



Message from the Chair

By Suzanne Lingold



I'm very pleased to announce that CSUSM President Ellen Neufeldt will be the guest speaker at the Retirees Association Annual Business meeting at Noon on April 30. Although virtual, it is a special opportunity to hear directly from her about important University developments and to be able to engage in Q&A with her live. I will also be presenting the RA's Annual Report featuring some impressive information about our collective engagement with our campus. If you have not yet RSVPed, click [HERE](#). I hope to see you there (on Zoom)!

On behalf of the RA Board of Directors, I would like to thank Vivienne Bennett and George Diehr for their loyal service on the Board. At the end of June, Vivienne will complete two terms on the Board and George one term. Although we will truly miss them as Board members, we are certain we will continue to see them at our events. We are happy to report we have four nominees who will be running for the Board. A link will be sent in May to RA members to cast their vote.

Lastly, I want to encourage you to mark your calendar now for an upcoming special event on June 24 (see page 2).

As we look forward to the future, we are hopeful that one day soon we will be able to meet in person to share a meal at lunch, take a walk on the beach together or attend workshops back on campus, but out of an abundance of caution, we will continue to meet virtually for the remainder of 2021. Meeting virtually has kept us connected. If you've never been to one of our virtual events, please join us. They have been informative and fun!

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2020/2021 Board of Directors



Suzanne Lingold, Chair



Vivienne Bennett, Vice Chair



George Diehr, Treasurer



Dawn Schmid, Secretary



Michael Yee, Member at Large

Calendar of Events

RA Annual Business Meeting

Friday, April 30 from Noon to 1:30 pm

RSVP by Thursday, April 29 by Noon

Click [HERE](#) to RSVP

Guest Speaker: President Ellen Neufeldt



Please join us for our Retirees Association Annual Business Meeting with guest speaker, CSUSM President Ellen Neufeldt. We look forward to virtually sharing the annual report for the Retirees Association and discussing plans moving forward as we continue to navigate life during this time of COVID. Following the few quick business items, President Neufeldt will share news and updates about the campus. There will be time for Q&A as well as time to visit with each other.

Summer Kickoff Happy Hour

Thursday, May 27 from 4:00 to 5:00 pm

RSVP by May 26 by Noon

Click [HERE](#) to RSVP

Make your favorite summertime drink as we gather to celebrate the coming arrival of summer! What will you be doing over the summer? We'd love to hear your plans!



Performance by Dr. Merryll Goldberg

Thursday, June 24 from 3:30 to 5:00 pm

Click [HERE](#) to RSVP by Noon on Wednesday, June 23

Dr. Goldberg, a professional saxophonist and professor of music at CSUSM, as well as a Wang Award Recipient, will give a short performance of folk tunes from the Jewish Diaspora and tell us about her escapades as she traveled professionally with the Klezmer Conservatory Band for 13 years playing Eastern European Yiddish music.

You don't want to miss this event! Dr. Goldberg is a delight and bundle of energy who will bring joy to your soul as she shares her music and stories with us.

Something Extra for April Thursday, April 22 ~ 3:30 to 4:30 pm

The Legacy Society invites Retirees Association Members as special guests to our discussion with philanthropist and author of [Education Without Debt](#), Scott MacDonald, on the impact donors can make with scholarships. RSVP [here](#)

Upcoming Events

Your RA Board of Directors is working on creating the following virtual events for summer and fall:

July – Virtual Wine Tasting

August – International Vacation Fair

September– China: The Emerging Giant
by Dr. Glen Brodowsky

October – Oktoberfest

Do You Remember? ~ CSUSM History Through Student Eyes

Submitted by Judith A. Downie, CSUSM Special Collections & History Librarian

The first campus newspaper was published on September 4, 1990 and has since been a vital resource, providing the campus community with event information, discussion forums, and a record of CSUSM's history. As part of the campus' 25th Anniversary celebration, with financial support from the Anniversary Committee, the University Library digitized the first 25 years' issues covering 1990-May 2015. Here is a brief look back and some challenges and highlights of this publication.

Throughout its publication, the paper reported on topics of concern to students, staff, administrators, and faculty. It should not be of any surprise that the paper's coverage has been weighted towards campus construction, parking, and tuition costs. Special attention focused on Michael Moore's and David Duke's visits, the fires that threatened campus, and environmental issues. Other reporting themes included safety, free speech, racial justice, budget, course availability, Associated Students actions, the off-campus graduation location, politics, faculty contract protests, and entertainment reviews.

In spite of challenges, the paper's staff worked diligently to publish, as evidenced by the September 28, 2004 issue that was hand-written during a computer-less office move. Being dependent on Instructionally-Related Activity (IRA) monies and limited advertising revenue during some semesters resulted in funding shortages and only one or just a few issues published. At least one issue was not distributed due to the campus closure during the Coronado Hills fire (October 2007).

The first iteration of the paper, *The Pioneer*, was founded as an independent newspaper by Larry Boisjolie and Jonathan Young with an off-campus office in Escondido. Issue One stated the paper's focus would be on CSUSM and the local region and it did just that with articles reporting on the architectural design for the permanent campus (Italianate), campus demographics (predominately women with an average age of 29), and local entertainment. The first issues were ambitious given the size of the new university running 20-24 pages.

In 1993, *The Pioneer* ended with new leadership assuming responsibility for a student newspaper sited on campus. Editorial leadership now changes at the beginning of the new academic year. The new editors ran the paper under the banner of *You Name It* for two issues in a contest to select a new name. The winning entry was *The Pride*, reflective of pride in oneself, one's campus and community, as well as alluding to a grouping of the school's mountain lion mascot, the Tukwut.

January 2012 saw a new name for the paper as *The Cougar Chronicle*. Despite the name change, the same topics and concerns are in evidence today as the campus continues to grow during its second quarter century. The paper settled to 8-12 pages of content and advertising. In fall 2016 the newspaper staff implemented the internet as an additional publication venue, at first trying <https://issuu.com>, and then moving to their domain (<https://csusmchronicle.com/>). A backfile of older articles available on this site runs back through August 31, 2010 so has some overlap with the Special Collections archive. The last print edition was distributed March 4, 2020 as the campus shutdown due to COVID-19. The staff continued their reporting via the website but ceased pdf-formatted issues in October 2020 finding individual articles easier and more timesaving to post. The site hosts a link to the paper's Twitter, Instagram, a subscription option, and a link to the *Coast News Group* which has developed a partnership with the *Cougar Chronicle* as a result of a CSUSM Senior Experience project.

Special Collections continues their preservation work to ensure a secure and stable digital archive of the paper and is working with the *Cougar Chronicle* staff to locate earlier pdf files. The first 25 years of the newspaper is available at <https://library.csusm.edu/archives/csusm-student-newspapers>. Future plans for the archive include finishing code cleanup from the scanning process, harvesting the newer individual articles, and locating and processing missing issues from our online collection. If you have copies of the missing issues and are willing to lend for digitization, we would love to hear to talk to you! Please reach out to us at archives@csusm.edu!

Member Profile

Don Barrett

Submitted by Don Barrett

How did I leave a beach and military culture (Jacksonville) and end up, 30 years later, in a similar culture (San Diego) on the opposite coast? Like many CSUSM students, my path from schooling to profession was circuitous. Being unfocused after high school, the Vietnam-era draft made joining the military a necessary, but ultimately fortuitous, choice. The Air Force sent me to Monterey to learn Russian and then to Germany and Turkey, to listen to Soviet pilots. I thus thank the AF for encouraging exploration of strange cities, foods, sights, and world views – the basic ingredients for later education and activism.

The decades between the military and CSUSM involved exploring multiple universities while figuring out how to be gay, activist, and employed. In the process I discovered NYC when it was still rough and exciting, edited and wrote for various gay papers, and in Boston discovered social research as work. I also learned that, culturally, being openly gay was okay but being a veteran and native Southerner was not! Seeing that connection between social class and identity, in the 80's I started on a Sociology PhD at Indiana University. The AIDS crisis forced another break for activism and research, with my finally finishing the IU PhD in 1993 while working in AIDS prevention research at UCSF.

That research background led to CSUSM sociology, in '96, to teach methodology and health sociology – and to build a new campus. Thanks to the department, CFA, and the Academic Senate, the newness of the campus meant rewarding opportunities to help with LGBTQ acceptance across campus, to aid in the creation of new academic programs (including Temecula), and ultimately the chance to focus on faculty work conditions by becoming CFA President. All that growth also meant regularly moving offices (5 times) and thus new coffee partners, views across the valley, and adventures in parking (!) – daily life on campus had little opportunity to get boring. Still, though, when retirement became possible in 2012, it was time to move on.

With retirement I moved to Palm Springs for its more affordable housing, good outdoor recreation, and thriving gay community. In the early years of retirement, I was on campus often to help with the CSUSM Retirees Association, but with the 2015 turn in national politics I shifted to activism around PS (we're surprisingly political). My wanderlust didn't stop, retirement has been good for exploring the interior US West and, more recently, travels to Europe to try to better understand political shifts. Unexpectedly, the pandemic has now also brought a return to old work skills: managing Zoom and websites for volunteer groups as they navigate new public health standards.

Luckily, PS has been relatively quiet for most of the pandemic year, so it has been easy to stay physically active and sane. Hopefully, though, we're soon coming to easy travel again – this year is going to be checking the pandemic's impact on many of my favorite destinations.



Don biking in the early 1960's



Advocating for faculty rights at a protest in 2011.

RECAP of RA Activities

Happy Hour Bingo – January 22, 2021

Submitted by Vivienne Bennett



On January 22, about twenty members of the RA met on Zoom for Happy Hour Bingo. Participants were mailed Bingo cards in advance of the event and Vivienne Bennett (RA Board Vice Chair) served as the Bingo caller. We played four rounds, with each round's winner receiving a prize. Marie Thomas won the first two rounds! However, we had agreed on a rule that no one could collect two prizes, so after she won the second time we kept playing until another player won, Huge Pendleton (Joan Hanor's husband). Danna Wright and Dawn Schmid were the lucky winners of games 3 and 4. Prizes consisted of complimentary lunches for a live RA event after COVID, and/or free RA membership for a year or membership in Osher Lifelong Learning for a year with a free lecture of course. We are very grateful to Osher on campus for donating these great gifts for us to use as prizes. The group really had a lot of fun playing Bingo together and agreed we'd do it again later in the year. Don't miss out next time! It's a fun hour with people who all have something in common: we worked at CSUSM!

Valentine's Week Happy Hour with Guest Speaker Denise Boren – February 18, 2021

Submitted by Arlene Cratsa



Retirees gathered to celebrate Valentine's Day and to hear Denise Boren, Associate Professor Emerita and Lifetime member of the RA, speak on the physical and emotional aspects of heart health. Denise was the Director of the School of Nursing at CSUSM for 7 years. She is a Heart Failure Clinical Nurse Specialist. Denise stressed the importance of taking care of yourself physically with exercise and diet as well as keeping stress levels down. So, take care of your heart everyone!

Recap ~ *continued*

Palliative Care as Support Care with guest speaker Dr. Michael McDuffie

March 18, 2021

Submitted by Suzanne Lingold



Michael McDuffie, PhD, Associate Professor of Philosophy and Faculty Director for the Shiley Institute for Palliative Care at CSUSM, served as our speaker for this educational event. Michael serves as a Community Member of the Hospital Ethics Committee and the Clinical Ethics Consulting Team at Palomar Health in Escondido. He is a Community Member of the Ethics Committee at Rady Children's Hospital San Diego and the San Diego County Medical Society Bioethics Commission. He also serves as the Public at-large Patient Representative on the Critical Care medicine Subspecialty Board of the American Board of Internal Medicine. He is immediate Past Chair of the San Diego Coalition for Compassionate Care.

As a soundly qualified advocate and educator for palliative care, Dr. McDuffie led us through a thoroughly informative presentation that included the definitions and intricacies of palliative care. Palliative care is referred to by some as compassionate care or support care. Broad in its scope, palliative care is "specialized medical care for people living with a serious illness...focused on providing relief from symptoms and stress of the illness. The goal is to improve quality of life for both the patient and family. (<https://getpalliativecare.org/>)

Palliate means "to ease:" the goal is not to cure the underlying condition but to improve conditions for all concerned. Dr. McDuffie explained the importance of treating the patient as a whole person and the physical, emotional, spiritual, and practical impact of illness, all in context of family life. The relational aspects of the patient, caregivers, family and others all come into play regarding the care of the sick individuals.

We also learned how Medicare as well as public and private insurance companies deal with palliative care. In addition, the workshop also addressed advance directive decisions. The event was extremely informative and generated some great questions from our participants. We had a great turn-out! We wish more could have taken part because it was so valuable. We thank Dr. McDuffie for designing this event for the Retirees Association. If you would like to see and hear a recording of the presentation, please click [HERE](#) to go to the CSUSM Retirees Association Facebook page to access the link.





Retiree News!

Retirees were asked at the February 18 event, "What has surprised you about retirement, good and bad?"

We thought you would enjoy reading their responses. (Not listed in any specific order.)

Marie Thomas

How easy it is to fill time. There are so many fun things to do! Before I retired, I had made a list of activities I wanted to try or get back to. At the top of the list was tap dancing, and I'm now in my fifth year of tapping (mostly on Zoom for the past year). I wanted to find satisfying volunteer work, and, through the San Diego Public Library Read/SD program, I have been tutoring a woman from Somalia for close to four years. I also do reading level assessments for people entering the program. I have a goal to become fluent in Italian; I study Italian almost every day and meet with a teach in Italy weekly on Zoom. These are only three of the activities I engage in. Next up: restarting my piano practice!

Until the pandemic, my husband and I traveled extensively. He couldn't wait for me to retire so we could travel at any time of year instead of working the timing around semesters. He's a great trip planner, and we look forward to interesting road trips, cruises, a safari, and more in the next few years.

Camille Schuster

Even though I retired in part to let my body heal, I was surprised how long that took before I could really think about doing anything else. Eventually, I decided to create a podcast, learned about podcasts and equipment and have been posting a podcast on Global Insights once a week for about a year now and am enjoying it. <https://anchor.fm/camille-schuster>

Virgian Morrissette-Hughes

I don't miss going to campus as I thought I would. I love the freedom of not having to go to Zoom meetings. The bad is I still wake up at the same time...ugh!

Brooks and Marion Reid

Brooks:

For 45+ years I was always thinking about solving one or more of my research problems, even on vacations and other "down" time. I now admit that I even did this when we were on furlough at CSUSM when we were supposed to refrain from our faculty activity. I have slowly weaned myself away from this even though I stay in touch to a small extent with developments on my old research problems. Now, I have replaced that compulsion with always thinking of possibilities for my art. Probably the best part of retirement has been the time and opportunity to travel (particularly cruising) extensively with my wife and friends. Sometimes I miss the discipline of time management that I had, but it has been liberating to escape the world the need to account to oneself to be productive every minute.

Marion:

Doing what I want to do when I want to do it. Before I retired, I decided that I would accept no responsibilities for 6 months and I didn't. I began waking up when the sun was up rather than when it was still dark outside. It took at least a year before I stopped feeling guilty if I wasn't productively doing something by 8 a.m.

Retiree News! ~ continued

Vivienne Bennett

One very good surprise was discovering that I did not miss going to campus. One of my biggest worries in the months before retirement was how much I would miss being on campus, a campus I had seen grow since 1994, a place that was my home away from home for 22 years, and place where I was connected to so many people I cared about and respected. As it turned out, it was easy to stop going, and I soon discovered that while I treasured my career at CSUSM, I did not miss being on the campus because being there meant work, and I was happy to be retired!

Another good surprise was how valuable it became to me that I could sleep as long as my body needed. That's been a wonderful part of retirement. I also love being able to read the newspapers more fully. More significantly, it's been really great to be able to jump in and try new things. I volunteered at Donovan Correctional Facility (state prison) for two years as well as at the migrant shelter. I have done all sorts of things I would not have had the time or energy for while working full time. The surprise is that I never would have guessed the things I'd jump into trying and loved!

The one bad surprise is that I am still too busy!!! I have found that it takes concerted effort, continuously, to have a calmer, balanced life. I haven't found the secret to that yet as even in the pandemic my days are often too full!

Al Kern

I think we were asked to give our thoughts about retirement and perhaps what we miss or don't miss. I've flunked retirement a few times. Earlier retiring from industry, I missed taking science to technology application, creating novel products and taking them to the marketplace. But, going to CSUSM solved much of the anxiety as new programs at entrepreneurial CSUSM were created and dealt with students to become our future scientists, technologists, and leaders. So, I felt fulfilled and I was still on several company boards. For CSUSM, my top-of-mind thoughts are:

- *I miss the camaraderie and colleagues.*
- *I miss the meetings to resolve issues, create new approaches, and making things happen.*
- *I miss the students' enthusiasm and helping to prepare for the future.*
- *I miss the feeling of being "on campus."*
- *I don't miss the hassles of many things that I prefer not to mention.*
- *I don't miss getting up to be on campus by 8:00 am or keeping a calendar.*
- *I prefer being partly engaged as experience is a terrible thing to waste.*

We would love to hear from you!

Let us know the good and bad about retirement that has surprised you. Your responses might encourage other retirees who are struggling with the transition and give them ideas on how to handle this journey called retirement. Your responses can be short and sweet or a bit longer. Just speak from your heart and what you're experiencing. Send your comments to retirees@csusm.edu. We look forward to hearing from you!



CSUSM Retirees Association

333 S. Twin Oak Valley Road
San Marcos, CA 92096-0001

Phone

760-750-4408

E-Mail

retirees@csusm.edu

Website

www.csusm.edu/fsra

Membership Information

[Go to our website](#)

Do you know about CSU-ERFSA?

The CSU Emeritus & Retired Faculty & Staff Association represents all CSU retirees. Its mission, goals, and activities differ from those of campus-level retiree associations, as is made clear by its mission statement:

"[it is] devoted exclusively to addressing the concerns and protecting the rights of all retired CSU faculty and staff. It represents the interests of its membership before the state legislature and federal government, various state and federal agencies, CalPERS, and the CSU Chancellor's Office."

CSU-ERFSA is focused on key issues important to all of us, including retiree pensions and health care benefits.

See www.CSUERFSA.ORG and click on links to "[About CSU-ERFSA](#)" and "[Accomplishments](#)" for specifics.

CSU-ERFSA is almost 100% supported from membership dues. Please consider joining to help ensure the long-term viability of this organization. Click [HERE](#) for their membership information.

We're on Facebook!

www.facebook.com/CSUSMRetireesAssociation



Retirement Tip

The UN has launched a global campaign against Ageism and has declared this "The Decade of Healthy Aging 2021 – 2030"

You might enjoy these 2 short videos about Ikaria, the island in Greece where people live longer, as screened on 60 Minutes (the first video is 12 minutes and the second is 3 minutes). The biggest takeaway, besides the importance of diet and exercise, is how the elder population is included in everyday life. No one is left alone, there are no lines between generations, and each person finds their purpose in life. What can you take away from this to live life to the fullest?

<https://www.youtube.com/watch?v=BIWibXSOfNg>
https://www.youtube.com/watch?v=r_a7ZftCo