



ALAN WADE

President's Corner

by Alan Wade

Change, with all of its nuanced meanings, seems to be on everyone's mind today. No less for your Emeritus Association, where Lester Gabriel has stepped

aside from his several years of good service as our Treasurer. Join me in welcoming Karyn Domich as she takes over that important task for us. Karyn, a retired staff member, is well known to many on campus.

Thankfully, everything doesn't change at once. Your Board of Directors still values our traditional get-togethers for the Fall dinner and Spring luncheon. The Fall dinner was our best-attended ever (more than 90), featuring Professor of Voice Robin Fisher with an entertaining program provided by her outstanding students.

Meanwhile, the Spring luncheon will morph slightly into a Champagne Brunch at the Alumni Center on Sunday, April 20,

from 10:00 a.m. to 2:00 p.m. Bob Bess is currently working on entertainment, which we are promised will be in musical form. Members will receive a separate mailed invitation. Check our website for updates. We now have 185 paid-up members, and continue to grow.

We continue our personal commitments and financial support for key university functions. Our recent \$2000 gift to the Library Acquisitions Fund underlined our continued support for the "heart of the University." More than three dozen books were added to the library collection through our gift.

Finally, remember your own self-interest by joining CSU-ERFA, our statewide association which continues its important work on behalf of our pensions, health benefits, and legislative interests. Currently, 145 Sac State emeritus faculty are members, yielding a rebate of more than \$1000 to our campus organization last year. ERFA does significant work on our behalf, and Bob Bess and David Humphers continue their contributions in the tradition of our own Wilma Krebs, who for so many years served state-wide retired faculty as benefits chair.

Spring Jazz Brunch, Sunday April 20

Mark your calendar and make your reservation for our Spring Jazz Brunch!

Our spring event and business meeting is set for Sunday, April 20. We will begin to gather at 10 a.m. At 11 or so, we will partake of a sumptuous buffet including omelets made to order. Sparkling wine and mimosas will be served throughout, to the accompaniment of a jazz combo. The cost is \$25 and your admission includes a chance to win several door prizes including wine and tickets to the Bear Valley Music Festival.

Make your checks payable to the Sacramento State Emeritus Association and mail it along with the Reservation Form to:

Karyn Domich, Treasurer
2912 Robinson Creek Lane
Elk Grove, CA 95758

Reservation Form

Yes! I will attend the spring Emeritus Association Brunch on April 20.

Name _____
Street Address/P.O. Box _____
City/State/Zip _____
Phone _____ E-mail address _____
Guest name(s) _____ Total number attending: _____

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LIFE Center

The LIFE Center, a program sponsored by the College of Health and Human Services at Sacramento State, provides a variety of classes for active adults over the age of 50 to promote healthy lifestyles.

The mission of the LIFE Center is to encourage healthy aging while providing a safe and encouraging environment for everyone involved. Currently providing a variety of exercise and wellness classes, participants can choose from Yoga, Balance & Fitness, Tai Chi, or Stretching & Strengthening. In addition to these classes, one of the yoga programs focuses on addressing health concerns associated with Parkinson's Disease. The classes are limited in number offering individualized instruction to meet the needs of each participant. Classes for the LIFE Center are held off campus at the East Portal Park Clubhouse on Rodeo Way in Sacramento. Monthly fees for classes range from \$30 - \$50.

If you are interested in receiving more information about the LIFE Center, please contact us at: (916) 278-5028 or email at lifectr@csus.edu. You may also check out our website at: <http://www.hhs.csus.edu/LifeCenter/>.

In Memoriam

Mary Frances Hicks, *Library, January 30, 2008*

William E. Grenfell, Jr., *Biology, January 16, 2008*

Joyce Windeshausen, *January 10, 2008*
(*spouse of Nick Windeshausen, Management*)

Robert Else, *Art, January 4, 2008*

Edward J. Horton, *Business, December 27, 2007*

Maurice Poe, *Education, November 20, 2007*

Louise W. Kingman, *October 17, 2007*
(*spouse of the late Dan Kingman, Music*)

Phillip H. Briggs, *Business, October 9, 2007*

Roberta Gehrmann, *Mathematics, September 2007*

For further details, please check our website:
www.csus.edu/org/emeritus.

Travel Corner

By Peter Shattuck

Elizabeth Taylor may have "violet eyes to die for" (the title of an early Doonesbury collection), but in the role of Cleopatra she really performed abysmally. On a recent trip to the Mediterranean, we watched a clip from that bloated film the night before we looked down on the Gulf of Actium, where Cleopatra deserted Mark Antony, leaving the victory to Octavian. I can't decide whether that was a high- or a low-light of a trip that led us through thousands of years of myth and history in Greece and Turkey.

We prepared for this trip by re-reading *The Iliad* and *The Odyssey*, in the wonderful new translations by Robert Fagles. I found it astonishing to realize how much I had forgotten, and also remembered, after more than fifty years. The two epics made our walk through the multi-layered ruins of Troy more real. We could see, at least internally, the ships and camps of the besieging Greeks. The ludicrous model of the famous horse seriously detracted from our sense of wonder.

In Bodrum, we looked at the long-ransacked site of the tomb of Mausolus—the original Mausoleum. (I just like the sound of the Mausoleum of Mausolus.) More seriously, in Rhodes we spent an hour listening to a devout Jew from South Africa as he told us the story of the oldest synagogue in Greece, now being restored by volunteers. Sam Angel recounted the terrible story of the destruction of the Jewish community nearly at the end of Nazi occupation in WW II.

We visited two Minoan sites in Crete. The four thousand year-old ruins of Phaestos gave us a moving look at the daily life of people from four centuries ago. The more highly publicized semi-restored ruins of Knossos revealed Sir Arthur Evans as the Cecil B. DeMille of 19th century archeologists, bringing us back to Liz Taylor.

For me, the recently uncovered tomb of Philip of Macedonia conveyed the most urgent thrills in the back of the neck. The tomb, uncovered only thirty years ago, is reverently presented; the artifacts display incredible workmanship in marble, ivory, and gold. On the ruler's casket, the multi-pointed Macedonian star gleams after twenty-five hundred years. Philip, the father of Alexander, was an unquestionably real figure, unlike the heroes of Homer; still, it was a privilege to visit all of these classics—even Cleopatra.

Health Benefits Report

By David F. Humphers

THE GOVERNOR'S HEALTH CARE REFORM BILL:
MORE OF THE SAME

While Governor Schwarzenegger's health insurance proposal (AB1X) has been rejected by the Senate, I comment because the Governor appears to have the ability to resuscitate failed issues that provide great "talking points." In my view, AB1X was mis-labeled as a reform proposal because it represented more of the same. The Governor's proposal failed to provide universal access; failed to provide cost controls; and failed to provide a rational financing mechanism for universal access to health care. His plan asked employers and hospitals to pick up a larger share of the cost but asked little of the health insurance industry. His plan failed to require transparency of hospitals and health insurers in pricing health services.

Health care costs in the United States are now over \$2.1 trillion or more than \$7,000 for every person in the country, and yet we have almost 50 million without health insurance. Health care expenditure in the U.S. is substantially more per capita than in any of the other developed or developing nations.

Typical explanations for uncontrolled health care cost inflation in the U.S. (an aging population; the growth of new medical technologies; new pharmaceuticals) fail to take into account the fact that these same developments are occurring in the other developed nations. Robert Kuttner ("Market-Based Failure--A Second Opinion on U.S. Health Care Costs," *New England Journal of Medicine*, 358:6, Feb. 7, 2008) offers a cogent explanation: "The extreme

failure of the United States to contain medical costs results primarily from our unique, pervasive commercialization" of health care. Data from the Organization for Economic Cooperation and Development indicates that nations with universal health insurance systems have the slowest growth rate in expenditures for medical care.

The "single payer" model appears to be the best approach to providing universal access to health care and, at the same time, controlling cost. A state or national government, as "single payer" collects the tax, insures the entire population, and pays health care providers; and the providers remain in the private sector.

"Single payer" health plans around the world operate as the method of financing health care, and they do not have the reputation of interfering in the practice of medicine like the for-profit insurers in the United States.

HOSPITAL COSTS IN CALIFORNIA

The CalPERS' effort to create transparency in hospital costs continues. Most of California's hospitals refuse to reveal how they set prices for specific services. CalPERS and the Pacific Business Group on Health, commissioned Milliman, Inc. to prepare a study, "Cost Efficiency at Hospital Facilities in California," in an effort to determine how hospitals compare (1) in their total cost of providing services, and (2) the total amount they charge patients and their health plans.

The study concludes that "there is a highly variable pattern of hospital pricing." The charges that patients and their insurers pay appear to be unrelated to actual hospital cost to provide services. An Executive Summary of the report, "Hospital Costs in California," is available online at www.calpers.ca.gov.

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Staying Connected

(Note from Editor Hortense Simmons: In an effort to encourage colleagues to not be shy in informing the Silver Bulletin about their activities in retirement, this column will permit us to stay connected. Kindly write me and share the happenings in your lives, great or small. The legacies you have left Sac State are important; of no less importance are the lives you are currently enjoying, so please share. Contact me at hortense@csus.edu.)



Edythe Haendel Schwartz

Department of Child Development

After retiring in 2003, I turned my attention to art and writing. And between writing and painting—mostly oils but also some work in mixed media—my husband and I have been traveling, with several trips to Italy and France, and a recent trip to Australia where we swam with leopard sharks and bat rays off an island on the Great Barrier Reef. We also go to Bariloche, Argentina every February to see our grandchildren, now teenagers.

In the last few years, my poems and reviews have appeared widely in literary journals including *Calyx*, *California Quarterly*, *Colorado Review*, *Spillway*, *Poet Lore*, *Pearl*, *The Potomac Review*, *JAMA*, and *Runes*, as well as in several anthologies. In December of 2007, my poetry collection *Exposure*, was published by Finishing Line Press, Georgetown, KY; the book is available from the press, www.finishinglinepress.com, from amazon.com, and is on the local author's shelf at The Avid Reader bookstore, 617 2nd Street, in Davis.

I will be reading from **Exposure** at The Avid Reader in Davis, at 7:30 p.m., Friday, April 11. I would be so pleased to see some old friends at my readings. Do come if you can.

Lita Whitesel

Retirement has not required adjustment. I took to it, right from the start. Its best feature is that it allows me freedom to do things in a slower, more enjoyable way. Professional activities are still done occasionally, such as making watercolor collages and reviewing textbook manuscripts for a publisher. But most time is spent doing personal/social things, such as morning exercises, travel on both coasts, home improvement projects, thinking about where to live in retirement, going out to dinner, seeing films, attending STC and Philharmonic performances, having houseguests, and reading. The latest trip was to the East Coast in May/June for some special occasions with family and friends. Highlights included attending a family anniversary party in Delaware, visiting with old friends in Cambridge and on the coast of Maine, and attending the graduations of my two nephews, one in New York City and one in Cambridge. My sister's boys, both in their mid-career 40s, received graduate degrees. So far, retirement is great fun.



Felicenne Ramey

Retirement is wonderful. Mel and I have traveled quite a bit as many of you have. We spent a month in Italy with friends. Our base was Florence and we traveled to Venice and Rome.

I have busied myself on Boards of organizations. I remain a member of the Sutter Sierra Health Systems Board and have learned much about the Health

care Field. I also serve on the Richard Nelson Gallery Board at UC Davis. This year I am serving as President of that Board. I served as a Volunteer for the Olympic Sculpture Exhibit here in Sacramento October 2007; the exhibit was held at the Convention Center and Art Foundry Gallery.

During my retirement I have been able to increase my passion for the arts. I had an exhibit at the Olympic Track and Field Trials at Sacramento State titled, "Art from the African Diaspora." Two Sacramento State colleagues were featured, Daniel Frye and Larry Love. I exhibited some of my art that I got in Cuba when we visited that country with others in the University community. It was a great trip in that the university had a legal license to visit Cuba. The visit to Cuba was particularly enjoyable because of the people who accompanied us—Ric Brown, Rosemary Papa-Lewis, Elizabeth and John Moulds, Stan and Kristen Atkinson, our daughter and her husband, and two of our closest friends. We all had a wonderful time.

Some works from my art collection were exhibited in February during Black History Month celebration at Dish Gallery on Riverside Boulevard as "Art from the African Diaspora." Last August, I was Guest Curator of an Art Exhibit at the Richard Nelson Gallery at UC Davis. The exhibit, "Sharing Histories: African American Art From Local Collectors," featured 65 artists including Jacob Lawrence, Elizabeth Catlett, Romare Bearden, Charles White, Hugh White, Ernie Barnes, Ed Dwight, and many others. That exhibit received the Critic's Pick from the *Sacramento Bee*. A great article appeared in the *Davis Enterprise* about the exhibit. Needless to say I was thrilled. Additionally, I will be Guest Curator for an exhibit of Art by local African Artists at the Pence Gallery in Davis in 2008. It's all fun and very rewarding for me.

Lastly, we have enjoyed our time with our grandchildren; our son and his wife have a three-year old son and a 17 month-old daughter. Our daughter and her husband have an 18 month-old son. Our son flies for Jet Blue; our daughter received tenure last year and is an Associate Professor of History. She is on a fellowship at the National Center for the Humanities writing her second book. She swore she would never teach like her Mom and Dad; she loves teaching and feels it is a worthy profession. We agree!



Gabriel Bannerman-Richter

I am excited to be scribbling this brief sketch for the Emeritus newsletter discussing my activities since I retired from Sac State in 1996. I spend one-half of my retirement time in Ghana at the coastal historical town of Cape Coast, which I selected partly for its proximity to one of the leading universities in the country, a university where I spent one academic year as a visiting professor in the 1970s.

Cape Coast is the Central Regional Administrative capital of Ghana and with its prolific institutions of learning, large concentrations of public and civil servants, cultural centers, recreational clubs, tourist attractions, traditional festivities and activities, one can always find excitement there year-round.

One of my favorite pastimes in Cape Coast is playing tennis at the Cape Coast Hill Club. This club was founded in 1927 by a British Colonial administrator called Captain Richard Hill, for whom the club is named; the fact that the club is situated on a hill has nothing to do with its moniker.

Every weekday, usually after work and on holidays and weekends, senior active and retired government administrators, entrepreneurs and many other professionals, such as lawyers, bankers, professors and physicians, converge on Hill Club to indulge in their favorite pastimes of playing pool and tennis or just sharing fellowship and quaffing barrels of beer.

I play tennis five evenings on weekdays and on Saturday mornings, but as the club has only two tennis courts for its over two dozen players, it is a matter of "first come, first served," so that late arrivals usually don't get to play. When that happens to me, I go for a walk along the beautiful Atlantic coastline a short distance from my home.

Attracted by the many fascinating historical, cultural, environmental and social dimensions of Cape Coast, many African Americans have moved there as part-time or permanent residents. Among these are entrepreneurs who have established restaurants, non-governmental organizations to finance small businesses for women, healthcare facilities and other endeavors.

Many of these individuals get to know about me from reading my books or by word of mouth, and they somehow manage to get me involved in their charitable and other activities. Other Americans, usually research scholars who are interested in cultural and social life of Ghanaians, also seek my assistance to further their work.

There are also Ghanaian philanthropists living in the U.S. who recruit like-minded Americans in charitable projects to enhance the lives of impoverished Ghanaians. One such philanthropist is Dr. Aikens who takes two dozen healthcare providers to Ghana every year to spend a fortnight healing the sick. These healthcare providers come from different parts of the U.S., including professors of Nursing from Sac State, and I get to meet some of these kind people, usually at the end of their tour of duty at a reception held in their honor by the American ambassador at the Fair Hill Guest House, which is close to my house.

My other retirement activities include helping my dear daughter Anna with her Longevity Project, interviewing and selecting candidates for monetary awards drawn from the **Gabriel Bannerman-Richter Scholarship Foundation**, which was established by my children to mark my retirement. I am also busy writing a number of Ghanaian folk tales. However, telling about all that will take another story for another time.



Joyce Longacre

Emeritus Staff Member

I retired eight years ago, and the time has just flown by. People ask what I do with my time, now that I have so much of it. I look at them incredulously and answer that I've been so busy that, seriously, I wouldn't have time to work at a day job now, or a night job either, for that matter. When working, there is little time

for those some-day projects, and so for the first few years, I accomplished a number of those old projects, like refinishing some lawn furniture, improving the plantings in the yard -- mundane but important things. I still want to go through all those photographs I have taken over the years and sort them, toss some, perhaps put some in an album, and maybe even have some favorites blown up and framed. Some of them would look nice on the walls of my home - memories of trips taken in between projects and rekindled relationships with relatives on most of those trips.

Most of our traveling is done in a 30' motor home with my partner, Barbara, and a little Lhasa-Poodle mix dog. I tow a Saturn station wagon. The RV has taken us to New Mexico, Colorado, Utah and Arizona, the four corners of the southwest. We spent three months there exploring Indian ruins and national parks, and spending time with relatives. I was very taken with Arches National Park. While there we went through that park several times, and I could go back again and again. Other trips have included Bryce Canyon National Park, another breathtaking place. The archeology of these parks is fascinating. Other trips have included six-week sojourns to the Flathead Valley in Montana most years. I was raised there and still consider it home, as I have family there. It is the only place where I have had success with fishing. Each time we are home, a visit to Glacier Park to see all its beauty is required. The last time included a trip into the park where my brother and I caught northern pike, a taboo fish here in California.

Other travels have included a couple of Caribbean cruises, but my favorite is exploring nearby states and California. There is so much to see and do in just our corner of the world. We get out at least once a month with the RV for long weekends with a group of friends. One trip included a week in Death Valley, another fascinating and dangerous place.

I am looking forward to more of the same. I can't stay home too long, as the wanderlust sets in and we have to go.

(Staying Connected cont. page 6)



Gregg M. Campbell, History

At our November Emeritus Dinner colleagues asked me what I was doing now. I was able to provide partial answers, but I would like to take this opportunity to clarify and amplify.

I am a volunteer on the St. Francis of Assisi Parish centennial celebration committee. The Parish (SFAP) will be celebrating the centennial of its church building between 2008 [cornerstone] and 2010 [dedication]. SFAP, the second oldest parish in the Diocese, was created in 1894 by German Catholics who wanted an alternative to the Irish nationalism of diocesan priests and hierarchy.

The first church, a wooden structure, was dedicated in 1895. I am compiling this history in decennial ‘snapshots’ which will be uploaded to the Parish website beginning in October 2008. We will solicit responses, corrections, additions, photos, family memories, etc. Beyond the website upload and editing there may be further publication, but at this time that is over the horizon.

I’m beginning this history with a “pre-history’ prelude, of the Sacramento/Feather/American River drainage basin; 27,000 square miles and one of the most volatile in the lower 48. Many, if not most of us, live at or near the bottom of this drainage

basin. The Sacramento region has been subject to massive flooding since pre-historic eras, and will continue to be. In addition, global warming threatens to raise sea levels which will greatly complicate life in the Sacramento area. For example, the elevation of the curb at the corner of 26th and K Streets is slightly less than 20 feet above sea level..... you get the picture?

I am also in the process of compiling my memoirs; working title, “Abundant Grace.” I would like to self-publish my memoirs in 2015, in time for my 80th birthday. I plan to distribute copies to my family, friends and relatives. . . or perchance someone else will be handling the distribution. . . ?

I am also working on a DVD for the Celebration of my Life, whenever that occurs. I’ve found Celebration of Life services very satisfying and rewarding, but I feel there is often a lack of captions and contextual information, which I would like to provide. The DVD for Allen Hinderstein’s recent Celebration is a model for me.

But I would also like to do at least part of the voice-over, so I see myself as speaking to my loved ones, friends and colleagues from “the other side.”

This is an interesting project for me.

Stay tuned. More will be revealed.

I would like to take this opportunity to commend Alan Wade for his leadership. The November Dinner was absolutely delightful – so many colleagues, such satisfying entertainment!

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