

# ARF NOTES

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**President's  
Message:  
Pat Nicholson**

Dear Members and Friends of **ARF**,

*"April hath put a spirit of youth in everything."*  
As I write to you in the middle of April, I feel that Shakespeare got it right in his sonnet. Time has rushed along this month like a three-year-old chasing a moth. Passover is already over. The Western Easter was on April One, the diverse grandkids' spring breaks, hard to sort on one calendar, are over. Now comes Tax Day (some things are normal). Unless there is an exigency, **this is your final ARF Notes for 2017-2018**, and your colleagues and I on the **ARF** Executive Board wish you all the best as Summer rolls in.

In our view, the main reasons for **ARF's** existence are (1) to support students and (2) to promote and sustain fellowship among your fellow retirees.

One way we buoy students is through our **ARF Memorial Graduate Projects Awards**. Rather than a mid-day luncheon, this year the awards ceremony will be a brunch at the Bistro on **Saturday May 12<sup>th</sup> from 10:00 a.m. to 12:30 p.m.** Following brunch with the awardees and their guests, each of this year's four winners will regale us with a brief exposition of her or his project. I've been to several of these honoring events. Dining with colleagues is a pleasure and the student presentations are truly interesting: they are inspiring reminders

of why years ago we followed our inclinations into university work.

The final **ARF** fellowship event for 2017-2018 is our annual **Spring General Meeting and Picnic on Saturday, June 2<sup>nd</sup>**. At this light-hearted jamboree we will hold a short business session to elect our board leadership for 2018-2019, and we will celebrate with a picnic. This year the time and venue will be new: we'll begin at 11:00 a.m. on campus at the *Arbor Court* betwixt the Bayramian (Business) and Jacaranda (Engineering) buildings. Please see the announcement elsewhere in the *Notes*.

If you have not done so previously, please use this year to think about -- and even act on -- deeper involvement in **ARF**. It's fun and it's good for your wellbeing.

I want to thank you sincerely for the opportunity of being your President. It has been a pleasure and honor to work with people so dedicated to our students and colleagues. Special appreciation goes to the members of the Executive Board and Committees for their generosity, shared wisdom and good cheer!

My warmest welcome to Catherine Jeppson, our President for 2018-2019. I've gotten to know her more closely over her time as President Elect, and found that Cathy is deeply familiar not only with CSUN, but also the the overall CSU, CalPERS, California education unions, and retirement networks. And most important, she is funny!

Patrick Nicholson

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## NEWS FROM CSUN AND THE CSU

### Medicare Changes ID Cards to Prevent Fraud

An increasing number of people age 65 and older are falling victim to identity theft crimes in the U.S. Using a stolen Social Security number is one of the easiest ways a criminal can steal a person's identity and commit fraud. The Center for Medicare and Medicaid Services (CMS), following a requirement from Congress, is taking a major step to help people with Medicare protect their identities from theft and fraud by removing Social Security numbers from current Medicare ID cards and replacing them with a unique Medicare number that does not contain a Social Security number.

CMS will begin mailing new Medicare cards without Social Security numbers in April 2018. The agency will complete the switch from the outdated version to the newer Medicare cards in April 2019. If you are new to Medicare as of April 2018, you will only receive the new Medicare card. CalPERS Medicare retirees won't have to take any action. CMS will provide CalPERS with your new Medicare number.

Are you a Medicare-eligible member receiving retirement health benefits and not enrolled in a CalPERS Medicare health benefit plan? If so, you will need to enroll in a CalPERS Medicare health benefits plan to continue your health coverage through the CalPERS Health Program. For more information about the Medicare ID card changes, you can visit [www.medicare.gov](http://www.medicare.gov), and for more information about CalPERS Medicare health benefit plans, you can visit [www.calpers.ca.gov](http://www.calpers.ca.gov). *Cathy Jeppson.*

### Fitness Programs

As of January 2018, the PERS Select, PERS Choice and PERSCare Medicare include the highly popular SilverSneakers fitness program as a benefit. Available in more than 14,000 locations nationwide, it offers seniors memberships at multiple gyms; FLEX classes held at parks, community centers, and other venues for fitness workouts beyond the gym; and exclusive SilverSneakers yoga, strength training, flexibility, cardio, and movement classes. For more information on this program check <https://www.silversneakers.com>. The UnitedHealthcare Medicare Advantage PPO plan already offers SilverSneakers, and the

Kaiser Medicare Advantage plan has the Silver & Fit health and wellness program available to its CalPERS subscribers. For more details about this program visit [kp.org/silverandfit](http://kp.org/silverandfit). *Cathy Jeppson.*

### Phil and Shirley Hansen- Retired Faculty Association-Eisner College of Education Scholarship Recipients, 2017-2018

The Phil and Shirley Hansen Endowment is divided between the School of Education and ARF to provide scholarships for students in Education fields, and ARF members serve on the selection committee.

Winners are listed below.

**Eric Cullen (Special Education)** served for twenty years in the U.S. military, and began taking courses while on active duty around the world. He is currently enrolled in the Mild-Moderate Disabilities Special Education Credential Program.

**Samantha Gruman (Deaf Studies)** is an undergraduate student working to earn a double major in Deaf Studies and Psychology. She is interested in working with autistic children.

**Yasmin Irfani (Educational Psychology and Counseling)** is a graduate Intern in the Office of Student Involvement and Development, and a mentor to freshman in a University 100 class. She also serves as a youth group leader at the Islamic Society of the West Valley.

**Atzimba Leal (Special Education)** is enrolled in the Mild/Moderate Special Education Credential Program. Her senior project focused on human rights issues in deaf communities in sub-Saharan Africa.

**Mikaella Taylor (Deaf Studies)** is a second-year undergraduate enrolled in the Deaf Studies major. Her goal is to become a social worker for children in foster care who are deaf and hard of hearing.

## REPORTS FROM PREVIOUS PROGRAMS

### ARF Program for March, 2018

Our ARF program on March 14th, known as Pi Day for obvious reasons, was appropriately led by presenter Robert Chianese, Professor Emeritus, Department of English. Bob's talk, entitled "Eco-Art Can Reveal Unique Climate Change Solutions: Art in the Service of the Environment," focused on the intersections of art and ecology, art in the service of changing our minds about the negative results of humankind's disservice to the earth and its waters and air that all sentient beings need to live and to thrive.



Bob invited us to look at nature and our relationship to it from a different angle. In the past, he suggests, we have seen ourselves as dominating nature, using it to further our own economic gains. We have developed a consumer attitude toward it: how can we sell it, or manufacture goods that we need to enjoy the wilds. We use nature to our own advantage, but most often to the disadvantage

of the wild creatures that share the earth with us, and to their habitats.

He illustrated his position with many slides from nature, beginning with those showing what we love to see: the majestic mountains, the powerful oceans, the deer caught in the moonlight, the sunsets, and bubbling alpine streams. He asked us to look at these images before us more carefully. What is the real story we are missing? The polluted waters, the decimated wildlife which isn't reproducing itself in numbers as large as in earlier days, the piles of trash, detritus, left in the wilds that can affect the life there from birds to mountain lions, from mosses to sequoia leaves.

How can art help fight this trend, how can we co-exist with the wild? Instead of dominating nature, can we act in partnership with it? In fact, we must, since we are not apart from nature, but a part of it. Bob then presented many slides of contemporary art and architecture that show how human-made structures can contain or even reverse the damage we have done.

The audience of over 40 members seemed rapt by this unusual presentation. Bob was introduced by Sharon Klein, who listed the projects that he is involved with: among others, he is a columnist for *American Scientist* magazine; and he is the first non-scientist President of the Pacific Division of the American Association for the Advancement of Science. Bob in his introductory remarks also paid tribute to scientist Stephen Hawking who died on March 14th, the day of our program.

### **ARF Spring Field Trip, April 2018**

On Wednesday, April 11th, nearly 40 ARF members and friends rode a bus, compliments of L.A. City Councilman Mitchell Englander, to the Autry Museum of the American West in Griffith Park. The day was sunny and spirits were high. We arrived in time for lunch at the Crossroads West

Café at the Museum before meeting our guides for our afternoon tours. Small groups of nine were led by individual

docents. Our knowledgeable and personable docent was Ben Lopez, CSUN class of '74 in History, who planned our tour to demonstrate how the museum tells two stories of the American West. The first story he showed us via select exhibitions was the Hollywood story, told by movie cowboys such as Tom Mix, Ken Maynard, Hopalong Cassidy, the Lone Ranger and Tonto, Gene Autry, and Roy Rogers. These were the forerunners of Clint Eastwood, John Wayne, and the TV cowboys of "Bonanza" and others. We enjoyed the exhibitions of embroidered sparkling shirts, fancy boots, and guitars since the "singing cowboy" was the common screen character. How fun to see the old movie posters and movie artifacts as well. This fictional west is also told by some of the fine art that shows the beauty of wide-open spaces, and the white man bringing enlightenment to the west. John Gast's painting, "American Progress," depicts Columbia as a woman leading the way in front of a train from the light-infused east to the darker western climes, an allegory of Manifest Destiny.

The second story the museum tells is of actual cowboys, who on horseback drove the Texas Longhorn cattle along dusty trails to railroads for transport to the eastern markets. Ben showed us several items that these cowboys needed in their jobs that were provided by enterprising business folks, such as the Stetson hat designed by a Pennsylvania haberdasher; the hat could hold water for a horse to drink, and could be folded to swat flies or the flanks of the cattle. Heavy leather "chaps" needed to protect the legs of those who had to retrieve stray dogies from the thorny chaparral were invented by another. The group was especially taken with the chuck wagon and the stagecoach exhibitions. It was during Ben's discussion of the stagecoach that we learned that the contemporary car's "dash" comes from the dashboard installed at the front of stagecoaches to protect the driver and the guard riding "shotgun." A dash is a quick run and the mud, stones, and debris kicked up and flung back from the horses' hooves was called "dash" as well.

Other exhibits that we could see on our own included one by a CSUN Chicana/o Studies Lecturer: "Henry Gamboa Jr.: Chicano Male Unbonded," a series of distinguished Chicano males facing the photographer. LA RAZA exhibition is a display of both the photography and the alternative press of the Chicano Movement "positioning photography as not only an artistic medium but also a powerful tool of social activism" to quote from the related brochure. Some of us looked into these powerful exhibitions, promising ourselves to return to this jewel

of a museum. *Pamela Bourgeois*.

## UPCOMING PROGRAMS

### Memorial Awards Brunch

This brunch will be held on Saturday, May 12th, at 10 am at the Orange Grove Bistro. For details and a registration form, see page 7 of this Newsletter.

### Annual Picnic

The annual **ARF** picnic and business meeting will be held on Saturday, June 2<sup>nd</sup>, beginning at 11am, in Arbor Court on campus. It will be catered by the University Food Services. Arbor Court is a shady, arbor-covered area located between Business and Engineering (north of Oviatt). We hope the earlier start time and the location — which has built-in misters — will alleviate the hot-weather problems we've recently encountered. Come and enjoy the company of fellow members, and vote on and meet the slate of **ARF** officers for 2018-2019.



## IN MEMORIAM

**Shiva G. Bajpai (History)** passed away peacefully at his home in the Pacific Palisades, California, on January 13<sup>th</sup>, after a long struggle with Parkinson's disease. A lifelong scholar and a teacher of the history of India, Professor Bajpai taught at California State University Northridge (CSUN) from 1970 to 2003. After his retirement from teaching, he continued to offer classes as an occasional lecturer at CSUN until 2010. Professor Bajpai's teaching focused on the history of India and World History, and he created and directed the Asian Studies interdisciplinary major at CSUN from its inception. As an educator and teacher, Professor Bajpai influenced several generations of students, guiding them into becoming well-rounded and critical-thinking citizens, teachers, and intellectuals. Professor Bajpai's classes were exercises in philosophy, religion, metaphysics, aesthetics, ancient and comparative history, and material culture. And always he strove to present a non-Western perspective rooted in original sources about the history, culture, and character of one of the great civilizations of the world. Professor Bajpai also excelled in his scholarship, which was always rooted in ancient texts and original sources as demonstrated by his work on *The Historical Atlas of South Asia*. He published numerous articles and essays, authored several dozen scholarly papers presented at international conferences, and organized and oversaw scores of workshops and panels devoted to the study of India and South Asia. As an activist member of the Uni-

versity, Professor Bajpai championed faculty rights, free speech, academic freedom, and faculty governance. He served for many years on the Educational Policy and Personnel Committees of the University, and as a long-standing member of the Faculty Senate. His colleagues remember him for his wit, perspicacity, generosity, and precise command of the English language in the service of excellence. He is survived by his wife of 50 years, Catalina, a daughter, and a grandson, as well as many family members in India.

**William Stryker (English)**, who taught in the department from 1969 to 1986, passed away recently due to heart failure. Professor Stryker served three years on a Naval transport in the Pacific before earning his Ph.D. from Stanford on the G.I. Bill. In the course of his long and productive career, Stryker taught at a wide range of institutions, including universities in China and Hawaii. Once at CSUN, he chaired the then University Teacher Preparation Committee for three years and finished his career as Coordinator for the then Interdisciplinary Linguistics Program. He is survived by a daughter, a son, four grandchildren, and four great-grandchildren, and will be sorely missed.



## BOOK GROUPS

The **Wednesday Book Group** read another superb biography by Ron Chernow, this time of Ulysses S. Grant. His 960-page *Grant* leads the reader through rich examples of this man's mostly fine qualities but also notable imperfections in various phases of his life. We learn of his small-town Midwestern roots, his modesty and lack of pretension, and his kindness and generosity toward others. Though lacking focus as a young man, he attended West Point but did not realize until much later that he had a special talent as a military strategic genius.

Much of the book shows the effectiveness of Grant's quiet, confident leadership during various campaigns of the Civil War. In spite of occasional drunkenness, his successes allowed him to thread his way among political appointments, jealousies, and the incompetence of some fellow officers. As commander of the victorious Union forces, Grant firmly believed that peace terms should not punish the Confederate military. Grant's lack of vindictiveness was in his nature, but he also hoped that it would mollify the Southern resentment. However, Southern resistance trumped Grant's attempt at reconciliation.

During the Civil War Grant had come to believe strongly in the emancipation of the slaves, and after the War he remained actively concerned with the interests of the former slaves. In 1868 he was elected president during the extremely tense period of Reconstruction, when he had to deal with Southern opposition to new federal policies designed to help freed slaves, and frequent murderous rampages by the KKK and others including local officials. Grant earned the respect and appreciation of Frederick Douglass and former slaves for trying to provide them with better opportunities and the right to vote.

The book follows Grant's life with his wife Julia and their children during the decades from wartime to retirement after two terms as President. Former presidents in those years received no pension, so after he was termed out Grant was understandably concerned about his finances. But unfortunately, Grant was too gullible regarding investments and was burned financially by the dishonesty of people he had counted as friends.

With his military and presidential reputations still strong, he and Julia embarked on a long tour of many European and Asian capitals, where he was warmly welcomed. After returning, he was encouraged by Mark Twain to write the story of his life. All his life he had been a good clear writer, and although he suffered much from his throat cancer (probably due to his lifetime smoking of cigars) he did finish his *Personal Memoirs* just before he died. That book, like the man, was very popular. At his death in 1885, three hundred thousand people passed by his open coffin at New York's City Hall.

This book is important in that it may help resurrect appropriately Grant's reputation. Although most aspects of his character were admirable, his image in many peoples' minds has been dominated by his occasional bouts of binge drinking. Chernow brings us full picture of this man in what, for us, ranks with the best biographies we've read.

For our March meeting the **Wednesday Book Group** read last year's National Book Award winner for fiction, *Sing, Unburied, Sing* by Jessmyn Ward. The author develops a compelling set of characters, centered around one Mississippi family, as they navigate race, poverty, drugs, and the brutal effects of prison. Leonie, who is black, is married to a white man, Michael, who is just being released from prison. Because Leonie has no mother love for her children, her thirteen-year-old son Jojo has become the loving caretaker of his little sister, Kayla, age three. Leonie's father, River, called Pop by his grandchildren, is a good man but served time in the

same prison, which left him with a terrible secret. There are ghosts, the "unburied" in the title, of those who suffered violent and unjust deaths. The ghosts help reveal key aspects of the family's history.

We all liked Jessmyn Ward's writing, with captivating dialog and incidents that illuminate character and tie the story together in the end. The author's engaging descriptions of human love, struggle, and dysfunction certainly evoked our sympathy for people caught in tragic lives. *Joel Zeitlin and Jim Allen*

At their March 21st meeting, the **Science Book Group** discussed *American Wolf: A True Story of Survival and Obsession in the West* by Nate Blakeslee. We all agreed that the book is very well written and contains a lot of interesting information not only about wolves but also about the interaction between wolves, nature and humans. Not for the first time did we realize how human ignorance, shortsightedness and greed have deleterious effects on the environment and, in the final analysis, on humans as well. Eradicating wolves to protect cattle and ensure lots of animals for hunters resulted in negative effects, such as Elk overpopulations, degradation of forests, reduction, if not eradication of other animals because wolves are an essential element in maintaining a balanced eco system.

On April 18<sup>th</sup> the group discussed *The Ends of the World: Volcanic Apocalypses, Lethal Oceans, and Our Quest to Understand Earth's Past Mass Extinctions* : by Peter Brannen. A report will appear in the next newsletter.

Selected for May 16th is *The Chemistry of Alchemy: from Dragon's Blood to Donkey Dung, How Chemistry was Forged*. By Cathy Cobb and Monty Fetterolf. *Heidmarie Lundblad*.



### SCCARF (Social Cuisine Club of ARF)

On March 20th, SCCARFers gathered for an Italian repast at Café Carolina in Encino.

Named after Chef Guiseppe's daughter, this moderate-sized restaurant uses fresh and, when possible, organic ingredients to produce classic northern Italian dishes such as gnocchi marinara and penne alfredo. They also regularly feature specials from one of Italy's 20 regions and, at this time, Tuscany was featured. Gluten-free pasta and vegetarian items are available, especially on

Tuesdays when an expanded menu of vegetarian dishes is offered. Because of the size of our group we were asked to let the restaurant know in advance what entrée each person wanted, a requirement that created a small problem since there was a slight price increase in the items shown on the web site versus those on the menu. Even so, all comments from the SCCARF crowd were positive, among them: “the putencesca was hot and tasty”; the food was “not, the usual Italian things”; the ravioli aretini was superb”; “the beef osso bucco was tender and flavorful”; “the pizza was good” and “the service was very good.” Desserts were notable with the tiramisu being light and moist, and the triple chocolate mousse being rich and flavorful. Several attendees commented that they would come again to try other items. As we finished our meal, Chef Guiseppe came out to thank us personally for our visit, a fitting end to our gathering. *Gene Turner.*



## FILM GROUP

The **Monday Film Group** met on February 18th, 2018 to discuss *The Shape of Water* and *The Post*.

*The Shape of Water* is set in a fictitious secret research facility during mid-20th century, where a human-like magical amphibious creature is being studied while being held captive. Elisa, a mute janitor, forms a special relationship with the creature and aids in its escape from the facility. Elisa is played by Sally Hawkins who does a superb and convincing performance including accurate and convincing employment of sign language. The supporting roles provided by Michael Shannon as Elisa’s evil nemesis and Richard Jenkins as Elisa’s gentle and supporting neighbor were both noteworthy. As a period-piece, the film was very well done but, the opinions of the group were very mixed on this film. While most of the club liked the film, two members did not think it was very good. Hence, the overall rating we gave it was only 7.8 out of 10.

*The Post* tells the story of the publishing of the “Pentagon Papers” which unveiled the cover up of our country’s actions in Vietnam that had spanned the terms of four U.S. presidents. The film focuses on the interactions of newspaper publisher Kay Graham, played by Meryl Streep, and her editor Ben

Bradlee, played by Tom Hanks, with the U.S. government during these events. The film is accurately set in the correct time frame and the two leading figures deliver, as expected, solid performances. The film clearly demonstrates the great historical value of newsprint and illuminates both the brave actions of Daniel Ellsberg and the ambiguous feelings towards the actions of the government held by Robert McNamara. Additionally, it shows the emergence of Kay Graham as a strong principled female leader during a time period when this was considered to be very unusual for a woman. The club members found this film to be satisfactory which resulted in the members giving it a rating of 8.2 out of 10. *David Schwartz.*

The group met again on March 26th at the home of Bob Hanna to discuss the films *A Fantastic Woman* and *Black Panther*.

*A Fantastic Woman* is a Spanish language film from Chile. It is the story of a transgender woman, Marina, who must cope with the death of her boyfriend, Orlando. Orlando’s family is very cruel to Marina. They try to take everything related to Orlando away from her and they try to prevent Marina from even attending the funeral or saying her last goodbyes to Orlando. The film club liked the movie very much; they also thought that the depiction of the difficulties that transgender people experience in their ordinary lives made this an important movie. The cinematography and music in the film were commented upon quite positively. The lead actress, Daniella Vega, did a superb job. The overall rating by club members of *A Fantastic Woman* was 8.9/10.

*Black Panther* is a superhero action film, set in Wakanda, a fictional, isolated but technologically advanced African country. King T’Challa returns home to his country and finds he must defend his country against many enemies, including a cousin who fights him for the throne. Most of the film club liked the film; of positive note were the interactions of the lead actors (King T’Challa’s family), the colorful costumes, the CGI, the interesting contrast between Wakanda and Oakland, CA, the theme of “what to do ethically with the wealth of Wakanda” and the fact that the movie had a nearly all-black cast. One member thought this superhero action film was better suited for young people. A few thought that the battle scenes were too long. The overall rating by the club members of *Black Panther* was 7.8/10. *Diane Schwartz.*

For the month of April, the Club plans to discuss two films: *Isle of Dogs* and *Ready Player One*.



**ARF MEMORIAL AWARDS BRUNCH**  
**Saturday, May 12, 2018 – 10:00 AM-12:30 PM**  
**Orange Grove Bistro**  
**Honoring Recipients of ARF Memorial Graduate Project Awards**

The ARF Memorial Awards this year provide \$2,000 to each of four CSUN graduate students in recognition of the outstanding scholarship exemplified by their graduate projects. The award winners will honor us with a short presentation of the nature and goals of their projects.

**Sophia Apodaca (English), “Fragmental Freedom.”** *A gifted poet, a “dreamer,” and a lesbian—Ms. Apodaca investigates the identity politics of diversity, and celebrates it in the empowered voice of an outsider. She addresses these themes in a highly innovative mixture of styles and forms.*

**Anthony Barnes (Social Work), “An Unwitting Result of the Indian Child Welfare Act: Indian Trust in Child Welfare.”** *How did the Indian Child Welfare Act (1978) impact tribal child welfare workers? Giving a voice to American Indian and Alaskan Native (AIAN) people who are doing the work of preserving AIAN families and the AIAN people’s way of life.*

**Samantha Hain (Biology), “The Roles of CXCR4/7 in Melanocyte and Melanoma Motility.”** *Melanoma, a dangerous type of skin cancer, can affect anyone regardless of age, gender or race. This study identifies the factors involved in the onset of melanocyte transformation into melanoma.*

**Marcella Rose (Geography), “Fine-Scale Temporal Delineation of Vegetation Mounds on the Black Rock Playa, Nevada.”** *BLACK ROCK PLAYA – a large ultra flat landscape in northern Nevada – provides a unique environment for diverse recreational activities . What are the long-term environmental impacts of these anthropocentric pressures?*

Please join us in honoring these outstanding CSUN student scholars, and experience the rewards of your generous support of the ARF Memorial Awards Fund!

**Brunch will be served buffet style at 10:00 AM; the cost, including tax and tip, is \$20 per person. If you plan to attend, please return the form below with your check, payable to ARF, by Friday, May 4 to:**

Association of Retired Faculty  
 P.O. Box 280578  
 Northridge, California 91328

I/We will attend the ARF Memorial Awards Brunch. My/our check for \$\_\_\_\_\_ is enclosed.

Name\_\_\_\_\_

Name\_\_\_\_\_

## ARF EXECUTIVE BOARD, 2017—2018

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### ARF NOTES

**ASSOCIATION OF RETIRED FACULTY**

**CALIFORNIA STATE UNIVERSITY, NORTHRIDGE**

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