

TUKWUT TIMES



Brought to you by the CSUSM Retirees Association

CSUSM Retirees Association, 333 S. Twin Oaks Valley Road, San Marcos, CA 92096-0001
www.csusm.edu/fsra retirees@csusm.edu 760-750-4408

Newsletter September 2020
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Message from the Chair

By Suzanne Lingold



Welcome to the first issue of TUKWUT TIMES for the 2020-2021 academic year. However tricky it may prove to be, I'm looking forward to this historic year! The COVID-19 virus has impacted the way in which we provide instruction, how we hold (or not hold) events, how we work and how we spend time with our families and friends. Life as we have known it until now is forever changed. We are all being challenged to find new ways of going about our daily lives. And your RA Board has accepted this challenge by creating some fun virtual-events for our entire membership—even those living in different parts of the country.

We hope that you will take time to review the events planned for each month this fall. We attempt to accommodate as many of members as possible by planning events on different days of the week and times of the day. So please spend time checking your calendars against our fall calendar of events and register for one or all! Our Virtual Happy Hours have proven to be highly successful and well attended, and I'm happy to say resulted in reconnecting with many of you whom I haven't seen in many years due to distance. Such fun hearing about what's going on with us all.

In June we said goodbye to our past RA Board members, past Chair, Pat Benson and Member at Large Bill Ward whose terms had expired. We wish them well and send them grateful appreciation for their loyal and steadfast service.

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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

Travel Adventures via Zoom!

Thursday, September 24 from 4:00 to 5:30 pm

RSVP by Monday, September 21 by Noon

Can't travel because of COVID? Then join us as four Retirees Association members take you on a journey they've experienced through their past travels. You'll have the opportunity to ask questions and who knows, after COVID has lifted, you might have your next vacation planned!

There will be two sessions during the event so you will select two travel topics. Each presentation will be approximately 10 minutes with 15 minutes for Q&A.

Here are the presenters and their topics:

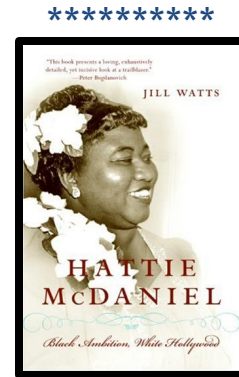
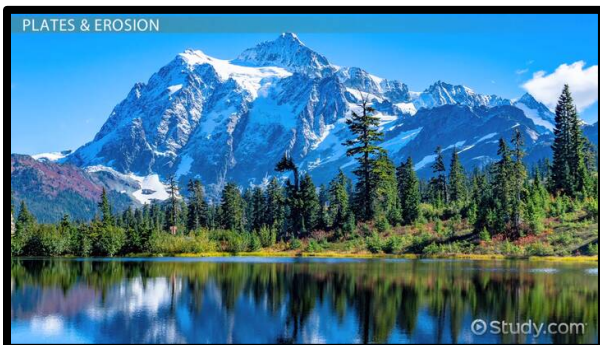
Janet McDaniel – "Come from Away to the Canadian Maritimes" with Road Scholar

Dawn Schmid – Eastern and South Central Alaska

Marie Thomas – Badlands, Bison & a Cup of Free Ice Water: A Minneapolis to Boise Road Trip

Michael Yee – California Outdoor Travel – Safety in the Time of COVID

Click [HERE](#) to RSVP and select the two sessions you would like to attend. The Zoom link will be sent to you the morning of September 24.



"Hattie McDaniel" by Jill Watts

Wednesday, October 21

3:00 pm to 4:30 pm – Talk and Q&A via Zoom

RSVP to retirees@csusm.edu by Friday, October 16

"Professor Watts' (History, Film Studies) highly-regarded biography of Hattie McDaniel, which was reviewed by the likes of the New York Times and The New Yorker, is now being made into a film. Join us as Prof. Watts shares little-known aspects of McDaniel's life, from her dealings with Hollywood's power brokers and black political organization to her successful civil rights battle to integrate a Los Angeles neighborhood, revealing a woman hailed by Ebony as an achiever of 'more firsts in Hollywood' than any other black entertainer of her time."

Click [HERE](#) to purchase the book from Amazon

Click [HERE](#) to purchase from Barnes and Noble

Click [HERE](#) to purchase from Warwick's La Jolla

(You do not need to order the book to participate but reading the book will enhance the experience.)

Something Extra and Special!

One Book, One San Diego, A Citywide Event

Join the combined virtual kick-off for One Book, One San Diego and CSUSM's Common Read featuring George Takei himself!

[They Called Us Enemy](#) – Takei revisits his haunting childhood in American concentrations campus, as one of over 100,000 Japanese Americans imprisoned by the U.S. government during World War II.

Tuesday, September 22 at 7:00 pm

Click [HERE](#) to register & find out more about this free event.

Click [HERE](#) to learn more about CSUSM's Common Read.

Do You Remember? ~ The American Language and Culture Institute (ALCI)

Submitted by Dawn Schmid

In 1991 Dr. Peter Zwick, CSUSM's first Director of the Office of Global Education (later Global Program and Services) founded the ALCI as an academic English as a Second Language (ESL) program. The first ALCI students were referred by an education agency in Hamamatsu, a city in southern Japan, and this remained the primary source of students for the first several years. Gradually, through word-of-mouth referrals by CSUSM faculty and staff and local community members, ALCI became more diverse, welcoming students from Central and South America, Mexico, the Middle East, and other Asian countries. Families would even send their oldest son or daughter, then the younger siblings as each reached college age. ALCI has also worked with scholarship organizations worldwide: the US State Dept./World Learning sending students from Palestine, Morocco, Albania, and others; Proyecta 100,000 from Mexico; BSMP from Brazil; MOHE from Oman, Saudi; and other Arabic-speaking countries.

The initial mission of ALCI was to prepare students for success at US colleges and universities. The English for Academic Purposes core curriculum includes reading and comprehending texts, writing from simple paragraphs at the beginning level to research papers at the most advanced, listening to lectures and note-taking, and giving oral presentations using visual aids and technology. ALCI also includes the University Access Program, whereby students are placed in university courses and receive holistic advising from the ALCI team. This program supports the transition to university content-based courses, provides advising toward a student's selected degree program, and establishes a resource for CSUSM professors who may wish to communicate areas where the student needs assistance. Because of the rigor of the ALCI program, the university and local community colleges have accepted completion of the highest levels as evidence of students' readiness for academic success.

As CSUSM became better known internationally, schools and travel agencies began to contact ALCI to offer short-term programs for students who wanted a cultural and conversational approach to learning English, so short-term ALCI programs began. These programs run from two to six weeks, and students stay with host families who transport them to and from campus and provide a US family experience. The curriculum focuses on conversational English and fieldtrips to local attractions such as museums, the Zoo or Safari Park, farmers' markets, the beach, Sea World and Disneyland.

In the mid-2000's, the European Union began to require university students to study abroad for a semester or year. Although many students chose to study in another EU country, universities and education agencies contacted CSUSM to inquire whether students with advanced English proficiency could take university classes on a self-pay basis. Since these students did not need ESL classes, the ALCI established the Study at CSUSM program. Although there was initially some concern that these students would take spaces that should go to local students, the contrary is true: students pay for classes at the Open University rate, which goes to academic departments, thus enabling departments to open additional sections of popular courses.

The most recent ALCI offering is the Teaching English as a Second/Foreign Language (TESL-TEFL) Certificate program. This program began with teachers from Chile and China coming to learn and practice communicative teaching methods and has since expanded into a program for CSUSM employees, CSUSM graduates and local community members interested in teaching English abroad or in a local ESL program.

Since ALCI's inception, over a thousand ALCI students have enriched the cultural diversity of the university by taking classes through Open University, matriculating either directly or after completing transfer requirements at local community colleges, living and dining on campus and participating in campus activities. ALCI students also live off campus and shop nearby, thus providing an economic impact in North County. Because of its international nature, ALCI is subject to global political and economic fluctuations. Recent travel restrictions due to current administrative orders and the pandemic are presenting one of the biggest challenges in ALCI history. ALCI hopes to weather this challenge and again provide its traditional level of services and support to the university and local community.

Special Feature

Research in the Time of Retirement

By Beverlee Anderson, Jennifer Jeffries, and Janet McDaniel

In April 2015, COBA's Beverlee came up with a neat question arising from her research interest in consumer decision-making. She wondered how tenured faculty members make their decisions to retire. There's no mandated retirement age, so how do professors know when it's time to clear off their bookcases, turn in their computers, and head off campus? Beverlee approached School of Education colleagues Jennifer and Janet, who (like Beverlee) were retired from full-time work but continuing part-time in the faculty early retirement plan (FERP). We three agreed that this was a really intriguing question. And with decades of research in our collective portfolio, we knew how to get this done: Review the existing research; design a study; get Human Subjects Review approval; run a pilot study; refine; find folks to interview; do the interviews; crunch the data; write drafts; find a publication outlet; submit; and voilá: published research!

Now, how could this often-trod journey possibly take us five-years-and-still-underway? In a word: Retirement! As we delved into the research on academic retirement, we were experiencing that phenomenon ourselves. At first, we had a full head of steam. We were all still on campus part-time, so we met often in Beverlee's Markstein Hall office. We pushed ourselves through the first several steps in our process. All was going well.

And then...

We each wound down our FERPs and entered into the land of full-time retirement. **Beverlee** wrapped up research projects with new-ish CSUSM faculty members; stayed on as a reviewer for some journals; and served as external evaluator for faculty promotions at University of Petra and Alzaytoonah University of Jordan. Her love of travel took her to Switzerland, Myanmar, England, Denmark, Sweden, Norway, Finland, India, Jordan, and Hong Kong. Moving to downtown Chicago with her husband Nils involved a major remodel of a double-unit condo as well as the exploration of their new location. Beverlee now (well, up to spring 2020) provides tours as a docent at the historic First United Methodist Church, Chicago Temple. And hey, just to feed her love of learning, Beverlee has completed the first of four years in the University of Chicago's Basic Program in Liberal Education. This is the famous "great books" program in which students read and discuss a major piece of classic literature practically every week. This is the same program that results in a B.A. in Liberal Education for undergrads at the university. **Jennifer** continues to consult with education and non-profit groups; she has kept up her leadership roles in Fallbrook with the summer Middle School STEAM Camp and the community arts board; and she was elected to the Fallbrook Regional Health District Board in November 2018. Needless to say, being a public health official in 2020 has grown into a tremendously demanding position. Jennifer's longtime home in Fallbrook was renovated to accommodate her two sisters so that the "Casa de Tres Hermanas" is welcoming and fully functional. She traveled to long-favorite destinations (where she has local families who are near and dear to her) with trips to Tibet, Nepal, Japan, and South Africa. **Janet** was just settling into a new routine in a downtown San Diego condo when the research project got underway. Family members' health crises kept her commuting to both Sacramento and Portland for two years. To keep her own health strong, she started

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Research in the Time of Retirement ~ *continued*

working out in earnest in the condo's gym as well as walking along the Embarcadero daily. She took up volunteering for the asylum-seeking migrant families who were lodged in a downtown San Diego shelter while awaiting their transportation to their families in the US. "Get Out The Vote" and political advocacy projects for local candidates also became a passion. She too loves travel and explored the Amalfi Coast, Sicily, Switzerland, Hungary, Czech Republic, Ireland, Cuba, the Yucatán, Panamá, the Canadian Maritime provinces...as well as taking a return-to-Hawaii trip to visit with long-ago friends/colleagues and taking an amazing trip with CSUSM friends along the Civil Rights Trail in Alabama.

So...did we actually complete this research project on faculty retirement? Well, YES...and STILL. Somehow, we kept exchanging data analyses, manuscript drafts, and encouragement (thank you, CSUSM OneDrive and Zoom!). After we spent an entire year trying to shoehorn our findings into one manuscript, we realized that we had big clusters of data that answered multiple research questions. We had to explore journals in a field that was new to all of us. And we learned that academic publishing has changed a lot since we were regularly submitting manuscripts during our CSUSM careers. In far cry from the former practice of sending 6 copies of a manuscript in a fat envelope to an editor, we learned a brave new world of online submission, revision, and publication. This spring we celebrated the dissemination of our first chunk of findings in the [Journal of Applied Research in Higher Education](#). If you would like to read "Professor Hamlet's Dilemma: To Retire or not to Retire?", email mcdaniel@csusm.edu and we'll send you a pdf copy. Our second manuscript, "An Exploration of Five Stages in Faculty Retirement Decision-Making," is in the midst of review/revision at another journal. And our third manuscript about post-retirement envisioning is in the polishing-up stage before being submitted.

We have thoroughly enjoyed this (likely, hopefully, absolutely, positively!) final research project in our academic careers. We know that without the pressures we experienced during our tenure-track employment, we had the luxury of saying, "Sorry I can't meet in August, how about November?" and "Let's re-think this approach and go in another direction even if it takes us longer" and "Oops, I missed that deadline we set but perhaps I'll have something to post in a few weeks." There is no doubt that the lack of need to add another publication to our C.V.s stretched out our journey. But our long-cultivated appreciation of research and sense of satisfaction in adding to the academic literature in a field kept us going. And we chose just the right topic to inform ourselves about our current lives: retirement at the end of professorships from a university we helped to build.

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Beverlee Anderson in Hong Kong



Jennifer Jeffries in South Africa



Beverlee Anderson in Myanmar



Beverlee Anderson in Jordan



Janet McDaniel in Agrigento and Chichén Itzá



What is Zoom and why should I use it?

Zoom is a safe and secure computer app that allows you to engage in live, real-time conversations on your computer with friends, family, colleagues, doctors, and so on. Your Retirees Association is planning some fun events that will take place on Zoom since we cannot meet in person. We know that some of you might have very little experience using Zoom or maybe none, so we want to help make it easy for you and hopefully, fun as well!

Getting Started with Zoom

You will need one of the following devices:

- Smartphone
- Computer
- Laptop
- Tablet

These will let you use Zoom with the video and the audio.

All you have to do is sign up with Zoom and wait for someone like the RA or a family member to invite you to an event. That's it! It's that simple!

- Go to Google and type in "Zoom," and then click on 'Zoom: Video Conferencing, Web Conferencing, Webinar'
- On the homepage of Zoom, click on the orange box in the top right corner that says "Sign Up, It's Free"
- Follow the instructions to sign up
- Now you are a Zoom member!
- When you are invited to a Zoom event, you will get an email from the person inviting you with a link to their specific Zoom session. It will be in blue.
- Click on that link in the invitation email.
 - Zoom will open in your browser.
 - A white rectangular box will also open at the top saying, 'Open zoom.us.app?' In the lower right corner of that small white box click on 'Open zoom.us.app'
 - That will take you to another box where you will see yourself on video! (If you don't see yourself, be sure you have your webcam, or your computer camera lens uncovered.)
 - Click on 'Continue with video' and you will be connected to the meeting.

Every time the Retirees Association holds a Zoom activity, you will first get an email invitation, to which you must RSVP. Once you have RSVPed, a second email will be sent with the Zoom link the morning of the event.

If Zoom is still intimidating or confusing to you, please email Arlene Cratsa at retirees@csusm.edu and she will walk you through it and even set up a practice session for you to show you how easy it is!

Retiree News!

The Retirees Association is excited to bring you this new section of the Tukwut Times. Inspired by the Alumni Association's Class Notes, retirees now can let their colleagues and friends know what they've been up to since retirement. If you want to participate, please click [HERE](#) to complete the form. The next issue of the Tukwut Times will come out in August/September.

Michael Yee



Michael Yee was employed at CSUSM for 26 years and retired in 2016. He is a Lifetime member of the Retirees Association and is currently serving on the Board of Directors.

He completed his M.A. in History at Cal State San Marcos. He is active with the Poway Valley Garden Club and is co-chairing volunteer efforts at select gardens at Old Poway Park to keep them educational and beautiful.

Dawn Schmidt



Dawn Schmid was employed at CSUSM from 1994 to 2015 and retired in 2015. She is an Annual member of the Retirees Association and is currently serving on the Board of Directors.

Right before the pandemic shutdown, Dawn took a trip with one of her daughters to Vancouver, BC. Highlights were a day at Capilano River Regional Park, where they crossed a long suspension bridge and wandered through the fascinating rain forest; Granville Island. They also visited local shops and ate local food and toured downtown Vancouver, where they saw the Gastown Steam Clock whistle and steam on the hour.

RECAP of RA Activities

Virtual Happy Hours on May 14, May 15, June 26, July 10 and July 15
Submitted by Arlene Cratsa



A positive outcome due to COVID!

RA Virtual Happy Hours have been a huge success as retirees connected with colleagues from the San Diego area as well as Chicago, Arizona, and Northern California. The groups are kept small, so everyone has a chance to talk and get caught up. Retirees who live out of the area have so enjoyed connecting with colleagues that they haven't seen, especially because they are not able to participate in 'live' RA events during normal times. We hope to continue with these Virtual Happy Hours after COVID has lifted to keep retirees who live outside of the San Diego County connected!

RECAP of RA Activities ~ *continued*

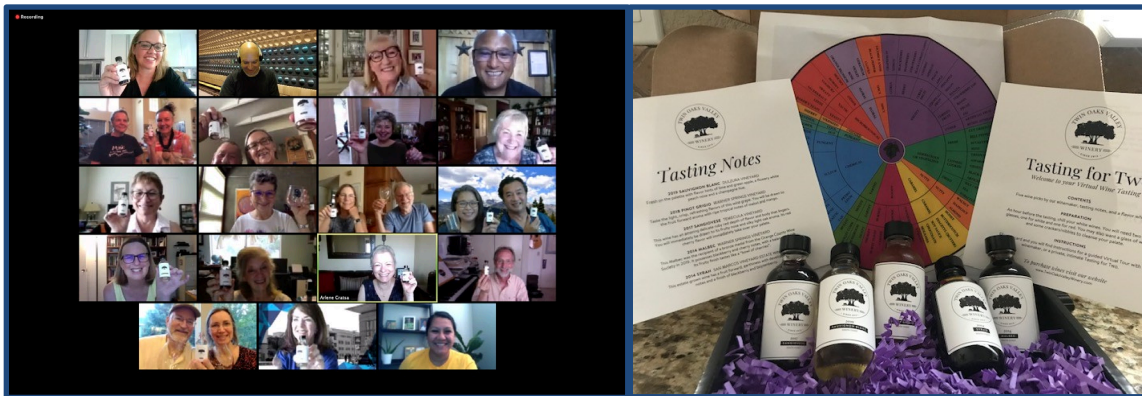
Retirees Association Annual Luncheon/Business Meeting via Email

Submitted by Arlene Cratsa

It was disappointing not be able to hold the Retirees Association Annual Luncheon/ Business Meeting in April due to COVID. This is always a great event that many look forward to so they can visit with fellow colleagues, have a wonderful lunch and listen to a featured speaker. This year, the annual meeting was held via email on Thursday, May 21. While this annual event usually brings 40 to 45 attendees to hear the annual report, a positive outcome of moving it to a virtual format because of COVID was that 108 RA members opened the email about the event and read the annual report (199 emails were sent). If you missed seeing the annual report, click [HERE](#) to view it.

Virtual Wine Tasting with Twin Oaks Valley Winery – Friday, August 21

Submitted by Arlene Cratsa



If we can't get to the winery for an event, bring the winery to us in our homes! Twin Oaks Valley Winery worked with the Retirees Association to have a virtual wine tasting event via Zoom. Each participant purchased a wine tasting kit in advance that included five 2-ounce bottles of wine (Pinot Grigio, Sauvignon Blanc, Malbec, Sangiovese, and Syrah), a tasting wheel, and tasting notes. Wine master Malcolm Gray took us through an explanation of the flavors in each of the wines as we tasted them. Participants had the opportunity to ask questions throughout the tasting, which enhanced the experience of the event. We cannot thank Malcolm and Kathryn Gray enough for making this a fun and very successful event for all of us!



Malcolm, Kathryn and their son Michael Gray

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

Phone

760-750-4408

E-Mail

retirees@csusm.edu

Website

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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: 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

Do you want more calm in your life? Feeling overly anxious, stressed out, or too isolated because of COVID? Try CSUSM's "Daily Does of Mindfulness." This program provides an opportunity for all CSUSM community members to experience short, guided mindfulness practices led by a campus-based facilitator. Session leaders use a variety of mindfulness practices including breath meditation, body scan, mindful eating, mindful movement, compassion and loving kindness practices and visualization.

Click [HERE](#) for the Fall 2020 schedule.

All are welcome including partners, pets, friends and family!

Sus hijos, esposos y compañeros de casa son bienvenidos!