

THE SILVER BULLETIN

Newsletter of CSU, Sacramento Emeritus Association

Fall 1994

Commentary

Cultivating Invincibility

Dr. Ernmny E. Werner, Professor of Human Development at U.C.D. has, for over three decades, been studying the offspring of women who gave birth in the first year of the study on the Hawaiian island of Kauai. Of particular interest to Dr. Werner and her colleagues has been the subgroup they called "vulnerable but invincible." This group, as children, were classified "at risk" because "they were children who (1) experience prenatal or perinatal complications, (2) grew up in poverty, and (3) lived in a dysfunctional family." Despite this vulnerability, these children became healthy, contributing, socially functional adults.

Werner et al. discerned several characteristics of this group they termed "protective factors." The one I would like to focus on, however, is the one Dr. Werner calls faith. Faith in the future. Faith that things will get better. To be specific, the invincible child has a long-term, close relationship with someone who said (in word and deed) "Hey, you are having ups and downs, this will pass, you **will** get through this, and things **will** get better."

Reflect on this point: Of all the information that pours out at American children, how much of it tells them that things will get better?

Contributions toward such cynicism include complaints about government and taxes-political campaigns have become mudslinging contests. Another source is complaints about schools. I think this half-empty attitude of Americans is particularly hurtful to our youth. Now much do you hear about unrealistic expectations for our educational system, and how much publicity is given to successes? How much do you know about things our school systems do well? A third example of dismay, particularly for youth, is our much-publicized unemployment situation. It is well-documented that good career prospects are the best protection there is against many poor and life-threatening choices young people might make. It may be difficult to see a bright side of the issue of unemployment, but our conversations could focus on solutions, reflect an attitude of exploration, and not simply illustrate our preoccupation with the cost of a college education.

You and I, thinking positively, are not going to change the climate of American attitude. But, at least, we could clean up our act, forego the ain't-it-awfuls, and cultivate a half-full perspective for the sake of the youth who represent our future, as well as their own!

(Quotations from Brooks, Jane B. The Process of Parenting 3rd Ed., Mayfield Publishing Co., 1991.)

— Peggy Cavaghan, Human Environmental Sciences

President's Column

This past summer I attended my first and only class reunion; the 50th anniversary reunion of my small town Iowa high school class. I had heard that displays of snobbery are commonplace at such affairs. What I found instead, among some present and some nearby who stayed away but whom I looked up anyway, was abundant resentment about having been belittled by certain snobbish classmates. These reputedly snobbish classmates themselves I found at the reunion not to be that at all. Instead, they were among the most eager to share in the joys of the past lives of everyone present.

I did get my feelings hurt a couple times, but not as a victim of snobbery. Maybe it was worse. A couple of the many people I wanted to engage with just weren't, at that time, willing to pay much attention to me as a person. And these two, surprisingly, had been among the loudest complainers about others being snobs!

Sometimes those perceived as snobs are simply shy or reserved. During the first 40 years of my life that sort of thing occasionally led to misperceptions of me, James David Lucas, as a snob. Yet toward the end of that period as I see it now I was for awhile a snob. An academic snob. I refer to the last couple of years prior to receiving my doctorate and the first dozen or so years after, when I had been successfully engineered to be just that. But that didn't mean I wasn't also shy and reserved at the same time. I have found some utility

Fall Dinner Plans — See Pa

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in being reserved, a narrow kind of utility in being for awhile an academic snob, very little utility at all in being shy.

These days you and I, my dear colleagues, don't have to be any of the above. Being now retired, and hence not needing to be threatened by competition or rivalry from our peers, we can any many of us do engage with each other as friends regardless of prior affiliations. If you will join and become active in your Emeritus Association, this kind of thing will be made all the easier and more likely to happen for you.

-David Lucas, 456-0824

Changes Ahead for State Association

Saturday, May 14, 1994, on your behalf I attended the State Council meeting of ERFA: the Statewide Emeritus and Retired Faculty Association which contributes bath money and political muscle to our Sacramento Emeritus Association. We met at the Motel 6 near the LA airport (nothing pretentious or extravagant about us!). A special feature of this particular meeting was the discussion of whether henceforth we should create a salaried position for our executive director. Up to now Executive Director Jack Byrom, CSU Northridge emeritus, has made his very valuable services available to us free of charge. He will not be able to do this forever.

The chapter presidents, including yours truly, asked that any ERFA move toward becoming a big budget operation be pursued slowly and carefully.

For me, the other noteworthy happenings are the major efforts toward finding ways to make retired faculty members' talents available to the universities, and the major efforts reported by Legislative Chair Wilma Krebs, CSU Sacramento emeritus. In the recent past Wilma has reported on successful efforts to prevent raids on our retirement funds. Today Wilma brought us up to date on health is-

sues. One was the good news about our soon to be available long term care insurance, the best plan yet available. The other was more sobering. If we support current national efforts for health care, or vote for the current state proposition for health care, we California faculty and emeritus faculty may end up with a slightly less favorable health program for us than we now enjoy. But it may well be worth it for the greatest good for the total population. A moral dilemma facing our group? Facing each of us as an individual? Depends on you.

-David Lucas

Fall Banquet

Make a notation on your social calendar for the emeritus Association fall banquet, which is scheduled for October 30 in the Redwood Room of the University Union. The social hour begins at 6 p.m. Dinner will be served at 7 p.m. Jerry McDaniel, formerly of the Government Department, is arranging the program, which had not been finalized by the time The Silver Bulletin had gone to press. Spouses and friends are welcome. A formal invitation will come to you by mail, including a reservation form. The breakeven cost, according to the banquet planners, is \$15 per person, which includes a choice of entree, wine, tax and tip.

Any Ideas for Events? Contact Officers

If you have ideas for special events, tours, activities, or parties you would like to see the Emeritus Association sponsor, please contact Peggy Cavaghan, 482-7439, David Lucas, 456-0824, or Orville Nordberg, 487-0824.

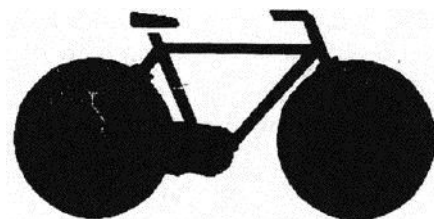
Made Your Election Choices Yet?

The Emeritus Association will sponsor a forum on the California issues

for members and friends of the Association. Jerry McDaniel will conduct the meeting, which will run from 3 p.m. to 4:30 p.m. on October 20 in the Delta Room of the University Union. The meeting will focus primarily on the California Health Security Act, Proposition 186 -

Travelin' Emeriti

A four-day package deal to Catalina Island recently has found favor with some emeriti. The trip includes limousine service to the airport, airfare to and from Los Angeles, a tour and lunch aboard the Queen Mary in Long Beach, two gourmet meals, comfortable hotel, two bus trips and a glass-bottom boat trip at the island, and an afternoon at the J. Paul Getty Art Museum in Malibu. The trip is offered two or three times a year by a local agency.



World traveler Helen Bradfield pedalled 280 miles last June and July on a cycling tour of Holland sponsored by Elderkostel. Jim? He swan 77 consecutive pool laps to celebrate his 77th birthday.

Not content with extended trips this past year to Italy and France, the John Cox pair will join Robert and Jeanne Good on a flying excursion this fall to Oaxaca in southern Mexico. They will visit small Zapotec villages to see the manufacture of rugs, wood carving, and pottery, as well as the ancient towns of Mitla and Yagul and the huge ruins of Monte Alban. Oaxaca, a large city of cathedrals, museums, and open-air markets bigger than Denio's in Roseville, is somewhat removed from the State of Chiapas.

-Orville Nomdberg

Retired Experiences

Growing Your Own

Since the days of the Great Depression of the 1930s, the L.D.S. Church has emphasized the need for its members to be self-sufficient, to store food against times of emergency and to lean to live off what you can produce or have stored. A lot of the secret of self-sufficiency is not having a myriad of things, but more learning how to use what you have and get by without using the long rows of fancy packaged things in the store. Dixie and I have developed a life-style based on these concepts—a large garden, certain kinds of animals, fruit trees, nut trees, berries and grapes. We do a lot of canning of fruits and vegetables, we dehydrate many of these also for economy in storing items. We have a flour mill for grinding the whole wheat that we store and a coffee mill with wheat heads for grinding fresh whole wheat cereal—what I call the Cadillac of cereals at Ford prices.

We have our own bees for honey, rabbits and lambs for meat, tomatoes, peppers, beans, chard, watermelons, melons, carrots, squashes, beets, cucumbers, potatoes, etc. We have eight kinds of grapes, nut and fruit trees, trees, kiwi vines, boysenberries and strawberries. We have our own chickens for eggs. We use our Vitamixer for all sorts of fruit and vegetable drinks.

Dixie is an excellent cook and we eat a lot of soups, stews, casseroles using rabbit instead of chicken (less fat); we have whole wheat bread, pancakes and sweet breads

from our fresh-ground, whole wheat flour, hot whole wheat cereal for breakfast. We buy in bulk wheat, rice, beans, powdered milk, split peas, lentils, macaroni, sugar, etc.

Do we go to the store? Of course, but as little as possible and spend as little money as possible. We are high

on nutrition and creativity and hope to enjoy this lifestyle for many years to come.

-Kermit H. Smith, Spanish

How to Philosophize

I enrolled as a student, Spring Semester, 1991, declaring philosophy my major. Ian McGreal, a former Philosophy Department Chair, said studying philosophy would make me wise. What a hollow promise! I'm just now three units short of completing all major requirements, and I am more confused than ever.

I decided to attend school the "right way," i.e., enroll for credit and endure such academic lumps as might befall me. The first lump was taking the WIRE. Other lumps followed such as midterms, papers, and similar onerous assignments.

Having assumed a student's role, I religiously attend class, remain awake during lectures, laugh at professors' jokes whenever levity seems intended, read all assignments, take tests, write copious papers (requiring papers is endemic in philosophy), and try to keep foot out of mouth by keeping it shut. I bitch along with my classmates about fuzzy assignments, ambiguous test questions, papers not returned in a timely fashion, and occasional professorial pomposity and obscurantism that are occupational hazards of the professing business, conveniently forgetting my own past offenses in these respects.

Last year I was "promoted" to reading for instructors who teach large, televised philosophy courses, and I shall do so again this Fall (pro bono, of course). These instructors have the distinction of having a teaching assistant (albeit without portfolio) with a Ph.D., more seniority and equal or higher in rank, more teaching experience, and considerable more venerability in years than they.

Admittedly, the transition from Knower to Learner, from Professor Always Right to Ms. Usually Wrong, from Disseminator to Pearls to Grubber after Beads is difficult, tortuous,

and ego-shattering. Nonetheless, it is better than earthworm farming, bungee-jumping, or collecting old hat pins. I recommend it!

-Maryjane Rees,

Speech-Language Pathology

An Emeritus Francophile

For five years now, I have been spending a summer month in France. Usually I rent a furnished apartment in central Paris, take French lessons in the mornings, and then eat lunch in the apartment and wander around town in the afternoons. European trains are fast and frequent, so that weekend trips to places like Normandy, Brittany, and Alsace are quite feasible. You can get to Chartres in 30 minutes, and to Lyons in a couple of hours.

You learn a little French, of course. But the major satisfaction comes from a month of "real living" in a complex foreign community. You have to discover where to find the best croissants and coffee, which stores offer essential American supplies (Kellogg's cereal and Tropicana frozen OJ), where the free concerts are, and who can fix the slobbering toilet. Within a few days the nearby merchants, dogs, and cats will know you and your routine. People will smile at your attempts to speak their language and assure you of your remarkable fluency. When your month ends, they'll kiss you on both cheeks and vow to meet you one day in Carmichael. My café proprietor even went so far as to give me a free cup of coffee; that behavior's ordinarily unthinkable to a Parisian, and he even spiked it up with a jolt of Armagnac brandy.

You can do this "apartment month" in any European capital. With today's pitiful dollar, you'll need a thick pad of money. But no guided tour can match the experience; and Notre Dame can be right across the street from that dump you rented for \$2300 a month.

-Nick Bond, Psychology

How to Get Your Book Published

The following are non-fiction book writing suggestions:

- Write (and rewrite) your manuscript; do it, don't talk about doing it.

Many procrastinate their book writing, but never get around to "walking their talk." To publish, write, write, write!

- Write fiction or non-fiction, don't try to do both. Each has different audiences, writing techniques, markets, slants, etc.

- Work with publishing houses who reimburse their authors via book royalties for writing books they want; self-publishing and/or subsidiary publishing where the author pays to have the book published is beyond my experience.

- Approach book writing from a business-like viewpoint; throughout the entire process, the author must Sell, Sell, Sell.

- Understand the editor's/publisher's needs, expectations, goals and objectives, i.e., to get authors under contract who write salable books, and to make a profit.

- Write what sells; editors/publishers know what Sell\$ and what doesn't, and they Sell what sells. Usually this is a money-making formula for editor/publisher and author-

While an author under contract can expect reasonable assistance from the editor/publisher, author expectations should not include:

- "spoon feeding and hand holding" throughout by the editor,

- extensive editing by the editor; you're the author/expert,

- always being accessible (forget it!) when you call or write; most editors **Will** be working with a number of different prospective authors on other manuscripts,

- having your complete manuscript (or segments) accepted as initially submitted; you should expect your editor to request revised material (sometimes extensively). If a major rewrite is requested, both author and the editor/publisher have problems!

- Not all editors publish all types of books. Save time and money by identifying and querying only (always enclose an SASE) those who may be interested in publishing the type of

book you are writing. Three helpful, inexpensive sources: The Writer's Market (an annual "must" publication; use only the current year); and The Writer and Writer's Digest (two magazines, published monthly). There's a wealth of helpful information in these publications. Also, competent librarians will provide invaluable assistance. Claim a seat in the library; attend regularly.)

- Attend book writing workshops, such as "How to Sell and Write Your Non-Fiction (Fiction) Book," by authors who have published, where enrollees are led through the writing-publishing process, and their pertinent questions are answered,

- To write and publish book manuscripts successfully, authors must have both a vision and a mission. Many have the former, but fail to accomplish the latter. Recognize manuscript rejections not as being personal, but as part of the book writing-publishing business. Do not permit rejections, or anything else, to deter you from your mission to publish. Good luck!

-Donald E. Fuoss, HPER, 481-6615

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Fall 1994 Emeritus Banquet Reservation Form

You are cordially invited to attend the Fall Banquet of the CSUS Emeritus Association, which is scheduled for Sunday, October 30, in the Redwood Room of the University Union. The social hour will begin at 6 p.m. and dinner will be served at 7 p.m. Spouses and other friends are also most welcome. According to the event planners, the break-even price for the dinner is \$15 per person, including wine, tax, and tip. When you make out your check for the dinner reservation(s), you are requested to enclose an additional \$5 for your 1994-95 Association dues (if not already paid). Please list the names of yourself and your guests on the lines below, so that a name tag can be prepared for everyone in advance. Check of the entree choice of each person .

Name

Beef Sirloin Chicken Maurice

Send reservations with checks made out to: James Jolly, Treasurer, CSUS Emeritus Association, to 510 Elmhurst, Sacramento, CA 95825, by October 20.