennsylvania. Gordon interned (1956-1957) at the University Hospital, Ann Arbor, MI and was a resident in surgery at the University of Pennsylvania (1957-1962). Subsequently Dr. Danielson held faculty positions at the University of Pennsylvania and University of Kentucky (1962-1967). In 1967 he was appointed a consultant in the Mayo Clinic Department of Surgery. He published

numerous articles on the topic on cardiovascular surgery and advanced to the academic rank of professor (1975) and served as chair of the Division of Thoracic and Cardiovascular Surgery (1986-1992). In 1986 Gordon was named the Joe M. and Ruth Roberts Professor of Surgery, and in 1996 was given the Mayo Distinguished Career Award. Dr. Danielson retired from Mayo Clinic in December, 2002.

Kenneth G. Berge, M.D., died on September 24, 2017 at Charter House, Rochester at age 91. Ken was born in Wahkon, MN and received the degrees of B.A. (1948) and M.D. (1951) from the University of Minnesota. He was an intern at Boston City Hospital (1951-1952) and entered the Mayo School of Graduated Medical Education (1952) and received the M.S. degree from the University of Minnesota in 1955. He was appointed a consultant in the Rochester Section of Community Internal Medicine (1955) and served as head of that section (1970-1974) and the Section of Community Medicine (1974-1979). He advanced to the academic rank of professor of medicine (1974). In 1975 he was named the Northwest Area Foundation Professor of Community Medicine. Ken was elected a member of the Rochester Methodist Hospital Board of Directors (1970-1983). He served a term as president of the Mayo Clinic Staff (1976) and president of the American College of Physicians, Minnesota Chapter. Dr. Berge retired from Mayo Clinic in December, 1989.

David A Leonard, M.A., died on October 19, 2017 in Rochester at the age of 89. He was born in Red Oak, Iowa and received the A.B. degree (1949) from Grinnell College, IA, and M.A. degree (1950) from the University of Minnesota. Mr. Leonard started at Mayo Clinic in 1950 working in the Personnel Section. Subsequently, he served in a numerous positions at Mayo Clinic including chair of the Division of Personnel, Benefits, and Medical Social Services (1976-1982), Chair, Division of Administrative and Research Services (1986-1987), and administrator of Saint Marys Hospital (1987-1990). Mr. Leonard was a member of the Mayo Foundation Board of Trustees and a trustee of Saint Marys Hospital. David was also active in a number of civic associations including chairing the Mayor's Committee on Higher Education (1954) which led the transition of the state junior colleges from the public school systems into the state's higher education system, and a member of the Rochester City Council (1961-1964). Mr. Leonard retired from Mayo Clinic in June 1990.

George B. Irons, M.D., died October 20, 2017 in Fountain Hills, AZ at age 84. Dr. Irons was born in Lewisburg, West Virginia and received the degrees of B.A. (1954), B.S. (1954) and M.D. (1958) all from the University of West Virginia. He was an intern and surgical resident at the Medical College of Virginia (1958-1963) and went into private practice in Huntington, W VA (1963-1971). He entered the Mayo School of Graduate Medical Education in 1971 and was appointed to the Mayo staff in plastic surgery in 1973. He advanced to the academic rank of associate professor at the Mayo Clinic College of Medicine in 1981. In 1987, he transferred Mayo Clinic Arizona to serve as head of the Section of Plastic Surgery. Dr. Irons also served as director of the Outpatient Surgery Department at Mayo Clinic Arizona and chief of surgery at Scottsdale Memorial Hospital. Dr. Irons retired in October 1993.

Joseph J. Combs, Jr., M.D., died in Rochester on November 1, 2017 at the age of 88. Joe was born in Norfolk, Virginia and received the degrees of B.A. (1951) from the University of North Carolina and M. D. (1955) from Duke University. He was an intern and resident in internal medicine at Duke University (1955-1957), a fellow (1957-1958) and senior resident (1961-1962) at Duke Hospital in Durham, North Carolina. He served as chief of internal medicine and cardiology at the USAF Academy Hospital (1958-1961), an instructor at the USAF School of Aerospace Medicine (1962-1964), and a flight surgeon with McDonnell Aircraft (1964-1967). Dr. Combs was appointed to the Mayo Clinic staff in internal medicine in 1967. At Mayo Clinic he continued his interest in aerospace medicine and also rheumatology. He advanced to assistant professor of medicine (1974). His research interests included evaluation of the knee joint after injury and after total knee arthroplasty. Dr. Combs introduced knee arthroplasty of the knee to the Mayo Clinic and was a recognized expert in this in procedure. Dr. Combs retired from the Mayo Clinic in 1995.

Edward J. O'Connell, M.D., died at home in Rochester on December 11, 2017 at age 83. Ed was born in Rochester and received the degrees of B.S. (1956) from the University of St. Thomas and M. D. (1960) from St. Louis University School of Medicine. After interning at St. Louis University Hospitals (1960-1961) he came to Mayo Clinic for training in pediatrics and pediatric allergy (1961-1965). Dr. O'Connell was appointed to the Department of Pediatrics and Adolescent Medicine in 1965. He served in the U.S. Air Force (1966-1968). Ed served as co-director of the Allergy/Immunology Pediatric Training Program (1972-1992) and director of the Cystic Fibrosis Center (1974-1989). He rose through the academic ranks to professor of pediatrics (1983). He was president of the American College of Allergy and Immunology (1990-1991). Ed was named a Mayo Clinic Distinguished Clinician in 1995. Dr. O'Connell retired from Mayo Clinic in 1999. In retirement he served as editor of the Annals of Allergy Asthma and Immunology.

Deaths of Spouses noted

Mrs. Marguerite K. (Ralph) Smith	July 7, 2017
Ms. Marion E. (John) Shepherd	September 21, 2017
Ms. Beverly M. (John) Spittell	October 7, 2017
Ms. Suzanne F. (Eastwood) Turlington	October 19, 2017
Mrs. Patricia (Clifford) Gastineau	October 25, 2017
Ms. Joanna C. (Randolph) Rovelstad	November 18, 2017
Ms. Georgene (Emilio) Guiliani	December 3, 2017
Ms. Alice Hoffman (Donald) McIlrath	December 11, 2017
Mrs. Aura (Lowell) Peterson	December 21, 2017

Recognitions

Bernard J. Gersh, M.B. Ch.B. D.Phil., was given the American Heart Association's 2017 Distinguished Scientist Award for significant and sustained scientific contributions.

Edward C. Rosenow III, M.D., received the Distinguished Emeritus Award at the 2017 Annual Staff Meeting.

Robert R. Waller, M.D. and **Thomas C. Spelsberg, Ph.D.** were each given a 2017 Distinguished Mayo Alumni Award.

Bill Charboneau, M.D. received the Radiological Society of North America's highest award - the Gold Medal Award for lifetime achievement – at its 103rd Scientific Annual Meeting held in Chicago in November 2017.

Correspondence

Letter from Minneapolis emeriti, Sheldon Sheps, MD.

The emeriti in the Twin Cities continue to meet on the last Monday of most months to update each other, reminisce and enjoy fellowship. We (15 of us) had a fun excursion with spouses Nov 30 when we toured Mayo Square in beautiful downtown Minneapolis to inspect the newly expanded facilities and to hear what health care options we might have such as advanced imaging and non-operative rehabilitative procedures. We then enjoyed a lovely lunch to reacquaint with each other at Kieran's Irish Pub located in the same building. We welcome any emeriti moving to the area or visiting to join us by communicating with me, Sheldon Sheps, MD on Outlook or ssheps@icloud.co.

Upcoming Arizona Activities 2018:

Adventure Series:

- January 3, 2018 Noon – 1:00 pm, Taylor Auditorium
A Walking Pilgrimage – Jan Kaplan
- February 5, 2018 Noon – 1:00 pm, MH 01-115 (Mayo Clinic Hospital Building)
Indians Then and Now – Paul Schnur

1st Quarterly Meeting 2018

- January 11, 2018 10:00 am – 11:30 am, MH 01-212 (Mayo Clinic Hospital Building)
- Administrative Update – Dr. Wyatt Decker and Ms. Paula Menkosky

Emeriti Staff Quarterly Newsletter is published quarterly for members of the Mayo Clinic emeriti staff. It also is mailed to current Mayo consulting staff age 60 and older. To contribute news to share with your fellow emeriti staff, e-mail Gene G. Hunder, M.D. at ghunder@mayo.edu or mailing address: Dr. Gene G. Hunder, Emeriti Staff Quarterly Newsletter, Plummer North 10, Mayo Clinic, Rochester, MN 55905.

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