

TUKWUT TIMES



Brought to you by the CSUSM Retirees Association

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Message from the Chair

By Janet McDaniel

One year ago, the CSUSM Retirees Association was launched when over 130 attendees greeted each other in the USU ballroom. I was thrilled that the RA was an honest-to-goodness, official organization...but my next thought was, "What the heck do we do *now*?" We had an organizing committee, staff support, and new board members—surely we would figure out the next steps. But if you know me, you won't be surprised to learn that I spent some sleepless nights contemplating the future of our RA.

As if in answer to my dreams (or dreamless nights), enter AROHE—the [Association of Retirement Organizations in Higher Education](#). This is the international coalition that shares resources, best practices, and research among RAs in US and Canadian universities. We'd joined AROHE as we founded our RA. We received a useful start-up kit with sample bylaws, helpful checklists, and contact information for potential mentors. Every two years, AROHE holds a conference—so off I went to Minneapolis in August 2014 for two full days of workshops, lectures, and exhibits presented by over 100 representatives of RAs. My excitement grew into overload as I heard about an amazing array of RA-sponsored programs: student scholarship funds, retiree research grants, community service networks, mentoring of undergrads, pre-retirement workshops, cool membership benefits, recreation classes, participation in campus governance, group travel, retiree housing, monthly social events, continuing education for retirees, etc...etc...etc.! After each presentation, I thought, "Let's do *that!*" in the CSUSM RA. I met wonderful retiree leaders as well as experienced RA staff members. They were encouraging but also reined me in: "Take it slowly, build up gradually, you'll get there." It's true—the fully-formed associations with impressive programming have decades of existence and hundreds of members.

As I reported to our members at our inaugural Spring Luncheon and Meeting, I am extremely pleased and

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proud to have one year of achievements to our credit in the CSUSM Retirees Association. Besides building the infrastructure of communications (quarterly *Tukwut Times*, monthly *Tukwut Tidbits*) and our membership roll (51 and growing), we have held several delightful social gatherings, successfully advocated for new benefits for retirees, supported future retirees in campus workshops, walked the Batiquitos Lagoon monthly, planned hikes and excursions for the summer, and encouraged members to participate in CSUSM events sponsored by other campus entities.

None of these accomplishments would have been possible without hard work and follow-through from my colleagues on the 2014-15 Board of Directors: Sandy Punch, Brenda Edgington, Don Barrett, and Brooks Reid. We have been well-supported by University Advancement staff, especially RA Executive Director Lori Brockett and RA Coordinator Arlene Cratsa. As our first year wraps up, I want to say thank you to everyone who helped organize RA events and to all who have attended and supported us. It's been a great year...with many more to come. I'll bet that CSUSM will present at a future AROHE conference, and a newly-formed RA will be inspired by our example. That will be another milestone among many. The sky's the limit, my friends!



Janet with 2014 AROHE President Sue Barnes

Calendar of Events

Upcoming Events

Monthly Walks: The next monthly walks with Sandy Punch are scheduled for May 20th and June 17th at 9:30 am at the Batiqitos Lagoon in Carlsbad. Meet at the parking area at the end of Gabbiano Lane. The walk is 3.2 miles but you can cut that short if you wish, and there are lots of benches along the way. Dogs are welcome! This walking group will meet the 3rd Wednesday of every month.

Contact Sandy Punch at spunch@csusm.edu if you have questions.

Downtown San Diego Excursion



We are planning a downtown San Diego Walkabout on **Monday, June 8**. The East Village is our anchor for a three-mile, flat, paved walking loop around the downtown core, which will include the Central Library, the Embarcadero, the Martin Luther King Jr. Promenade, and Petco Park's "Park at the Park." And lunch, of course!
Contact mcdaniel@csusm.edu to RSVP and/or for further details.

"Life After CSUSM"

In collaboration with Human Resources, several RA members will be panelists for an upcoming gathering of current employees (aka future retirees) to share their experiences in retirement. If you are willing to be contacted by a future retiree to answer questions or just talk about your retirement, please email retirees@csusm.edu with your preferred email address.

Something Extra

On Saturday, May 9 CSUSM will be the location for the 2015 Forum for Healthy Minds: From Hopelessness to Hope & Healing. Event to begin at 8:00 am in the University Student Union. If you would like further information, go to: www.cahmsd.org

Saturday, June 20, 2015 CSUSM Silver and Blue Gala 6:00 pm to 11:00 pm

Join us for this special 25th Anniversary celebration for the Silver and Blue Gala that will be held on Saturday, June 20 beginning at 6:00 pm on the Kellogg Plaza under the stars. Guests are encouraged to wear silver and/or blue.



To purchase your tickets go to:
<http://www.csusm.edu/gala>

After you purchase your tickets, contact Arlene Cratsa at (760) 750-4408 or arlene@csusm.edu and let her know you would like to be seated with other Retirees Association members.

It will be a fun evening of celebrating, fine dining and dancing the night away!

Saturday, July 18, 2015 – Cougar Night at Petco Park! Padres vs Colorado Rockies 4:00 pm – Tailgate with great food from the Picnic People 5:30 pm – First Pitch



This annual, fun event is put on by the Alumni Association of CSUSM. To purchase your tickets go to:
<https://alumniweb.csusm.edu/events/registration.php>

If you have any questions, contact Arlene Cratsa at (760) 750-4408.

Member Profile – Richard (Dick) Bray

I am unusual among the CSUSM faculty because I am a native San Diegan. I graduated from Crawford High School and majored in Biology at SDSU. During my junior year, I had a student assistantship at the Naval Electronics Lab in Pt. Loma, working on marine bioacoustics. That experience really “hooked” me on ichthyology (the study of fish). I earned my M.A. and Ph.D. at UC Santa Barbara conducting research on the ecology of nearshore reef fishes. In 1978, I joined the marine biology faculty at CSU Long Beach. My research at CSULB could largely be described in one word: scatology. Most of my research involved fish that migrate at dawn to plankton-rich feeding grounds and return at dusk to shelter in reef crevices. While sheltered, these fish release fecal material and ammonium that are, in turn, used by reef animals (e.g., shrimps) and plants; thus, these fish form a previously unreported nutrient link between plankton and reef communities. My grad students, faculty colleagues, and I studied this link in kelp beds of Santa Catalina Island and in coral reefs off St. Croix in the Caribbean. For the latter, I was Chief Scientist of three one-week missions living in and diving from the underwater habitat Hydrolab that sat at a depth of 50 feet adjacent to coral reefs. This was a marine biologist’s dream. I also studied the predatory and defensive behavior of the Pacific electric ray, a large fish found off California that uses powerful electric discharges to stun their fish prey and deter predators. This work was featured in TV specials produced by Cousteau and the National Geographic Society.

In 1994, I arrived at CSUSM to become director of the Biological Sciences program. It was quite a challenge for me to go from a large, well-established science program at CSULB to a budding program at CSUSM that had four science faculty members busily teaching, developing the curriculum, and equipping the science labs. I really enjoyed participating in hiring new faculty, expanding the curriculum, and working with colleagues in biology and other departments. One of my most rewarding experiences was working with Victor Rocha and the staff



Dick, son Andrew, daughter Jessica, son-in-law Sean, and wife Cindy.

in the Office for Biomedical Research and Training (OBRT – currently OTRES). Victor founded OBRT in 2000. Over the ensuing years, I worked with him to obtain NIH funding for students pursuing careers in biomedical research. We also developed projects with Palomar and MiraCosta Colleges that continue today. I retired from the faculty in 2010.

My wife Cindy and I met in graduate school and we have two grown children, a son-in-law, and, recently, a granddaughter. We share a common love for the outdoors and Cindy and I have been hiking and backpacking together for over 40 years. We continue an active lifestyle. Almost every day, Cindy runs throughout the neighborhood, and I ride local trails on my mountain bike.

Editor’s note: In the interest of space and appropriate content, we did not include for publication the story about Dick’s practical joke on a well-respected colleague at a CSUSM seminar. Next time you see Dick at an RA event, ask him about it!



Dick, his mom, & sister with their 1946 Cadillac at La Jolla Cove around 1950



Hydrolab Underwater Habitat

RECAP

MandoBasso Concert Review

Retirees Association members and guests were treated to a musical delight presented by MandoBasso on Friday, March 27 at the McMahan house. Before the concert began, 45 attendees visited and enjoyed appetizers and wine. Emcee (and RA Vice-Chair) Sandy Punch introduced our talented CSUSM colleagues, Bill Bradbury on mandolin and Gunnar Biggs on bass. An hour's entertainment was warmly-received and enjoyed by all. Bill and Gunnar provided an introduction to each of their selections. Even though many CSUSM retirees know Bill and Gunnar pretty well, hearing them perform in their MandoBasso duo was a new experience. It was especially meaningful to listen to their original compositions. Bill wrote "Stone Soup" the night before he was to perform at the Stone Soup Festival in his hometown of Barneveld, New York; at the debut his brother accompanied him on spoons. Gunnar wrote "Zanesville Breakdown" in homage to his hometown in rural southeastern Ohio. Gunnar credits his Ohio roots for his affinity for string band music. The RA thanked Bill and Gunnar for contributing their time and talents to our organization by presenting them with RA memberships for the coming year. We're looking forward to following both musicians' careers...and to seeing them at future RA events.

For more information on MandoBasso go to:

<http://mandobasso.com/MandoBasso/Welcome.html> and <https://www.facebook.com/MandoBasso>



RECAP continued

First CSUSM Retirees Association Luncheon and Meeting

On Friday, April 17, 2015, the CSUSM Retirees' Association held its spring luncheon and first annual business meeting at The McMahan House with 35 in attendance.

After social time and a delicious Café Catering lunch, President Karen Haynes updated us on new campus facilities such as the Student Health & Counseling Center, the Jan and Esther Stearns Center for ACE Scholars (former foster youth), and the under-construction sports center, which will lead to NCAA Division II membership.

In response to questions, President Haynes indicated two of her greatest accomplishments as President were nurturing of campus climate and increasing educational attainment for those students from under-represented groups. She believes that CSUSM's greatest challenges are smart growth and serving as an innovative model of what higher education must be.

Board of Directors Chair Janet McDaniel convened a short business meeting after dessert. She acknowledged Brooks Reid's service on the Board and announced the nominees for election to the 2015-16 Board. Several ideas from the membership were suggested for new RA activities. It looks like the year to come will be filled with opportunities to enjoy fellowship and service in the RA.



Daley Ranch Hike

On Tuesday, April 21 a dozen members and friends of the RA spent the morning hiking in Escondido's Daley Ranch. Many thanks to Laurie Lindeneau, who organized and led the hikers on this inaugural excursion for the RA. Here's what our members had to say about the day: *"It was great seeing old friends and meeting new friends. It was a really beautiful morning and time, and I look forward to seeing fellow CSUSM hikers again soon "on the trail."* *"Laurie, thank you for coordinating the hike yesterday, it was fun and I had the opportunity to meet new friends."* *"What a beautiful, interesting area we live in, and I feel so fortunate to be able to explore it with friends. I hope to see you all at another event soon."* *"I whole-heartedly agree with all that has been said about the Daley Ranch hike. Getting to meet new friends and re-establish old friendships is why I became a member of the RA. Here's to many more successful events!"*



Did You Know?

By Brooks Reid, Emeritus Professor of Mathematics; Foundation Faculty

Today there really are twin oaks with a Twin Oaks Valley Road address, and, unrelated, it is believed by some there is a time capsule hidden away somewhere on campus.

In the late 1980's two mature oaks trees graced a horse pasture along the east side of the northern segment of Twin Oaks Valley Road. They were said to be the reason for the name of the road. Prior to the development of that area into the Twin Oaks Valley Golf Course one of the trees succumbed to disease, and the other disappeared during golf course construction. So, where are the twin oaks mentioned above? They are on the campus of CSUSM facing Craven Circle just outside of the President's entrance to Craven Hall.



The dedication plaque between the two reads:

Twin Oaks Trees
 Contributed by Donald O. Van Ness, 1995
 In loving memory of his wife
Marie Oropall Van Ness
 whose laughter and warmth provided
 inspiration and whose generosity continues
 to nurture our campus community

Donald O. Van Ness was a local community philanthropist who fell in love with the early campus. He and his wife contributed to the university and attended several university functions in the early 1990's.

Is there really a time capsule on campus? Yep! Not only do three flagpoles occupy the center of Craven Circle, but hidden amongst the flowers west of the flagpole wall there is a time capsule almost flush with the ground.

The photo in the next column shows the inscription on the plaque.



"Uncle Henry" Rodriguez was a widely respected elder of the La Jolla Band of Luiseño people. He was affectionately known as a spiritual leader of many in the local American Indian community and took part in blessings connected with several CSUSM ceremonies. "Uncle Henry" Rodriguez served as an important elder, helping to preserve indigenous California culture. Since the 1940's, he was a major contributor to California Indian politics and was a national authority on Indian water rights. In recognition of his many contributions to the community and to his promotion of educational opportunities for all students, the Board of Trustees of the California State University and California State University San Marcos conferred the honorary degree of Doctor of Humane Letters upon "Uncle Henry" Rodriguez on June 3, 2001." A Tribute to Dr. "Uncle Henry" Rodriguez was held on the campus April 13, 2002.



What is enclosed in the time capsule? According to a September 18, 1996 article in the student newspaper The Pride, the capsule is a piece of PVC pipe closed at both ends "filled with photographs, historic maps, oral histories, news clippings, letters to the future, catalogs, research papers, poetry, issues of The Pride, and other memorabilia."

There are other interesting plaques around the campus. I'll report on some of those in a future "Did You Know?" column.

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Website:

www.csusm.edu/fsra

Membership Information:

[Go to our website](#)

Good Times!



Bonnie Biggs, Ivalee Clark & Sandy Punch
Having fun catching up with great friends in San Diego!



Janet McDaniel receiving a personal tour of
Borrego Springs with Brooks and Marion Reid.

Tukwut Times is interest in what you have been doing lately!
Please send us your photo and caption so that we can post it in
"Good Times" in a future edition.

Retirees Association Elections!

If you are a paid association member, you should have received an email to cast your vote for the slate of positions that are up for re-election for the 2015-17 terms for the Retirees Association Board of Directors. We thank you in advance for taking the time to vote. Contact Arlene Cratsa at (760) 750-4408 if you have questions or want to join the association so you may become a voting member.

Retirement Tip

Senior Discounts! One good thing about retirement is the availability of discounts at all sorts of places. This is something to be proud of...we've been paying our taxes and full price for everything all these years; now we're at an age where it's time to reap the rewards! So one of the first things you must learn to ask is: "Do you have a senior discount?" It becomes automatic with time. Some businesses give you a discount at age 60 others at age 65. Here are some of the discounts we have found so far: airline tickets (photo ID required at check-in to prove you are 65+), movie theatres, Home Towne Buffet, Souplantation, Ross Dress for Less (Tuesday is Senior Day), Dixieline Lumber (10% off most everything) and McDonalds (senior coffee and sausage biscuit for \$1.83). If you have others to share, just email them to Sandy Punch at spunch@csusm.edu, and she will share them in the newsletter.