

TUKWUT TIMES



Brought to you by the CSUSM Retirees Association

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Newsletter August 2015

Volume 1, Issue 4

Message from the Chair

By Janet McDaniel

"Summertime...and the livin' is easy"...or at least it is less structured than other seasons of the year, it seems to me. Having spent decades adhering to the rhythm of an academic calendar year, I still think of summer as the singular season when "Anything Goes." I take in musical theatre performances (hence my humming George Gershwin and Cole Porter tunes as I write this), vacation with friends and family, and allow myself to put off to tomorrow what I don't want to do today.

This year for the first time, my summertime included a number of events with the Retirees Association. The CSUSM 25th Anniversary Gala, Cougar Night at Petco Park, our Downtown Walkabout...each one was entertaining in its own way. I find every RA event more enjoyable than the last as I get to know our members and their guests. Folks who were once only names in the CSUSM Directory or vaguely-recognized faces in the Convocation crowd have now become individuals with personalities and lives away from Twin Oaks Valley Road. "Getting to Know You" (oh my, Rodgers and Hammerstein now on board) has been the big bonus of participating in the RA. I hear this from participants at each gathering, and I expect that we will all find the same pleasure in the coming year.

As the Retirees Association gear up for "Another Op'ning, Another Show" with CSUSM's 2015-16 academic year, I hope you have your calendar out, ready to reserve some dates. We've planned two social gatherings prior to the university's Arts & Lectures series events; an introduction to T'ai Chi by our own José and Stella Clark; and we're looking for your input to determine the destinations for our urban and/or rural excursions. Check out our Upcoming Events and also the invitation to choose our next excursions in this newsletter.

Having completed one year of existence, the RA has sent out membership renewal reminders to annual members (you'll hear from us on the anniversary of

INSIDE THIS ISSUE

Message from the Chair	1
Calendar of Events	2, 3
Featured Article	4
Member Profile	5
Recap	6, 7
Did You Know	8
Explorations/Mysteries/Retirement Tip	9

your joining—thank you for your quick response!). At present, the RA has 64 members, and growing. We've also had our first election. Joining me on the 2015-16 Board of Directors are Sandy Punch (Vice Chair), Brenda Edgington (Secretary), Don Barrett (Treasurer), and Stella Clark (Member at Large). The Board welcomes your ideas for RA activities that contribute to our three-fold mission: social activities for RA members; practical support for CSUSM retirees and near-retirees; and philanthropic and advocacy support for the university. A particular interest of mine is to facilitate the transition from employee to retiree...so if you have a good idea for working with pre-retirees at CSUSM, let me know (mcdaniel@csusm.edu).

And here's a thought: Would you like to join the RA Board, just for a day? The Board inaugurates this practice with our upcoming meetings: September 9 and December 7 (1-2:30 PM each date). Contact Arlene at retirees@csusm.edu if you want to join us around the table to plan future events and efforts.

So...What do you say..."Shall We Dance" this year? Sounds "lov-er-ly" to me!



Your 2015/2016 Board of Directors
ready to serve you!

Calendar of Events

Upcoming Events

Monthly Walks: The monthly walks with Sandy Punch will begin on **Tuesday, Sept. 15** at 9:30 am at the Batiquitos 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 Tuesday** of every month.

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

Tuesday, September 22nd @ 7pm in Arts 111
Time Capsule of Music: 1930 - 1960
Presented by Howard Anton Duncan
Special Guests Rick Hall & Mandy Paige Bayless
Happy Hour - Retirees Reception at 4 pm (see below)



The mid-twentieth century experienced a shift in musical styles as we entered into and came out of WWII. Howard Anton Duncan and company return to CSUSM, taking us on their musical journey through the decades with an emphasis on swing, ballads, blues and early rock & roll. Enjoy piano music intertwined with the historical context of events from the Great Depression era, FDR's "New Deal" legislation, the atomic bomb and times of economic prosperity in the postwar U.S.

Purchase your tickets at the Faculty/Staff/Alumni rate of \$5 at <http://www.csusm.edu/al/calendar.html> You will have to pay for parking on campus and must show your current RA membership card at the door.

Happy Hour Retirees Reception at 4 pm at Players Sports Bar (across Twin Oaks Valley Road from campus in the Ralph's Shopping Center. No host bar at happy hour prices with hosted appetizers provided by the RA.

RSVP by Wed., Sept. 16 to retirees@csusm.edu or call Arlene Cratsa at (760) 750-4408.

Friday, October 30th from Noon to 1 pm
Introduction to T'ai Chi
University Student Union, Room 2310-A



Join us for a one-hour introduction to t'ai chi. José Clark, husband of Stella Clark (Professor Emerita of Spanish & RA Board member) will share with us the history & philosophy of t'ai chi. José and Stella will demonstrate the movements associated with this ancient Chinese martial art. The health benefits of t'ai chi are well-documented, and Jose will respond to your questions about their experience during the more than four years he and Stella have been practicing this martial art. They will emphasize Sun style, a very simple form called "T'ai Chi for Health," originated by Dr. Paul Lam from Australia. If you would like to participate in some movements, wear loose-fitting, comfortable clothes.

After the t'ai chi introduction, join your RA friends for a no-host lunch in the food court of the USU—you'll no doubt appreciate how many more choices that are compared to the "good ol' days" of The Dome!

There is no cost but please RSVP to Arlene Cratsa by Wed. Oct. 28 at retirees@csusm.edu or call her at (760) 750-4408.



Calendar of Events continued

Monday, November 16th @ 7pm USU Ballroom
There are no Superheroes, Just Us: My Journey with Malala

An evening with Shiza Shahid, co-Founder of Malala Fund

Happy Hour – Retirees Reception 4:00 pm
 Location TBD

****Signature A&L Event for fall!**** - You will not want to miss this event, so get your tickets early.



Shiza Shahid was recently named one of TIME Magazine's 30 Under 30 World Changers and Forbes' 30 Under 30 Social Entrepreneurs. Shiza was a Stanford University sophomore mentoring girls at a summer retreat in Pakistan when she first met Malala Yousafzai. Their paths crossed again years later when Malala was shot in the head by the Taliban and Shiza was instrumental in helping her return to school. Today, they advocate for the millions of girls worldwide denied a formal education because of social, economic, legal and political factors. Hear the inspiring journey of Shiza Shahid, co-founder and CEO of the Malala Fund, and learn about her work with Nobel Laureate Malala Yousafzai. One child can change the world.

Purchase your tickets at the Faculty/Staff/Alumni rate of \$5 at <http://www.csusm.edu/al/calendar.html>. You will have to pay for parking on campus and must show your current RA membership card at the door.

Happy Hour Reception to be determined and will be announced in the monthly Tukwut Times Tidbits.

"I Am Malala" by Malala Yousafzai is CSUSM's 5th Annual Common Read

To check out other Arts and Lecture Series events go to: <http://www.csusm.edu/al/>

Something Extra!

Not official RA events but come if you like.

Friday, August 21 @ 6 pm to 6:45 pm and 7 pm to 7:45 pm on the corner of Grand and Juniper Cruising Grand in Escondido!

Friday, September 25 – same times as above but this time on the corner of Grand and Kalmia. Last night for Cruising Grand in Escondido!



Rhapsody is a professional vocal ensemble, brought together by our love of music and the enjoyment of sharing it with others. Rhapsody takes their audiences on a musical journey with music from the 1920's on up. If you're not doing anything, come on by for some great music that will take you down memory lane! You'll notice our Retirees Association Coordinator, Arlene Cratsa in the front row!

Sunday, October 11 @ 2:30 to 3:30 pm at the San Diego Central Library Neil Morgan Auditorium

MandoBasso in Concert – FREE!



Come to this free one-hour concert to listen to Gunnar Biggs and Bill Bradbury! Two hours free parking available in the Library parking garage. Contact Janet McDaniel if you need details or assistance at mcdaniel@csusm.edu.

Featured article submitted by Bonnie Biggs, Professor Emerita, Library and RA Member

The History of Tukwut at CSUSM

In 1990 the first class of students at CSUSM approached me, knowing I'd been doing work in the local tribal communities, and asked if I could find out the Luiseño language words for mountain lion and pioneer. They were looking to name their first yearbook, using a Luiseño name, with the expressed interest of honoring the indigenous people on whose ancestral lands the new university was soon to be built.

At the time, I was working with Mark Macarro (now Tribal Chairman at Pechanga) at the Rincon Tribal Library who was doing oral history work with Villiana Hyde, one of the few remaining Luiseño elders with any degree of fluency in the language and author of [An Introduction to the Luiseño Language](#) (1971).

Mark went to Villiana with the CSUSM student request and came back with the two words, given as a 'gift' to the new university. The students selected Tukwut, the word for mountain lion. Their first yearbook was named Tukwut and the name was unofficially adopted as the mascot word, since mountain lion images were already on everything from t-shirts to coffee mugs.

Tukwut remained the unofficial mascot until 1998 when a reporter for the Union Tribune added a "linguistic footnote" at the end of an article on the emerging golf program. Quote: "...the school nickname, the Tukwuts, may be dropped for something with more ring than the Luiseño word for mountain lion." Members of the Luiseno community were offended, of course. Later that year the University Image Task Force was formed and asked for campus-wide input on campus colors, mascot, etc.

Faculty response overwhelmingly supported the idea of keeping the word and educating the campus community on its pronunciation and meaning. Student editorials in the Pride were equally supportive of retaining the word.

An election was held in April, 1999 so that students could vote on the mascot name – but Tukwut was removed from the ballot.

In the summer of 2000, an editorial appeared in the *Union Tribune*, praising the recent WASC accreditation. The editor notes "students even approved changing the school's nickname from the archaic 'Tukwuts' (a Luiseño word for mountain lion) to the more prosaic 'cougars.'"

Over the years, student groups got wind of the history of Tukwut at Cal State San Marcos and various initiatives popped up. Controversy stirred up in 2002 when a campus official argued in a Pride editorial that Tukwut was not official or unofficial – even though it was listed in the official campus document, Graphic Standards. As Vice Chair for the Academic Senate, I presented a 'history lesson' on Tukwut to President's Council in November of 2002.

For 17 years, Tukwut came and went and came again. Thanks to keen student leadership and effective advocacy, the Tukwut Courtyard (3rd floor outdoor area of Craven Hall) was dedicated in the spring of 2007. Numerous Luiseno leaders and educators were in attendance. Once again, CSUSM publicly honored the indigenous inhabitants of the land occupied by the university. Open wounds began to close.

Needless to say, I was thrilled when I received my first retiree's newsletter. Tukwut Times, indeed!



Member Profile – Steve Wiener

Submitted by Steve Wiener

While I was working as a media tech at Tri-City Medical Center, I attended CSUSM Arts & Lecture events (and met my future supervisor, Bonnie Biggs) and offered equipment consultation via phone to Library Dean Marion Reid. When the Library obtained approval to recruit a media tech, Marion had Cate Boyce notify me so I could submit my application, which I did in July, 1992. That September, Tri-City laid off a dozen employees, including me, with only four hours' notice. I returned to my office to find a phone message: Call Deborah Coronado, CSUSM H.R. When I called, she told me that I had an interview with a committee and Dean Reid the next morning. Perfect timing!

I became the first Library employee to move onto campus in October, 1992. The library opened in early 1993. My duties included delivering media equipment carts to classrooms and conference rooms for faculty, students, and staff. This frequently involved 64 deliveries and pick-ups per class each semester! I had a staff of student assistants--up to 10. Frequently having international student workers made my job more fun and interesting. We trained dozens of faculty and staff on new classroom technology as it evolved.

My other major assignment was to run the Media Library. I was in charge of recommending media equipment to buy and rent as well as getting contract bids for installations. As one of two campus photographers, I had opportunity to do aerial photography in a sheriff's helicopter. That was fun and exciting, especially with no door and banked turns! Finally, I was the main sound engineer for special events on campus. Meeting great musicians and scholars were special treats for me.

In 2000, I transferred to IITS as a Media Production Specialist in charge of the satellite system and video conferences. I gave guest lectures for faculty who invited me. My subjects were very diverse: Films and Censorship; the Grateful Dead; Amnesty International, and Pro



Steve at work at CSUSM the 1993 Pow Wow



Steve in Denmark
Check out the sign!

Wrestling (8 times for John Schneider in Sociology!). I befriended numerous staff and faculty and even married and divorced a professor.

From 1995 to retirement, I was active in the staff union, CSUEU, serving as steward, vice president, and president. It was a very rewarding experience to help co-workers with grievances, promotions, transfers, and benefits.

At the end of 2013, I took early retirement, thanks to my parents' inheritance, my purchase of 3 years' service credit (with an IRA), and PERS. I've already traveled to Ecuador, Spain, Denmark, Arizona (twice), Virginia, D.C., and Maryland. This summer, I'll return to Spain (Barcelona this time) and Denmark.

I'm a volunteer at the Vista Library and the Vista Boys & Girls Club. I tutor elementary school students (a few learning English) and also play sports and games. I swim three times a week and enjoy occasional hikes. I also volunteer with my local Amnesty International chapter twice a month. And I still attend some Cougar sports events.

I feel extremely lucky to have worked at CSUSM for its first 21 years at the campus site and witnessed its successful growth and to have worked with and met so many wonderful people.



2011 in Costa Rica

RECAP

"Life After CSUSM" – May 20, 2015

As a service to future retirees of CSUSM, several RA members shared their retirement experiences with current employees during a noontime gather in May. Entitled, "Life After CSUSM," the informal workshop consisted of a lively exchange of questions and responses. Topics ranged from "What do you wish you'd known but didn't" to "What keeps you busy" to "What has been your greatest joy/challenge in retirement." All agreed this type of gathering between future and experienced retirees was a valuable learning experience—and a great excuse for meeting and greeting former colleagues.



Downtown San Diego Walkabout – June 8, 2015

Janet McDaniel, Chair of the Retirees Association Board of Directors, gave a wonderful tour of the new San Diego Public Library and other downtown sites.



Just a few comments from those who went on the excursion:

"The new S.D. Library is a real gem!" –
-Brooks Reid

"I feel reacquainted with our beautiful city!"
-Sandy Punch

"And what a day it was! I really appreciate getting a glimpse of what San Diego urban living means. As for memories? *meeting the new library...truly a place of wonder with strong architecture as well as whimsy & optimism for the city it serves - *experiencing what goes on in a downtown San Diego day from sod being laid in Petco Park to meeting exuberant youth on a scavenger hunt, needing 'two beautiful women' to pose in a picture with them (Janet & I happily obliged!) - *learning about plans for how the landscapes of San Diego East Village & high-end downtown to the west will change in the next five years - *learning about & visiting the (old police) Headquarters which provides an excellent counterpoint to Seaport Village and - *getting to know fellow retirees much better." -Marion Reid

RECAP continued

Celebrating 25 Years in Silver and Blue ~ 2015 CSUSM Annual Gala – June 20, 2015

Members of the RA came together with students, alumni, faculty, staff, and community members to celebrate the 25th anniversary of CSUSM at the annual. The black tie affair, co-hosted by President Karen Haynes and the Foundation Board, raised a record-breaking \$184,000 to support scholarships, student programming and the professional development of faculty. During the event, Kellogg Plaza was magically lit up in lights with the majority of the over 500 attendees wearing blue or silver in honor of CSUSM's milestone year. RA members especially enjoyed visiting with Bill Stacy (CSUSM's first president) and his wife Sue, who came out from Tennessee for the event. And what a treat to catch up on "ancient history" as well as current news with Dick Rush (CSUSM's first executive vice president) and his wife Jane Lynch (CSUSM's first development officer). Dick and Jane came down the coast from CSU Channel Islands, where Dick is president.



Cougar Night at Petco Park – July 18, 2015

An unusual stormy morning in San Diego did not deter CSUSM alumni and RA members along with faculty, staff and family members from enjoying the San Diego Padres vs Colorado Rockies baseball game! Fortunately, the weather cleared up and by 4 PM, the CSUSM tailgate picnic was well underway. After dining on barbecued chicken, hot dogs, hamburgers and an array of side dishes, the group gathered in great seats along the left field line at Petco Park. Our cheering was effective as the Padres beat the Rockies 5-4!



Checking in



Ready to tailgate



Yum!



Happy retirees...join us!

Did You Know?

By Stella T. Clark, Professor Emerita
Modern Language Studies at CSUSM
RA Board of Directors – Member at Large

The Power Surge Café



Mark Dubois and his company Café Catering have been providing delicious fare at CSUSM events for several years. At some point most of us involved with the campus have been to a reception or a meeting where we sampled Mark's creative and varied dishes. But we bet there are many interesting facts about Mark that most of you may not know: He is a CSUSM alumnus who majored in Spanish. Café Catering had its start as the Power Surge Café across from campus.

Mark came from back east and brought a unique sensitivity to our mostly local student body. From the first he envisioned the need for a typical campus hangout desperately missing from the immediate area. After graduating in 1996, along with some partners, Mark conceived a cyber café in a stand-alone building on Barham Drive. As a mentor and friend, I listened to Mark and, aware of the bureaucracy and our commuter student body, was apprehensive but did not dissuade him. Soon after, he proved me wrong and opened the Power Surge, our first off-campus coffee shop. Although not a cyber café after all, the Power Surge was a home away from campus for all of us wanting to get variety from the offerings at the Dome. Mark's sandwiches and salads were an instant hit. A unique concoction called the Cold Fusion, sparks nostalgic comments from our colleague Brooks Reid.

Besides eating meals there, campus groups started to have functions such as meetings, birthday parties and baby showers. Mark never charged for the venue. He soon started catering lunches and food for meetings and receptions.

Despite its success, the Power Surge lasted only a few years. When asked about its closing, Mark explains that many issues factored in his decision to move on to catering. We all speculated about the proliferation of competitors on and near campus and issues with the parking lot contract renewal with the city of San Marcos. Mark, however, sees it as all positive, having prospered with Café Catering which now counts 10 permanent employees and has served anywhere from 10 to 600 people in a variety of functions. He is, as most of us on campus are aware, a constant presence. On graduation week, for example, Café Caterers has worked up to eight receptions or dinners in one day. Despite working relentlessly, Mark, who is the sole owner, is happy where he is and credits many people at CSUSM, in particular former President Alex González, for opening the door to his catering on campus. He has very fond memories of being a student and cited several of his favorite faculty (I won't mention any names but they know who they are) who remain his friends. He also recalls his days as the owner of the Power Surge with affection but admits that running a café is a difficult way to make a living. Nevertheless, he is happy that, although it had a short life, the Power Surge is lives in our memories, in these days of one Starbucks after the other, as our original café.



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Website:

www.csusm.edu/fsra

Membership Information:

[Go to our website](#)

We're on Facebook!

www.facebook.com/CSUSMRetireesAssociation

Explorations

RA members have volunteered to organize & guide a number of excursions to get to know our region. Which ones are of most interest to you?

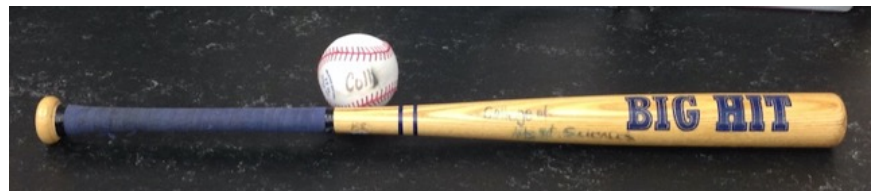
- Hiking: Santa Rosa Plateau
- Walkabout: Liberty Station in San Diego
- Walkabout: La Jolla Village and Cove
- Walkabout: Convoy St. – Asian shopping/dining
- Excursion: Borrego Springs
- Other ideas: Where would you like us to go; are you able to guide or should we find one?

Reply to retirees@csusm.edu by Sept. 7. Once you indicate an interest, you will be on the contact list to set the date; then all RA members will be invited to participate.

Mysteries from the Deep!

With this issue of the Tukwut Times, we start a new feature: Mysteries from the Deep! Judith Downie and Dannis Mitchell, who together staff the University Archives (hidden away on the first floor of Kellogg Library), occasionally encounter photos or items that are not documented. In short, they are part of CSUSM lore but no one knows how they fit in. Each edition of Tukwut Times will display a photo and description of something that Judith & Dannis need help to properly catalog. If you know anything about the mystery, email retirees@csusm.edu, and we will compile the info for the archives. Then in our next edition, we will let everyone know if the mystery has been solved and by whom.

Mystery Item #1: Baseball bat & softball



Description: The bat has 'College of Arts & Sciences' written on it in ballpoint pen. The softball might have had the same but there has been water damage that smeared most of the writing.

Questions:

- What was the origin of the items?
- What event or events were they used at?
- Dates?
- Participants?
- Are there any photographs or documents that refer to these items? If so, please send.
- Who (person or department) donated these to the Archives?

Retirement Tip

We've all heard the saying "use it or lose it," and as we move into our "golden" years, this becomes even more of a reality! It doesn't necessarily mean you have to go out and sign-up for a dance, exercise class or gym membership (although that is highly recommended). It just means you need to make an effort to do something physical every day to get your body and cardio workout. It could include going for a walk, working in the yard, painting a room, swimming or biking. Include a two or four-legged friend to keep you committed to a daily routine. Pick your favorite time of day, get off the couch, leave your computer behind and start moving!

If you have others to share, just email them to Sandy Punch at spunch@csusm.edu, and she will share them in the newsletter.