

ARF NOTES

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CALIFORNIA STATE UNIVERSITY, NORTHRIDGE



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WEBSITE: [HTTP://WWW.CSUN.EDU/ARF](http://www.csun.edu/arf)



**President's
Message: Pat
Nicholson**

Dear Members and Friends of **ARF**,

As we edge toward a new Spring, your colleagues on the Executive Board wish you all the best. In my view, the reasons for **ARF**'s existence are (1) to support students and (2) to promote and sustain fellowship among our fellow retirees. Please read and enjoy these *ARF Notes* to discover more about the association and to discover ways you may advance its purposes - - while having fun! Try joining a group. Enjoy the delights of our special dining program: SCCARF. Get on the bus with us to the Autry Museum in Griffith Park, for a lunch and tour on April 11th.

Your CSUN Orange Grove Bistro is open to serve you into Fall 2018. For the time being your regular **ARF** meetings and presentations will still be at the Bistro. As you know, in the near future the Bistro will be demolished to create space for a hotel at the South end of the campus, but in the meantime, we are busy planning for alternative places at CSUN that will also afford you easy parking for **ARF** gatherings. With our Treasurer Dan Blake (Economics) leading us, we are in productive negotiations with Betsy Corrigan (University Corp) who represents the CSUN Administration.

Thanks to Ron McIntyre and his Program Committee, we have had an exceptional series of Wednesday **ARF** Presentations so far: Vice President Colin Donahue in dialogue about campus developments; John Broesamle on the historic meanings of President Trump's election; prize-winning *LA Times* journalist Sandy Banks on the new world of journalism; and, just a few days ago, Drs. Terri and Mark Lisagor on international dental and medical volunteerism. See the report on the Lisagors' presentation in this edition of *ARF Notes*.

The next **ARF** Presentation, on March 14th in the Orange Grove Bistro, is entitled: *Eco-Art Can Reveal Unique Climate Change Solutions* by Robert Chianese, Emeritus Faculty, English. Don't miss this unique presentation.

Let me introduce **ARF** Vice President Catherine Jeppson, who will be our President for 2018-2019. Cathy is retired as a Lecturer Emerita in the Accounting and Information Systems Department. She is a liaison to the CalPERS Pension Board for the California Teachers Association (CTA), advocating to protect the health and pension benefits of all CalPERS mem-

bers ((That's us!). Cathy is also an elected delegate from the CSU Retired Faculty to the Assembly of the California Faculty Association, and an active Certified Public Accountant in California. We welcome her to the **ARF** Board.

Colleagues, thank you for everything you did - - and still do -- for our University!

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NEWS FROM CSUN AND THE CSU

Cost of Living Adjustments

The COLA increase will take effect on April 1st, 2018 and will appear on the May 1st warrants.

The chart below indicates what percent COLA increase a retiree will receive, based on their employer contracted COLA Provision and their retirement year.

Year of Retirement	% COLA Increase Effective May 1, 2018
2004 and earlier	2%
2005-2015 2.13%	2.13%
2016	2%
2017	Not eligible

Special Education Professor Receives Award



Raising a child is a demanding job for any parent, especially when supportive resources seem to be elusive or nonexistent. For families whose children have special needs, the task can be even harder.

California State University, Northridge special education professor **Ivor Weiner** has spent most of his professional life working to ensure that those with special

needs and their families get the support and respect they deserve. For his efforts, Weiner has been awarded one of the California State University’s highest honors, the Wang Family Excellence Award.

The honor is given each year to four CSU faculty members and one CSU administrator for their exemplary achievements and contributions to the CSU system. The awards, which include \$20,000 to each recipient, were established through a gift from CSU Trustee Emeritus Stanley T. Wang and administered through the CSU Foundation. Weiner formally received the honor on Jan. 30th at a meeting of the CSU Board of Trustees in Long Beach.

Learning from the Learners

Educators and policy makers have argued for years about the most effective ways to foster student learning, but rarely have they asked students to tell them what helps them learn. A team of researchers at California State University, Northridge did just that. Over the course of 10 years, they talked to more than 700 high-performing undergraduate students and asked them what helped them in college. The results of the study can be found in a new book, *Learning from the Learners*, which offers insights into how educators can become better at teaching, and students become better at learning.

“Students know what makes a good or bad teacher,” said CSUN geography professor Steven Graves, who took part in the study and contributed a chapter to the book. “With this study, we listened to the students to learn how we can be better teachers. For 10 years, faculty and staff from disciplines across the campus examined the learning habits of successful students based on what the students told them about their learning strategies, their plans for succeeding in college, and the learning approaches they thought best fostered a positive learning environment. The Learning Habits Project included both open-ended survey responses and in-depth interviews with more than 700 CSUN students, following them annually from their freshman year to graduation.”

“With one or two exceptions, no other volume on the widely discussed hot topic of student success relies on such a wealth of data about what works from the point of view of students,” said Bettina Huber, former director of CSUN’s Office of Institutional Research, who led the study with communications studies professor emerita Elizabeth Berry.

Many of the positive things that faculty did in class appeared to be basic, but were transformative for the students, such as a professor learning the names of the

students. The researchers found that insisting that students take advantage of faculty office hours or encouraging study groups helps students tap into support networks when they need help. And passion for the subject being taught can turn that teacher and class into a favorite.

REPORTS FROM PREVIOUS PROGRAMS



ARF members and companions enjoy the January Banquet

Over sixty of us gathered for festive fellowship, cocktails, and dinner at the Orange Grove Bistro Saturday night, January 13, for our annual TGTHAO Banquet. **ARF** President Patrick Nichelson welcomed us, thanked Ron McIntyre and his committee for the arrangements, and Stephanie Goodson and her always-friendly Bistro staff for the delicious prime rib and salmon dinners. The chocolate volcano cake was yummy! Alyce Akers had compiled a list of those faculty members who founded the original University Club. Each table had a list of these names, and Don Cameron paid tribute not only to those most responsible for beginning the enterprise, but also to those who continued the work and joined the club as founding members. Those on the list in attendance were also singled out and recognized.

The OGB had been turned into a cozy jazz club, it seemed, with the gorgeous music produced for us by Katelyn Hunter, singing with the non profit “JazzAmerica,” which comprised leader and emcee bassist, Richard Simon, and astonishing pianist, Gary Matsumoto. A JazzAmerica student (and multiple award winner) Katelyn, 17, whose velvety voice sounded like a young Ella or Sarah with her range and phrasing, sang many jazz standards from the Great American Songbook, beginning with “Isn’t it Romantic?” and “Dancing Cheek to Cheek.” In an impressive change of pace, she explored deeper emotions in “My Funny Valentine,” and we practically danced out the door to the lilting “The Way You Wear Your Hat (They Can’t Take That

Away From Me).” All in all, a perfect night to wind up the holiday season and usher in our spring programs. [JazzAmerica is a non-profit organization that promotes the jazz tradition by providing tuition-free musical education and performance opportunities to young musicians. See JazzAmerica.org] *Pamela Bourgeois.*

February 14th Program: *Seeing the World Through a Different Lens*, by Terri and Mark Lisagor.

Two young idealists (self-described hippies) went to teach and practice dentistry on a Navajo reservation. That was 50 years ago. The dentist went on to have a successful pediatric dentistry practice and the teacher became a CSUN professor. Over the next 50 years Drs. Terri and Mark Lisagor also went on to participate in and lead 60 dental missions in Guatemala, India and Nepal. At their **ARF** presentation, they described their trips to villages down the Rio Dulce in Guatemala by small boat and the experience of the 7.8 Nepal earthquake while trying to perform dental surgeries. Fascinating stories!

The Lisagors’ missions are formed each year through Global Dental Relief. The teams consist of 15 individuals. About half those team members have no dental or medical skills, but they provide essential services to each mission. They are just people who want to help others. In other words, they are people like our **ARF** members.

Knowing that the audience was curious as to how they could become involved in the international missions, Terri and Mark framed their discussion by identifying questions to ask oneself. What are my useful skills? How long can I commit to a mission? What are my physical limitations? What’s my budget? Where do I want to travel? They also included a list of organizations that might be a good fit for our membership (senior volunteers). See below. *Alyce Akers.*

Opportunities to Volunteer

Just a few ...

- [International Health Emissaries](#)
- [Global Dental Relief](#)
- [Peace Corps for 50+](#)
- [Volunteer Abroad for Seniors](#)
- <http://www.over50andoverseas.com/>
- <https://www.goabroad.com/volunteer-abroad>
- <https://www.women-on-the-road.com/senior-volunteering.html>
- <https://www.projects-abroad.org/>

UPCOMING PROGRAMS

The Board has been discussing various options for our meetings and programs after the demolition of the Bistro. One suggestion is that **ARF** might reschedule its speaker events to Friday afternoon when demand on campus for space (including parking) is less intense. However, late afternoon traffic from campus to home on Friday continues to be an unresolved issue. Parking for **ARF** events continues to be a major problem, but as a reminder, the multi-story lot just north of the Bistro usually has parking spaces available if the lot next to the Bistro is full. Several other solutions (including a parking area south of the VPAC) are being considered. If you have comments or ideas, please email me (ann.perkins@csun.edu), and I will pass them along to Dan Blake.

Wednesday, March 14th Presentation

On Wednesday, March 14, 2:00 p.m., at the CSUN Orange Grove Bistro, Robert Chianese (Professor Emeritus, English) will discuss ways that “Eco-Art Can Reveal Unique Climate Change Solutions.” Eco-Art focused on the natural world can help us understand the personal and social impacts of human damage to the planet, particularly that caused by anthropogenic climate change. The strongest eco-artists move us beyond worries about the Earth by offering clues for ways to repair the loss. Using videos and discussion, Bob will lead a close examination of works by artists who challenge us to understand their works as sources of insight into the destruction and renovation of our physical world. Bob has written extensively on the connections among the humanities, science, and the environment and is a columnist for the *American Scientist* magazine. He is past President of the American Association for the Advancement of Science, Pacific Division — the first non-scientist ever to hold that position — and the author of *Art Inspired by Science*, published by the Association. He has also published numerous collections of poems and photographs.

Wednesday, April 11th Field Trip

For our annual field trip we will be visiting the [Autry Museum](#) in Griffith Park. Currently featured is an exhibition of photographs by Harry Gamboa Jr.: *Chicano Male Unbonded*. (Gamboa, a photographer, essayist, performance artist, and lecturer in CSUN’s Chicana/o Studies Department, was the subject of an item in the January issue of *ARF Notes*.) Bus transportation will be provided by the office of Councilman Mitchell Englander, and pickup will be at 10:45 on the north parking lot at Lassen and Lindley. Lunch will be at the muse-

um, and our docent-guided tour will begin at 1:00. The entrance fee is \$8 per person.

Saturday, May 12th Memorial Awards Brunch

The **ARF** Memorial Graduate Projects Awards event will be a 10:00 a.m. brunch, held at the Orange Grove Bistro, rather than the usual luncheon. We hope the time change will make it easier for you to come honor our students and hear about their incredible scholarship and research.

Saturday, June 2nd Picnic & Annual Meeting

The **ARF** Picnic will be a great time to close out the academic year with old friends and colleagues. The General Meeting is when we elect **ARF** officers for the coming year. Time and place will be announced soon.. *Ron McIntyre*



IN MEMORIAM

Ray McHugh (Secondary Education) died on December 27th, 2018 at the age of 96. He joined the faculty of CSUN (then San Fernando Valley State College) in 1963. He held a B.A. from Stanford, an M.A. from Columbia, and an M.A. and Ed.D. from Stanford. He had moved to San Carlos to be closer to his daughters after his wife’s death in 2012. His sons who live in Australia had also visited him often, so he was well taken care of in his later years. He slowed down, but kept his lovely high spirits, enjoyed The Elms where he lived and the cute town/library of San Carlos, and of course he loved being with family who visited/took him out often. He also has 3 grandchildren in the area, and a niece, nephew, and grand-nephew.

NEW INTEREST GROUP

From time to time, **ARF** receives proposals for new interest groups. The following proposal was submitted to Pat Nichelson:

“We are interested in forming a small wine-tasting group, tentatively meeting monthly in participants’ homes (as did a previous group for c. 30 years). If you are interested, and have some experience with wine,

please contact Rex or Rie Mitchell.” Call: 818-222-4806 or email rex.mitchell@csun.edu.

Pat notes: “There's always something new to learn and enjoy about wine-making, wine-tasting, horticulture, and the worldwide diversity of tastes.”



FILM GROUP REPORT

The **Monday Film Group** met on January 22nd, 2018 at the home of Jeanne Glazer. The group had chosen the films *Call Me by Your Name* and *Darkest Hour* for discussion this month.

Call Me by Your Name is set in Italy and centers on two characters, Elio, played by Timothée Chalamet, and Oliver, played by Armie Hammer. Oliver is a research assistant to Elio's father and both characters are staying with Elio's parents for the summer. Elio, who is only seventeen, is strongly attracted to Oliver and the film sensitively depicts the evolving sexual relationship between these two characters. Although the character development was, at times, somewhat slow, this was completely offset by the beautiful photography of both the Italian countryside and the well-orchestrated close-up visuals. Probably the only strong criticism offered by our members was the gentle understanding of the relationship between Elio and Oliver by Elio's father was almost “too good to be true.” Overall, the group liked the film and gave it a very high rating of 9.5 out of 10.

Darkest Hour centers on the actions of Prime Minister Winston Churchill, played superbly by Gary Oldman, during the early days of World War II. As the film begins France is about to fall and the British Army in France is being pushed towards the sea. With both pacifist and pro-Nazi aristocrats aligned against him, Churchill argues that Britain should stand and fight rather than sue for peace with Germany. Although the movie does an excellent job of setting the situation in historical perspective, some of our group felt that the photography was very gray and almost foggy. Even with this one issue our members gave this film a rating of 9.0 out of 10.

For the month of February, the Club plans to view and discuss the two films: *The Post* and *The Shape of Water*. David Schwartz



BOOK GROUPS

John Farrell's 2017 biography, *Richard Nixon: The Life*, was the Wednesday Book Group's choice for November. Farrell had access to the White House tapes, hundreds of oral histories, and other sources that have become available in recent years, making for more extensive coverage than previous books. In this well-balanced treatment, we learned about many aspects of Nixon that forced us to see him as a more complex man than most of us had thought.

Raised in modest circumstances in a Quaker family in Southern California, he graduated from Whittier College in California. This severe, non-elitist background partly explains his great resentment of the press and liberal media icons like Alger Hiss, Adlai Stevenson, and John Kennedy. Interestingly, when he and John Kennedy were both in the Congress, they liked and respected each other.

Nixon was a brilliant and tenacious politician and a very effective political maneuverer, sweeping aside others like Earl Warren to become Ike's VP and later Nelson Rockefeller to gain the nomination for President. He had no overarching political philosophy, and his strongest drive was to work hard and be respected. He was an introvert who could force himself to socialize as needed to be successful. He read a lot and could write and deliver sensationally effective speeches like the famous Checkers speech.

Farrell covers numerous positive developments of Nixon's presidency that we may have forgotten. His record on civil rights is significant and positive. He signed many significant pieces of legislation and was a better agent for desegregation and equal opportunity than JFK, for example. He also proposed a national health care scheme similar to Obamacare. Probably his greatest achievements were his signing of key laws involving protection of the environment and arms limitation treaties and his opening up contact with China.

On the other hand there are several darker aspects of his career. He ultimately got us out of the Vietnam

War, which he wanted very much to end but only if he could claim "peace with honor." He undermined LBJ's efforts to end the war by secretly telling the North Vietnamese they would get a better deal from Nixon if they waited. Then the difficulty of negotiating our withdrawal in the face of increasing North Vietnamese military successes led to extending and prolonging the War for several years and many deaths. He and Kissinger worked to overthrow the democratically elected government of Allende in Chile. And there was Watergate. His illegal use of the power of the executive branch, particularly his tacit involvement in the Watergate break-ins and then active participation in the cover-up led to his resignation. Although the book had occasional editing problems, our group liked it, finding it a more complete and valuable view of Nixon than we had previously held.

In December the **Wednesday book group** discussed Amor Towles' *A Gentleman in Moscow*. This novel follows the life of Count Alexander Ilyich Rostov, a relic of the pre-Bolshevik aristocracy, after he returns to Moscow from a strategic exile in Paris. He is condemned by a revolutionary court to stay inside the Metropol Hotel, an island of past elegance in the midst of the Bolsheviks' ruthless remaking of the country. As well as being equipped with the trappings of a privileged background, the count is a talented conversationalist who knows how courtesy and a generous spirit help make and keep good friends. So, instead of withdrawing into a sense of ennui he quite admirably adapts to his restriction. He makes friends of almost everyone -- waiters, chefs, a seamstress, a famous actress who regularly stays in the hotel and, especially, a young girl who has a master key to all the doors of the hotel. He even charms most of those assigned by the government to watch him.

Everyone enjoyed this book. We liked following the count's relationships and intrigues, reflecting his ability to make the best of his circumstances. Towles' writing has an attractive light touch. But the characters were romanticized; they were too good-spirited for people coping with the Soviet system. In this way the book reminded some of us of the characters in our earlier book, *Bel Canto*, who were resilient and kind despite being held captive for months. Also, the endings of both books were not very satisfying in that most of the characters appeared to just drift away. *Jim Allen and Joel Zeitlin*

The **Science Book Group** met on December 13th to discuss *The Genius of Birds* by Jennifer Ackerman. We agreed that the book is well written and easy to read, but almost reads like a catalog of all the clever things various birds are capable of. Some of us who are not avid birders would have liked to have more detailed illustrations and/or pictures (I especially wanted to see the creations of the bower birds, had to google it – definitely worth looking at!) Our discussion also touched on the fascinating subject of certain birds' navigational skills and to what extent birds, like humans, improve their navigational skills with practice (or lose them through too much reliance on GPS).

On January 17th the **Science Book Group** discussed *The Vital Question: Energy, Evolution, and the Origins of Complex Life* (2015), by Nick Lane. The book addresses a very interesting question: How did life on earth originate? Unfortunately, we agreed that the author did not (or could not) write a book that is readily accessible to the average educated reader. If a group of PhDs found the book to be difficult to read, requiring frequent referrals to the glossary, it is doubtful that the general public would find it to be of much interest. That is most unfortunate because, if one managed to slog through a number of chapters consisting of mind numbing detailed descriptions of cell characteristics, one does arrive at a few chapters that are readable and interesting. I found a brief article on NPR that summarizes the probable nature of LUCA (last universal common ancestor): "*LUCA inhabited a geochemically active environment rich in H₂ (hydrogen gas), carbon dioxide and iron. The data support the theory of an autotrophic [organisms able to feed from simple inorganic substances] origin of life...in a hydrothermal setting.*" In other words, according to these results, *LUCA was likely a simple one-celled organism that lived where seawater and magma met at the ocean floor, the so-called hydrothermal vents.*"

The next meeting was on February 21st to discuss *Rain: A Natural and Cultural History*, by Cynthia Barnett. Cynthia Barnett's *Rain* begins four billion years ago with the torrents that filled the oceans, and builds to the storms of climate change. It weaves together science—the true shape of a raindrop, the mysteries of frog and fish rains—with the human story of our ambition to control rain, from ancient rain dances to the 2,203 miles of levees that attempt to straitjacket the Mississippi River. Of particular interest for us in California and in a political environment where the denial of climate change has become acceptable, are the chapters on climate change and draught.

For the March 21st meeting we have selected *American*

Wolf: A True Story of Survival and Obsession in the West, by Nate Blakeslee: “The enthralling story of the rise and reign of O-Six, the celebrated Yellowstone wolf, and the people who loved or feared her.” *Heidemarie Lundblad*.



SCCARF REPORT

On Wednesday, January 31st, forty-six SCCARFers convened at Caprese Restaurant and Bar in Chatsworth’s Radisson Hotel. Though by far the dining club’s largest gathering in its eight-year’s existence, the restaurant’s large dining room with its classy white-tablecloth ambiance easily accommodated us all—with room to spare!

Though attentive and always professional, the small wait staff was challenged by our group’s size; because serving was a bit slow, a few SCCARFers reported that their food was not as hot as they preferred. Our group’s size also precluded our ordering off the restaurant’s extensive menu, as is our usual custom, but instead we had to choose from a limited selection of entrees and desserts. Even so, for the most part, the culinary choices elicited quite positive reviews, among them: “My steak was done to perfection”; “The lasagna was so good I couldn’t stop! The shrimp primavera was also great. The best Italian meal we’ve had in years”; “Excellent portobello ravioli. Coming back on our own”; “A generous portion of salmon—enough to take home.” “Tiramisu was very good and generous size; only complaint was that it disappeared pretty quickly so there was none left to take home”; “I appreciated the attention to my dietary restrictions; salmon and veggies were prepared, as requested, without salt. I will definitely come back”; “Lovely setting and good ample parking—always an issue.” If you’re thinking of dining on your own at Caprese, be aware that the only access to the parking lot is from the west side of Topanga Canyon Blvd traveling south from Lassen. But once within this expansive restaurant, you can expect a marvelous meal selected from an extensive menu and prepared by an experienced chef. As evident above, many SCCARFers offer their approval of this little-known but truly excellent dining spot. (*Roberta Mauksch*)

February 20th found 21 intrepid gastronomic explorers sampling chef Richard De Mane’s culinary artistry at a relatively new eatery in Westlake Village—Pearl District Res-

taurant—its name derived from a Portland, Oregon neighborhood renowned for its foodie and artsy personality. And true to its namesake’s notoriety for producing innovative dishes, SCCARF attendees were able to try out such novel entrees as grilled Thai salmon, crispy skin branzino, lemon-black pepper ricotta gnudi, New Zealand venison, and lamb bolognese, not to mention some mouth-watering salads. Most found their chosen entrée to be “excellent,” “delicious,” “terrific,” “delightful,” “wonderful,” or some similar adjectival variation expressing high appreciation; but agreement was not unanimous, for one attendee labeled her selection “not so great.” Among the dishes singled out for accolades were: Thai salmon (“unique—very spicy”), pork chop (“Great!”), branzino (“Loved it.”), beet salad (“very good,” “scrumptious,” “among the best salads I’ve ever had!”), and Mediterranean salad (“*par excellence*”). Several attendees lauded the service as “cheerful,” “efficient,” “excellent,” “wonderful,” and “attentive,” one found the décor to be “interesting,” and two spoke highly of their fellow diners using such terms as “company delightful” and “lovely dinner mates.” If you’re thinking of trying out the restaurant on your own, I offer a word of caution: finding the eatery can be a challenge! One attendee who relied on electronic gadgetry found himself miles away in the wrong direction; others found the mall but were unable to spot the restaurant itself. So, here’s what you need to know: Get yourself to the mall on the northeast corner of S. Westlake Blvd and Agoura Road in Westlake Village; cruise the mall until you see M. Fredric and Fleet Feet, two well-signed, easily-spotted businesses. Sandwiched between them and a bit recessed is *Pearl District*, its own sign obscured by an awning. (*Jim Dole*)

ONLINE NEWSLETTER

The Board has received some questions about accessing the most recent issue of the newsletter from the **ARF** web page. If you receive the email that the latest issue is available, and you do not see it on the web page, click the “refresh” button on the upper left side of the page (a circle with an arrow), and the issue should appear. Thanks for noticing, and for reading the Newsletter! *Ann Perkins*

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ARF NOTES

ASSOCIATION OF RETIRED FACULTY

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