

TUKWUT TIMES



Brought to you by the CSUSM Retirees Association

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Newsletter October 2019
Volume 5, Issue 1

Calendar of Events

Upcoming Events

Fall/Spring Events Mark your calendars now!

Saturday, October 19, 2019

Taste for Student Success

Kellogg Plaza at CSUSM

3:00 – 6:00 pm

Complimentary parking!

Although this is not a sponsored Retirees event, we thought retirees would enjoy coming to campus to enjoy this fun afternoon of sampling local wines, craft brews, premium spirits (non-alcoholic beverages available) and cuisine from 40+ vendors.

Proceeds will support student programming & scholarships.

This event sells out fast so purchase your tickets today by clicking on the link below:

<https://www.tasteforstudentsuccess.com/>

Saturday, December 7, 2019

Coronado Excursion!

11:00 am ferry, 11:30 am lunch, 1:30 or 2:30 pm return ferry

RSVP by Tuesday, December 3 to

retirees@csusm.edu

Lunch at [Peohe's](#) at 11:30 am & Optional Walkabout
Join us for this fun outing!

- Take the ferry (\$5 each way) at 11:00 am
 - Or drive across the bridge directly to the restaurant. Ample parking at the restaurant
- Arrive at [Coronado Ferry Landing](#) at 11:15 am
- Short distance walk to the restaurant
- After lunch, optional walk along the bay from Ferry Landing to the Coronado Bridge, looking across to downtown San Diego. The walk is flat, easy and on paved sidewalks. Walk as far as you like or turn around at any time!
 - Return ferries leave on the half hour
 - If you don't want to walk, take the 1:30 pm ferry after lunch. Or if you do walk, take the 2:30 pm ferry.

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Thursday, February 13, 2020

[Oak Mountain Winery](#)

[The Cave Café](#)

36522 Via Verde in Temecula

Time: TBD

Join us as we visit this beautiful and unique winery, home to Southern California's only mined wine caves.

~ more details forthcoming ~



Wednesday, March 18, 2020

[Stone Brewery World Bistro & Gardens](#)

1999 Citracado Parkway in Escondido

Optional [tour](#) at Noon

Lunch at 1:00 pm



Friday, April 24, 2020

Annual Luncheon/Business Meeting

The McMahan House

11:30 am to 1:30 pm

~ more details forthcoming ~

Message from the Chair

By Pat Benson



Welcome to the fall 2019 edition of The Tukwut Times! Be sure to review our upcoming events and mark your calendars. The Retirees Association is still young and evolving but we're beginning to develop a list of "old favorites" for our get-togethers. One of these is the summer Del Mar beach walk and lunch at Jake's—if you missed it, we'll probably do it again next summer!

One of the joys of board membership is pulling together each issue of The Tukwut Times. Our modest newsletter has become an entertaining archive of stories from the early years of CSUSM—told from the perspective of those who were there. The "Do You Remember?" feature has covered significant program-building (the ACE Scholars), memorable snafus ("Blast from the Past"), and early gathering places (The Power Surge Café). This month we'll revisit the quilters who added a hand-made touch to our early institutional environment.

For future issues, we'll be reaching out to ask RA members to contribute their tales of the early times. Were you at the first graduation? Did your department or program move into a new building, and how did that go? Was there an epic party or celebration of note? Do you remember a memorable speaker or Arts & Lectures event? The Retirees Association would love to hear about it!

Send any ideas to Arlene Cratsa at arlene@csusm.edu or to retirees@csusm.edu and the board will consider them for a future issue of The Tukwut Times.

2019/2020 Board of Directors



Pat Benson, Chair



Vivienne Bennett, Vice Chair



George Diehr, Treasurer



Susanne Lingold, Secretary



Bill Ward, Member at Large

Do You Remember? ~ Quilters in the Dome

Submitted by Dr. Leslie Zomalt

As an undergraduate, I recall that the Student Union usually had a couple of tables where students gathered to play bridge. In the early years at Cal State San Marcos, it was not card players, but quilters, who claimed a couple of tables each Wednesday at noon, spread out their current project and began to eat, stitch and talk.

Who are these people? How did this happen?

The average age of the first class was about 33 and re-entry women were a large percentage of this group. Many of these women felt that the campus had been built for them and they eagerly set about building a campus in which they were full participants. They set up student government, published a traditional yearbook and put out a somewhat regular newspaper. Tanis Brown was among these women and a quilter. One day in my Women's Studies 301 class she began to push the idea that "We should make a quilt."

Tanis was persistent and enthusiastic. When the Twin Oaks campus opened, Founder's Plaza featured a large plaque recognizing early donors who had donated \$5,000. Not to be undone, Tanis' rallied a group of students, staff and faculty to undertake a "Signature Quilt." The design was simple and traditional: a Roman Square that consisted of two strips of printed fabric with a third piece of plain fabric in the middle for signatures. We gathered old scraps and benefited from coaching by the mother of one of our Orange County students. Meeting at my house, we cut, stitched and "squared up" the pieces we assembled.

At first, we met at noon in a room hidden away in Craven Hall. But before long, we came out of the closet and set up shop in the Dome. Meeting no resistance, the tradition had been established. Before long we came up with no end of ideas for the "next" quilt. Because the Twin Oaks Campus was an old chicken farm (and some felt the mascot should be a chicken) we adopted a pattern entitled "The Early Bird Gets the Worm." It was also agreed that all-white chickens described in the pattern would not do, so we used our own fabrics to better reflect the campus Mission Statement. Once done, Judith Downie embroidered a worm with a mortar board.

Not everyone who joined us was a quilter, but we always offered everyone an opportunity to take a stitch or two. After some reluctance, Dean Victor Rocha became a regular who often arrived in the Dome early to "reserve" our table. Over time we came up with new themes to reflect common interests on campus and folks were left to their own interpretation.

There was a global quilt with an African Sankofa in the center in honor of Dr. Komla Amoaku, music faculty, who had shared with the campus the Ghanaian tradition of "moving forward while staying connected with the past." Jackie Trischman, Chemistry faculty, brought in a square with the chemical symbol for Freon, a brand name for a class of gasses, which were the first molecules to be banned by an International Treaty for contributing to depletion of the ozone layer.

"Home" was the theme for a quilt celebrating the introduction of campus residence halls; one creative contribution to this quilt was a "home base" done by one of the male students who joined us.

~ continued on next page ~

Do You Remember? – *continued*

For the Tenth Year Anniversary we returned to the plaque in the center of Founders' Plaza and replicated it in fabric. It was surrounded by other representations of the first ten years including enrollment statistics, an apple for teacher education and a humorous proposal for the mascot, "dueling recliners" in honor of "CSUSM Jerome's" and our initial location right next to the furniture store.

After ten years, our quilt skills had improved but the spirit was the same: fellowship, a chance to get to know colleagues, including students, from across the campus, and lots of just plain fun. Starting a campus required hard work, teamwork and creativity. Sitting in the Dome around a "quilt in progress" was just one expression of this unique experience.



From left to right:
Victor Rocha, Leslie Zomalt, Tanis Brown, Judith Downie & Jackie Trischman



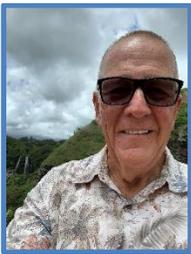
"The Early Bird Gets the Worm"



CSUSM 10th Anniversary

Member Profile – Dr. Steve Lilly

Submitted by Steve Lilly



I started at Cal State San Marcos on August 2, 1990, three weeks before the first students walked through the front door. I remember reporting for duty and the person who greeted me pointed across the way and said, "That's your office over there. Don't be alarmed when you go in. Your furniture will arrive this afternoon." The only thing waiting for me in my office was a telephone sitting in the middle of the floor.

This introduction to my new campus and my new job served as a great metaphor for the next few years. Dick Rush (the best boss I ever had!) led us through meetings the next few weeks designed to make sure basic necessities were in place in all our makeshift classrooms. Higher end equipment would come later; we were talking about whiteboards, markers, tables, and chairs. It was very meaningful work!

The new College of Education was also involved in important work: Planning and implementing state-of-the-art programs to prepare teachers and school leaders and laying the foundation for partnerships with schools and community agencies that continue to thrive today. I spent 32 years working in leadership positions in higher education, and this was the most meaningful, satisfying work of my career.

I retired in 2004, knowing that it was time for new ideas and new leadership. I worked half time for the next year, with part of my time spent chairing the Transition Committee for our amazing new President, Karen Haynes. Then I left, trying to stay out of the way unless invited to participate.

Retirement has been perfect. I remember telling my wife, Marilyn, that I would be fine in retirement if I stayed busy enough that I still needed to keep a calendar. Turns out that hasn't been a problem. Just before I retired, a very persuasive person named Carol Herrera showed up to my office to convince me that I should run for a seat on the Board of Directors of the Vista Unified School District. I was elected in fall 2000, re-elected in 2004 and "retired" from that role in 2008, having served for eight years and again convinced that new ideas were needed.

Marilyn and I continue to be busy enough that I need my calendar. Our volunteer activities include the Kaiser Hospice Program, The San Diego Rapid Response Network (which supports immigrants who are facing such inhumane treatment that it makes me livid), Brother Benno's Food Kitchen, and our church community. In addition, I am active in the Vista Hi Noon Rotary Club, currently serving my third term as club president. By the way, our club does a great deal of work supporting Vista students, and we are in need of new members who want to make a difference. Let me know...

In addition to these things, Marilyn and I have enjoyed traveling the world together, and I continue to play golf (still thinking I'm going to improve!) and play poker with friends. We will celebrate our 54th wedding anniversary in January, and we are more active in our children's and grandchildren's lives than they would sometimes prefer. Just got back from a week in Kauai with six of them. Life is good, and Cal State San Marcos made it immensely better.

RECAP of RA Activities

July 27, 2019 ~ Del Mar Racehorse Morning Workout Tour & Lunch at Coastal-Kitchen

Submitted by Bill Ward

A group of 10 of our Retirees Association members had a fascinating early morning tour of the Del Mar Racetrack led by Alan Mindell, who has owned and bred racehorses for many years. Alan also teaches classes for Osher Lifelong Learning at CSUSM. We were all amazed to find out that over 1500 horses were being housed and trained at the racetrack. We enjoyed learning how well all these horses were cared for and the unbelievable coordination required by all the workers to allow these animals to practice and train on the track. It was such fun to get up close and personal with the trainers, managers, groomers, jockeys and of course, the magnificent horses!



Our tour guide, Alan Mindell, is the first person on the left.



In the middle is Kent Desormeaux, a top jockey!

August 21, 2019 ~ 2nd Annual Del Mar Beach Walk & Lunch at Jake's

Submitted by Arlene Cratsa

Twelve retirees enjoyed a beautiful day walking and talking up and down the beach in Del Mar. After our walk, we joined other retirees for lunch at Jake's for a great lunch. Consider joining us next year since this will be an annual outing!



September 23, 2019 ~ The Power of a Story

Submitted by Arlene Cratsa

A few retirees attended this intense but informative forum on the struggles faced by our veterans and first responders as well. We learned that 22 veterans commit suicide each day (25 attempts are usually made before they succeed to commit suicide) and the highest rate of suicides occur in those ages 50 to 60 years old. But it was an evening of healing and hope as panel members shared their stories of triumph and resilience. Attendees received insight and understanding on what Veterans go through when they return home from military service. There were numerous resources at the event available to anyone who needed assistance and the recurring message was not to suffer in silence...reaching out for help is not weakness but strength to move on.

CSUSM Retirees Association

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Website:

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Membership Information:

[Go to our website](#)

Fox Russell – Surprise Gift!

Fox is a Lifetime member of the Retirees Association who worked for many years in IITS.

Click [HERE](#) to read about his generous gift!

We want to hear from you!

The Retirees Board of Directors meet several times during the year to discuss ways to assist CSUSM retirees and suggest educational and fun outings.

Here are a few places the retirees have visited:

- Guided tour of downtown Fallbrook's Art Center led by Jennifer Jeffries
- San Diego Chinese Historical Museum private tour led by Michael Yee
- Private insider tour of Balboa Park led by CEO & President Tomás Herrera-Mishler
- Docent-led tour of the Oceanside Museum of Art
- Attended a private reception to meet Marc Grossman of the Chavez Foundation and author of "What I Learned from Cesar Chavez"
- Guided tour of Liberty Station guided by Laurie Lindeneau to walk through the Cultural/Arts District
- Walkabout guided La Jolla tour by Vivienne Bennett – Coast Walk, Seashell Shop, La Jolla Caves, La Jolla Cove, Girard Street to Gelateria & Warwick's bookstore

These are just a few of the places the retirees have explored since 2014. Do you have suggestions for places that you believe would be educational and/or fun?

Send your ideas to retirees@csusm.edu

SAVE THE DATE!

Annual Gala

Saturday, June 13, 2020

Retirement Tip by Sandra Punch**SilverSneakers (Yes, this is spelled correctly!)**

If you haven't heard about the [SilverSneakers](#) program, it's time to contact your healthcare provider. SilverSneakers is a health & fitness program designed for adults 65+ that's included with many Medicare Plans. This is a great program for seniors who want to stay active. The SilverSneakers program will pay for your monthly membership at a local gym. Yes, you can join a gym near you for no cost and no monthly fee...what a deal! So contact your healthcare provider to see if you're eligible and signed-up for the program today!