

# THE SILVER BULLETIN

Newsletter of CSU, Sacramento Emeritus Association

Spring 1995

## Commentary

### Gerth Sees Privatization of CSUS:- Needs Your Help

President Gerth alerted us to the reality that in more ways than one our university is moving gradually but irretrievably toward the character of a private university. This was a major theme of a discussion held January 26 in the Sierra Room, a gathering highly valued by the emeritus faculty who attended. The most concrete move toward the status of a private university is that CSU campuses are henceforth expected to raise 10% of their budget by solicitation from private sources. This comes on top of the ever tightening budget that most of us saw long before we retired.

The good news is that our campus continued to grow in enrollment. We have at least for now avoided the trap of mandated enrollment ceilings forcing a downward spiral of further fiscal cuts, etc.

Thus far the program, for example, has been little helped by private solicitation. Despite rumors to the contrary, contributors tend to earmark funds for purposes other than college sports. Students are disinclined to vote themselves higher fees on top of increases already imposed on them. A program discussed at our meeting which appears to be suffering most is the library program. Converting to new technology has not saved much money.

Another way in which we are likely reverting toward the classical model of a private university is an apparent move back toward a more homogeneous student body. There are increased fees. There is the downsizing of multicultural programs. There is the very recent statewide political move toward eliminating remedial courses. Such courses have helped retain bright students with a different language background. There are also the statewide moves against affirmative action. President Gerth is therefore concerned not only about current political instability, but also by what all the foregoing implies about what some describe as a "meanness emanating from the State Capitol.

On the plus side, the president is quite proud of how affirmative action has worked at CSUS. In his view we have been able to increase quality as well as sexual and ethnic diversity of faculty and staff, not merely tokenism or quota filling. Also on the plus side, Gerth is looking upon the risk-taking aspects of fund raising as a positive challenge.

YOU CAN HELP. This may be just the right time for you to redirect some of your charitable contributions toward the university which has been so much a part of your lives. Make your check out to the Capital Campus Challenge; send it to the Office of University Affairs, CSUS, 6000 J Street, Sacramento, 95819-6026. You may earmark your gift for any department or faculty on campus. If you want it to have more impact, you might specify that it be added to the emeritus faculty fund for the CSUS library if that is in operation by the time you make your gift.

## Spring Luncheon

### President's Column

America: What Went Wrong?

*Friends of the New Yorker*

Issues and Opportunities of Aging Living in the 21st Century

Sharing *Autobiography*

*World Religions*

These are but a few of the seminars offered recently and currently by and for those of us who are members of the Renaissance Society. Also offered are timely visiting speakers from government, from various professions, from arts and letters, whatever. There are weekly discussions of world-wide to person-wide topical events and issues, where everyone gets involved. Offered as well are congenial group excursions to various places in Northern California. Most important are new-found friendships of a quality you absolutely wouldn't have anticipated.

I am deeply curious about the various directions of activity pursued by emeritus faculty. Someday I hope to find out more about what you all have been doing. Right now my sense is that it covers a wide range: from busier than you've ever been to not busy enough. From closely related to what you were doing prior to retirement to something vastly different. From something more enriching than you've ever experienced to something perhaps inspiring and flat.

One thing for sure, if you would like a wider variety of intellectual and interpersonal stimulation than what is happening for you now, you can find it in the *Renaissance Society*.

Nope, I'm not soliciting in hopes of talking them into giving me a cut out of the \$45 annual per-person charge. What it is, is that I'm discovering such joy in the Society that it only seems right that you share in that joy.

The Renaissance Society was created in 1986 by persons whom you may know. Among them your colleague, Bob Heilman, and your former colleague, Peg McKoane. Today it is composed of retirees from business, government, law, medicine, education, etc. Only about a half dozen or so are retirees from our faculty. I know that many more than a half dozen of you would find it as rewarding as I have. To learn more about what is being offered and how you can join, just visit, write or phone the Renaissance Society officer, Temporary Building NN-6 on our campus (zip code 95819-6074). Hours M-Th 1-3 p.m., F 10-1 p.m., phone 278-7834. Hope it works out for you!

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**EDITOR NEEDED:** With this issue, Duane Spilsbury completes his excellent work as editor of The Silver Bulletin and its predecessor publications. If you would like to give it a try yourself for the Fall and Spring issues for the forthcoming academic year or know someone who would drop me a line or call David Lucas, 456-0824.

**VOLUNTEERS NEEDED FOR STUDY GROUPS:** Our friends Charlotte and Stephen Walker are asking for volunteers to help initiate study and/or discussion groups at Eskaton Retirement Village, where they now live. Call David Lucas at 456-0824.

**VOLUNTEERS SOUGHT FOR SOUTHEAST ASIA:** You as a retired university faculty member are among those now being solicited for volunteer teaching or research work at one of several Southeast Asian universities. It is all part of a pilot program to

be sponsored by the newly-formed International Network of University Volunteers.

The INUV has been jointly created by the UNESCO Division of Higher Education and by the Council on International Educational Exchange. For information write the aforementioned Council (Attn. INUV), at 205 East 42nd Street, New York, NY 10164-0532. If you have access to e-mail you may request a brochure from James Lee at: JLEE@CIEE.ORG.

## **Sacramento Emeriti Commended**

Last December 10 I represented you in Los Angeles at the semi-annual meeting of the State Council of the Emeritus and Retired Faculty Association. The Sacramento campus received high praise for its growth in State Association membership. During 1994 our ERFA membership increased by 35. The second highest increase from any California campus was 24. Actually, because our growth in our own CSUS Emeritus Association has been at least as rapid, we are now fast approaching 200 each in statewide and local association membership.

The Council took note of CSUC's court victory a few days prior. Governor Wilson is ordered by the court to repay with interest the money he took from our pension funds, to desist from further such raids, and to resume paying the state's legally mandated quarterly contributions to our funds. We expect court appeals from the Wilson administration. We also expect continued efforts by state officials to use our pension money for illegal purposes, whatever present or future court rulings may be.

A major topic of discussion was the PERS long-term care insurance program beginning January 1995, and ERFA's plans to help inform people about it. This unprecedented insurance program was made possible by many of our friends inside and outside ERFA, certainly including Wilma Krebs. Wilma was especially instrumental in bringing about the version of the plan which enables us to safeguard a portion of our private

estate yet still qualify for Medi-Cal nursing care coverage. There are many other solid features and options, and by the time you read this you may already have obtained details and applications. To do so now, phone 800-338-2244.

Plans were made to form a network of emeritus faculty throughout the state making ourselves available for paid consulting. Also, plans for legislation which could include in such a project 1992 Golden Handshake people currently forbidden to do paid work for the state. Among many future legislative efforts, we will aim for a minimum purchasing-power guarantee built into our pension plan. Costs of all these increased activities prompted the Council to approve a one dollar monthly increase in payroll deduction dues.

The State Council will meet in Sacramento 10 a.m.-4 p.m. Saturday, May 6. Hence you may come, look, and listen. At our luncheon and business April 13 (described elsewhere in this newsletter) we will be able to tell you exactly where the State Council will be meeting.

-David Lucas, E.A. President

## **Capital Campus Challenge**

Retired faculty and their families realize, more than the average citizen, the vital importance of excellence in higher education. Most of us have dedicated our lives to these ideals.

CSUS will be 50 years old in 1997-98, and many of us are indeed the founding faculty of the early years on this campus.

We now have an opportunity leave a legacy at Sac State for future faculty and students through the Capital Campus Challenge: The Campaign for California State University, Sacramento. Chaired by regional developer Angelo Tsakopoulos and County Supervisor Muriel Johnson, it has set a goal to bring \$50 million to the campus by June 30, 1998.

Gifts may be made to any school, department, or area of the campus, and be counted toward the campaign. There are many ways to make

# Retired Experiences

## Chasing the Bird-Bigtime

Dr. James Bosco, retired CSUS professor, recently returned from Miami Lakes, Florida, where he participated in the 1995 Senior/Masters International Badminton Championships sponsored by the United States Badminton Association. There he won the bronze medal in the singles competition in the Grand Masters II Division (65-69 age group). Bosco is 67 years old.

Although this was his first medal at the international level, he was the U.S. National singles champion in 1993, in the Grand Masters I Division (60-64 age group).

Bosco started playing badminton at age 34 as a new faculty member at then San Jose State College in 1961. Bosco said he felt it was time to embrace an active lifestyle through regular vigorous physical activity.

But was badminton vigorous enough? Having been a gymnast and football player in college, Bosco's perception of badminton was typically American—a "sissy" game played with a drink in one hand, a racket in the other, enjoyed at the family or company picnic on a hot summer's day.

Bosco, whose doctorate is in exercise physiology, was "shocked" by the great physiological demands of the sport when played at a competitive level. The feathered shuttlecock (bird) comes off the racket at speeds up to 200 miles per hour, but air resistance quickly slows it down, the adjustment requiring quick hand/eye coordination. At the championship level, singles badminton is a game of speed, muscular endurance, flexibility, hand/eye coordination, agility and strategy.

Captivated, Bosco was soon competing in open tournaments and was open singles champion in Northern California on at least two occasions.

He came to then Sacramento State College in 1971 as dean of the Division of Health, Physical Education and Recreation and found, to his dismay, that very little badminton was being played in the Sacramento area.

In "desperation," he took up the game of racquetball (at age 44)—a game that was gaining great popularity at the time. This assured him regular workouts while he set about organizing a student recreational badminton club at CSUS, a group for which he has served as faculty sponsor since its inception.

During his 23 years at CSUS, in addition to his administrative duties as dean and department chair, Bosco taught courses in exercise physiology, biomechanics, health maintenance, statistics and research methodology as well as activity classes in badminton and racquetball.

In retirement he continues working out with the student badminton club at CSUS. In fact, he is totally dependent on the students to prepare him for tournament play. He is presently preparing to compete in the [U.S. Senior/Masters Badminton Championships](#), March 15-19, in San Diego. His training regimen consists of badminton three times per week, racquetball twice a week, and the week prior to a tournament a heavy dose of running up and down stairs, all-out sprint runs and sprinting in place.

If you see this old man running up and down stairs on campus, please do not call the campus police.

Although Bosco enjoys more sedentary activities such as fishing, reading, gardening, golf, etc., he feels that everyone should participate in at least one vigorous type of physical activity, health permitting, throughout life.

Badminton anyone?

## Race-walking: International Style

My career as a racewalker began in 1991 at age 63, soon after retirement. Since high school, though I

was never competitive, I always maintained a modest level of cardiovascular activity: jogging, hiking, and in recent years fast walking. I joined Sierra Racewalkers in 1990, primarily to enjoy company in my "workouts," rather than out of any desire to race. In the spring of 1991 I entered my first race. The result indicated that I could hold my own against men my age, and since then I look forward to the dozen or so races every year. I have taken part in the last three national championships for masters (men over 40), first in the 60-64 age group and last year in the 65-69 age group, coming away with several fourth-place ribbons, a sixth, and finally last summer a bronze medal at 20 kilometers. This year I hope to participate in the French championships in June.

Racewalking is arguably more strenuous than running. The legs and lungs undergo an equivalent degree of strain, and the arms are employed even more vigorously. Nevertheless, it is not as stressful, the impact of each step being a fraction of what runners endure. It took me two years to master the technique and nearly three to increase my endurance sufficiently to be able to withstand the rigors of a tough 20 kilometers.

What is the point of this willing subjection to lung-searing contests? A profound sense of inner satisfaction is the main reward for doing one's best. Pushing the body to its limits has its spiritual side: I get the feeling of being in touch with my innermost being. And the euphoria I on occasion achieve seems to have a therapeutic, mellowing effect on me. Perhaps more than anything else, there is an element of denial—the ineluctable ravages of time are, at least fleetingly, arrested.

-Bob Eisner

P.S. Eliane and I are in France for the school year. She has a Fulbright high school exchange, including house and car (job, of course, first of all).

## Race-Walking Continued from page 3

did a similar exchange through the Foreign Language Department five years ago. We liked the region and the people we got to know so well that we jumped at the chance to come back.

Since I am retired, I don't have the quantity of regular activities here that I have in Sacramento, such as Friends of the Library. I mainly assist Eliane in her English teaching, which is not her regular occupation. She has a very heavy load with large classes, so there are at times huge piles of papers to correct. I train faithfully almost every day, several times a week with a local racewalker who keeps me posted as to events in which I can participate.

In Tarbes at the foot of the Pyrenees, I will do a five kilometer indoor race. You could say that I am a house husband, having taken on the responsibility for most of the cooking, shopping, and cleaning. Of course, we travel and see sights during the frequent breaks in the school year. We expect to return home around August 20, after a tour of Ireland, Scotland, Denmark and Norway.

## Travel News

In the fall of 1994 Maxine and Al Grybas spent three weeks seeing all the usual sights in China, with the highlight of the trip a five-day cruise on the Yangtze River, passing through the famous Three Gorges. China reports 330 million people live along the river (you can imagine the water quality). The dam that is to be built on the river is expected to displace millions of people.

This fall Maxine and Al are visiting South America with stops at Iguassu Falls in Brazil and Machu Picchu in Peru.

Al has the following books that are available for loan: *Travel & Retirement Edens Abroad*, *Sunbelt Retirement*, *Retirement Edens* and *Retirement Choices*.

In November 1994 Peggy and Barry Cavaghan flew to Chicago to spend a week with daughter Melissa

Cavaghan, M.D. Luckily, Melissa's residency rotation was dermatology, not known for late-night emergencies, so evenings were family social time.

In Iowa City the two played grandma and grandpa to Galen, while his mom, Candace Todd, presented two papers at the Speech and Communications Conference in New Orleans. Candace is a teaching fellow at U. of Iowa, working toward a Ph.D. in rhetoric. Peggy played professor for a day, presenting to Candace's Business and Professional Speaking class an introduction to research in aging and retirement.

-Peggy Cavaghan  
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A favorite spring trip for emeriti this year will be family car, bus, or bus and air excursions to Death Valley in March, when the flowers bloom and the weather is cool. Most local travel agencies feature three, four or five day trips with stops at Scotty's Castle, Furnace Creek Inn, and the natural wonders of sand, mountains, and (on some commercial trips) the adventure of Nevada casinos.

Early reservations are recommended with travel agencies.

P.S. Brief accounts of recent travels are welcomed for publication.

-Orville Nordberg

## In Memorium

A memorial service in remembrance of Joseph T. McCullough, professor of Spanish and linguistics at CSUS (1952-1976) was held March 3 on campus. Professor McCullough, who died December 17, 1994, was the founder of the Department of Foreign Languages and served as chair from 1953-1969,

## Stan Pretzer: Tribute

In the early years of Sacramento State College there was one thing upon which the entire faculty agreed. That there were three persons especially influential in determining the character, direction, and quality of our emerging institution. One was President Guy West, who left us some years ago. Another was Academic-Vice-President-to-be Stephen Walker, who to our great pleasure is very much with us. The third was Business Manager Stan Pretzer, who passed away Feb. 8 of this year.

In the late '40s and '50s we mostly knew Stan as he who would never let us spend quite all we wanted to spend. That of course was an indispensable feature of his job. After his retirement, however, and especially after the mid '80s when he became a charter member of the Emeritus Association, we knew Stan as a person absolutely open and friendly and equally accepting of everyone. We wish that were so fully true of all of us. Maybe, partly because of Stan's influence, it will be.

-David Lucas

## Campus Challenge Continued from page 3

a gift: cash, monthly PIERS deductions, life insurance policies you may no longer need, real estate, collectibles, estate gifts, and other methods. Three-year commitments are encouraged.

To obtain a PIERS form for monthly deductions or to discuss a personal gift, you may contact Marguerite McCurry, Asst. Vice President for University Affairs, at 278-6989.

Checks can be made out to Capital Campus Challenge and mailed to the Office of University Affairs, California State University, Sacramento, Sacramento, CA 95819-6026.

We urge you to seriously consider a significant gift to this campaign. It will be our legacy for the excellence in the future.

-Marguerite McCurry

## Association News — Room For More

Membership in the CSUS Emeritus Association for the 1994-95 fiscal year stands at just over 190, according to Jim Jolly, association treasurer. This figure is a whopping jump of 91 dues-paying members over the previous year. There is still plenty of room, however, Membership Chair Jim Saum points out: Fewer than a third of eligible retirees (some 600) are paid up members of the organization.

The annual dues are still only \$5, payable by check to Jim Jolly at 510 Elmhurst Circle, Sacramento, 95825. Twenty members have already paid their dues for next year.

CSUS is also active in the statewide Emeritus and Retired Faculty Association with more paid-up members than any other campus in the CSUC system

Jim Jollys report on the association treasury shows a balance of \$5,402, a jump of \$957.22 over last year. The directors will propose to the association membership at the Spring Luncheon that contributions totaling \$1300 be made to the Faculty Endowment Fund, the Capital Campus Campaign, and the CSUS Library.

### New Officer Nominees

The Nominating Committee of the CSUS Emeritus Association (Ir] A. Irwin, Wilma W. Krebs and James A. Saum) submits the following set of nominees for the 1995-96 year:

President	Robert Donaldson
Vice President	Gerald McDaniel
Secretary	Peggy J. Cavaghan
Treasurer	James A. Jolly

## Spring 1995 Emeritus Luncheon and Business Meeting

You are cordially invited to attend the Spring Luncheon and Business Meeting of the CSUS Emeritus Association. Luncheon will be served at 11:30 a.m. Thursday, April 13, in the Forest Suite of the University Union. Spouses and friends are also most welcome. According to the event planners, the break -even price for the luncheon is \$8 per person, which covers sandwich, salad, chips, beverage, dessert, tax, and tip. On the lines below please list the names of yourself and your guests, so that a name tag can be prepared in advance for each person. Check off the sandwich choice of each person.

### Guest Speaker

Harriette Work, recently retired information officer for the Area 4 Agency on Aging, will tell us how to apply for help for the older person. Some of our friends have been needing this kind of help recently. Harriette is also a faculty wife and is tell-liked and well-respected by the many of us who know her. She is as knowledgeable as anyone on this subject.

### Reservation Form

- Black Forest Sandwich (black bread, turkey, ham, cream cheese)
- Vegetarian Delight Sandwich (pita pocket, avocado, veggies and jack cheese)

Name	Black Forest	Vegetarian Delight
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Send reservations by April 6, with checks made out to "Emeritus Association": James Jolly, Treasurer, CSUS Emeritus Association, to 510 Elmhurst, Sacramento, CA 95825.