

# TUKWUT TIMES



Brought to you by the CSUSM Retirees Association

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Newsletter January 2020  
Volume 6, Issue 1

## Calendar of Events

Upcoming Events

### Spring Events Mark your calendars now!

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Thursday, February 13, 2020

[Oak Mountain Winery](#)

[The Cave Café](#)

36522 Via Verde in Temecula

Time: 11:30 am

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

RSVP by Friday, Feb. 7 to [retirees@csusm.edu](mailto:retirees@csusm.edu)



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Wednesday, March 18, 2020

[Stone Brewery World Bistro & Gardens](#)

1999 Citracado Parkway in Escondido

Optional [tour](#) at Noon

Public tours are first come, first served.

Limited passes available online and additional passes available for walk-ins.

Lunch at 1:00 pm

For lunch, RSVP by Friday, March 13 to [retirees@csusm.edu](mailto:retirees@csusm.edu)



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Friday, April 24, 2020

Annual Luncheon/Business Meeting

The McMahan House

11:30 am to 1:30 pm

Speaker: Dr. Harold Goldwhite,

Executive Director of the California State University Emeritus and Retired Faculty and Staff Association



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Saturday, May 30, 2020

Coronado Excursion!

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

RSVP by Tuesday, May 26 to

[retirees@csusm.edu](mailto: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.

## Message from the Chair

By Pat Benson



Warm wishes to you all this winter! I'm excited to tell you about two new opportunities to stay connected with friends and colleagues from Cal State San Marcos.

First, we are starting a new feature called "Retiree News for Tukwut Times." This is intended to be similar to the Class Notes that appear in the STEPS magazine. They are short updates about recent happenings in your life, perhaps with a photo. Check out the handy form on our RA website by clicking [HERE](#).

With just a few clicks and a sentence or two, you can let your fellow RA members know what's been going on in your retirement. Did you adopt a new puppy? Write an article? Take up a new instrument? We'd love to know!

In order to demonstrate how easy it is, the RA Board is posting the first set of Retiree News notes, which appear in this edition of the Tukwut Times. Please give it a try and let us know what you've been doing.

Second, I'd like to encourage you to think about joining the RA Board. I can attest from personal experience that board membership is easy, fun, and very rewarding. The commitment is for a two-year term, with the possibility of a second term. The Board meets on campus a few times a year, with occasional business via email in between. We'll be looking for our next round of Board members at our spring meeting in April, so please give it some thought between now and then.

Meanwhile, I'm looking forward to our spring events, including the long-awaited Coronado Excursion, postponed because of rain (again!) until May 30. Hope to see you at one or more of these gatherings!

## 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? ~ The Twin Oaks Valley Boys

Submitted by David Barsky and Richard Riehl

### A Memoir

CSUSM's legendary *Twin Oaks Valley Boys* hit campus a year before the start of the new millennium. Our debut season featured performances on mornings of the second Friday of each month, dubbed *Barsky's Dad's Ties Day*. Not yet having adopted our stage name, we visited campus offices to offer the administrator in charge the honor of wearing a tie, once belonging to David's father, which had been sent to David following his Dad's retirement from NASA. Our award ceremony was accompanied by the singing of a song, "We Are the Students," from the operetta, *The Student Prince*. We promised to wear a hand-me-down tie for the remainder of the day, expecting no less from the day's honoree.

In our second season, after wrangling about whether to book ourselves as "Barsky and Riehl" or "Riehl and Barsky," Richard's eye was caught by the name of the road leading to campus. The *Twin Oaks Valley Boys* were born, featuring what would become our iconic opening patter, led by Dave:

"Hi, we're the Twin Oaks Valley Boys. I'm Dave."

"And I'm Dick."

Over the next four years, we brought a series of hit songs to campus, including:  
*The Ballad of the Hillside Blast* (A tribute to campus construction)

*New Dean Come and We Gonna Have Fun: The Bagel Song* (Parodying the parade of new College of Business Deans)

*If You Could Read My Book* (Leadership Management Academy workshop)

*There's a Kind of Bush, and I'm Albert the Bore I Am, I Am* (Our political phase during the 2000 presidential campaign)

*It Takes a Worried Staff to Sing a Worried Song* (IITS Dean Norm Nicolson's retirement party)

*I've Laid Around and Played Around Old Craven Hall Too Long* (Richard's retirement and TOVB's farewell tour)

Among our memorable performances were annual appearances in the offices of Enrollment Services, Financial Aid, Career Planning and Placement, The President's Office and the Library singing, *We Wish You a Merry Christmas* and *The Dreidel Song*, featuring Dave's improbable spinning dance move.

We were surprised when we arrived to carol the staff at the President's Office, only to find President Gonzalez had given them the afternoon off. He welcomed us to perform for him as he sat, unsmiling, behind his desk. This was our smallest, yet most stress-producing, audience.

We can now reveal the time we sneaked into the ARTS building, while it was under construction, to test the acoustics of the auditorium and theatre.



## Do You Remember? – *continued*

We suffered our greatest adversity after our rendition of *He's the Man Who Never Returned*, satirizing campus parking problems, lost to the College Business Administration at the 2002 Staff Appreciation Picnic Talent Show. COBA took the honors with a rip off of the song, *YMCA*. That day brought upon us our only blue period.

Our only off-campus, paid appearance was in a local bar, where we sang during the band's break.

Our final performance, before breaking up, was at Jonathan Barsky's bar mitzvah, where we sang a jolly, Hebrew rendition of "Bar the Mouse." The lyrics were taken from a story Jonathan learned to read in Hebrew school.

Following our *Twin Oaks Valley Boys* career, we have continued performing as solo artists. David sings lead in San Diego's Sun Harbor Barbershop Chorus, as well as performing in Karaoke outlets. Richard composes and sings at his Chateau Lake San Marcos Luxury Retirement Living Community, where his latest hit, "Our Big Rock Candy Chateau," received a sitting ovation.



Photo provided by the  
CSUSM Special Collections University Archives

## Member Profile – Candace Van Dall

*Submitted by Candace Van Dall*

After twenty-seven years of working at CSU San Marcos, I officially retired on June 30, 2018, though my accrued vacation allowed me to stop working in late April. However, my time in the CSU started long before my first day of work at the Jerome's campus. My saga began in 1960 at the age of four when I entered nursery school at the Campus Laboratory School, a preschool and elementary school located on the San Diego State College campus. I was blessed with a wonderful education that included a master teacher for each year, an art teacher, a music teacher and 2 student teachers per semester provided by the School of Education and our own library with a librarian who always gave wonderful book recommendations.

From 1968-1974 were my years in the desert, also known as Junior High and High School where I was away from the CSU. There was little doubt during that hiatus that I would be returning to SDSU to earn my Bachelor degree. Thus began my experimental period. For the next two years I would change my major at least five times, beginning with Russian. That was an especially short-lived major after realizing that a love of Sergei Eisenstein films wasn't enough to make me put in the long hours of study needed to master the Russian language. Subtitles would have to suffice. My second semester of college I was hired as a student assistant in the graduate division. This is where it all really started for me. After my second year of rotating majors, I applied for a permanent position in the graduate division and dropped out of school for a few years. Fortunately, I was encouraged by SDSU's Director of Admissions to enroll in a Women's Studies course using the fee waiver program. I was now able to work at a job I loved while working slowly (and I mean very slowly) on my degree, eventually earning a BA in History with a minor in Women's Studies and a MA in Education from SDSU.

I thought I would work at SDSU until I retired but in 1990 my husband and I moved to Temecula, where the summers were hot and the housing was affordable. At the time, the commute to SDSU was long but bearable. In late 1991 my boss approached me about an Evaluator job opening at the new California State University San Marcos campus. That was a tough decision to make after all my years at SDSU between school and work but the shorter commute and idea of coming to a new campus was a challenge I wanted to take on. Fortunately, there were former colleagues from SDSU at San Marcos who welcomed me and helped the transition (Yes, Michael Yee – I'm talking about you.)

I loved my 27 years working at CSU San Marcos, creating many wonderful friendships that made it very hard to think about retiring. A good friend of mine who didn't work on campus was tired of hearing me vacillate over when I planned to retire and bluntly pointed out to me, "You know you'll still get paid when you retire." The light bulb moment came when I realized after 42 years in the CSU I was basically doing volunteer work. The decision to retire was also made much easier by the long commute from Temecula to San Marcos that had grown from 40 minutes to an hour and a half each way.

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## Member Profile ~ *continued*

What have I learned since retiring? There is immense joy in waking up without an alarm clock. Food isn't something you eat because you're stressed (I've lost 40 lbs. since retiring). Working out is fun when you don't have to squeeze it into 4 hours of the day left after commuting, working and sleeping. I'm able to read all the books for my two clubs.

Time is now a friend, though it still goes by too quickly. I enjoy my coffee and breakfast in the morning with my husband as we read or catch the morning shows. We split our time between our house in Murrieta and our cabin in Idyllwild-Pine Cove. Though I spent 52 of my 63 years either attending school or working at SDSU and CSUSM, I'm still able to continue my participation through the CSUSM Retirees Association. Here's to many wonderful upcoming events.



Beautiful getaway in Idyllwild-Pine Cove



At GIA in Carlsbad



## RECAP of RA Activity

### November 6, 2019 ~ "Life After CSUSM" Panel Discussion

*Submitted by Arlene Cratsa*

Twice a year the Retirees Board of Directors invites employees of CSUSM, who are contemplating retirement or know they will be retiring soon, to come to a panel discussion to ask any questions they like regarding retirement. This is open to the entire campus community.

Panel members participating in the November discussion were Pat Benson, Vivienne Bennett, George Diehr, Suzanne Lingold and Bill Ward. They were knowledgeable and extremely helpful to those in attendance. Many felt grateful that they could ask questions and know the Retirees Association is here to assist them in their transition when they retire.

I enjoy sitting in on these discussions since I learn something new at each one. Topics discussed are from the emotional aspects of retirement, what to expect, how to prepare, what to do and not do immediately after retiring, finances, staying active and engaged, etc. There is always laughter at these discussions and it gives me hope that I will survive "Life After CSUSM!"

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### **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 have the opportunity to let their colleagues and friends know what they've been up to since retirement. The Board of Directors will start off this new section, and we hope that you will join in and complete the online form for the next issue of the Tukwut Times. If you want to participate, please click [HERE](#) to complete the form. The next issue of the Tukwut Times will come out in April/May.

### **Pat (Worden) Benson**



Pat in uniform

Pat retired in 2010 and worked 21 years at CSUSM. She is a Lifetime member of the Retirees Association and currently serves as the Chair on the Retirees Board of Directors. Pat visited the Norsk Hostfest Scandinavian Festival in Minot, North Dakota in September 2019. She started taking piano lessons again, 50 years after her last lesson! Pat is an active member of the Escondido Fire Department Support Volunteers.

### **Vivienne Bennett**



Vivienne in Cuba

Vivienne retired in 2016 and worked 22 years at CSUSM. She is a Lifetime member of the Retirees Association and currently serves as the Vice Chair on the Retirees Board of Directors. She has been retired for 3 years and for 2 of those years she has volunteered weekly at Donovan Correctional Facility and also got involved for a while with the emergency Migrant Shelter in San Diego. She has traveled to France (x3), England, Morocco, and Cuba. In the US she has been making the rounds of friends all over the place: NY, NJ, TX, WA, NM, FL, and WI. In between, she has figured out that she almost loves being at home in San Diego more than traveling! She is striving for a calmer life with more open time. So her retirement tip is this: "Do as I say and not as I do—e.g. do not overschedule yourself. Let yourself have enough free time so you can become bored and see what comes of that!"

## Retiree News ~ continued

### Suzanne Lingold



Suzanne retired in December 2016 and worked 14 years at CSUSM. She is an Annual member of the Retirees Association and currently serves as the Secretary on the Retirees Board of Directors. Suzanne and her life partner own a little piece of paradise in the hills northwest of Fallbrook proper, where they manage an organic farm growing produce for small local markets. Click [HERE](#) to check out their website. Suzanne stated this has been a huge learning curve for them so they have decided to retire—for real this time. They will continue to grow fruit, vegetables, and flowers for friends and family. She is hoping they can work in some travel now but mostly, Suzanne wants to spend more time with her grandson, Oslo (age 3) and granddaughter, Rylee (10 months).

Fun day with grandson Oslo!

### Bill Ward



Bill retired in 2015 after working at CSUSM for 24 years. He is a Lifetime member of the Retirees Association and currently serves as Member at Large on the Retirees Association Board of Directors. Traveling, camping, and hiking with his wife Janice and dog (Fiona) in their 5<sup>th</sup> wheel RV has been his passion. So far he has been to most states west of the Rocky Mountains. When at home, golfing and maintaining a large property with a small orchard keeps him busy. What a great life after work!

Enjoying the great outdoors

### George Diehr



George with his "baby"

George retired in 2013 after working at CSUSM for 23 years. He is a Lifetime member of the Retirees Association and currently serves as the Treasurer on the Retirees Association Board of Directors. During his post retirement, he FERPed in his 11<sup>th</sup> & 12<sup>th</sup> years as a trustee on the CalPERS Board, representing state (including CSU) employees. He also serves as an at large member of the CSU statewide retiree organization. Retirement has brought him more time for reading, theater, etc. He also follows CalPERS decisions, challenges and sometimes offers his advice, which seems to be taken with a handful of salt. Now and then, George assists members with CalPERS' questions or decisions. He "tinkers" around the house "fixing" things that his wife thinks aren't broken (once an engineer). He has always been a car-guy: owned Corvettes, BMWs, and currently a Tesla 3, which is damn quick (no tickets yet), clean, and cheap (to drive). George seconds Vivienne's advice: Be sure to keep time for yourself in retirement.



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**Membership Information**

[Go to our website](#)

**Save-the-Date**  
**Presidential Investiture of**  
**Dr. Ellen J. Neufeldt**  
**Tuesday, April 7, 2020**

**"Into the Next 30 Years"**  
**Ceremony 11:30 am**

**Scholarship Fundraising Dinner**  
**5:30 pm**  
**~ more information forthcoming ~**

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## We want to hear from you!

Below 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](mailto:retirees@csusm.edu)

- 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"
- 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

## Do you know about CSU-ERFSA?

The CSU Emeritus & Retired Faculty & Staff Association represents all CSU retirees. Its mission, goals, activities differ from local retirees associations as 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](http://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 membership information.

## Retirement Tip by Teresa Macklin, Retired Chief Information Security Officer

### Password practices:

Every day you read about a new security breach. It has become pretty clear that even good companies cannot always keep your information safe. When a company is breached, one of the things that may be exposed is your password. This is why you can't use the same password at different sites. Once those bad guys have your password, they'll try that password at amazon.com, at etsy, at ebay, at wells Fargo and on and on. If you are reusing that same password, they'll get in! To combat this, you have a few options. One is to use a "password manager." A password manager is an application that will store (in encrypted format) your passwords and then help you by filling in username/password forms when you are using the web. There are many password managers such as "lastpass" or "keepass." A second option is to use multifactor authentication everywhere you can. This means using your phone to authorize a login. For example, I've signed up for multifactor (sometimes called "two factor") at my bank. When I try to log in to my bank, the login process won't finish until I've approved (or sometimes entered a number to approve) the access. Use them both!