THE “GETTING INTO SHAPE” ISSUE
PRESIDENT’S MESSAGE
Dean Popp, Economics

I would like to take this opportunity to acquaint you with a new activity your organization has taken on. Many of you may already know that the Retirement Association provided a reception, May of 2017, for the employees, both staff and faculty, who retired in the prior year from SDSU or one of the auxiliaries, The Campanile Foundation, SDSU Research Foundation, Aztec Shops, and Associated Students. In earlier years the University provided a reception honoring retirees and thanking them for their exemplary service but several years ago the practice was abandoned and lay dormant for many years. Last year, the Retirement Association saw the opportunity to renew this worthy practice of recognizing our retirees who, in many cases, have provided long and distinguished service to SDSU. This reception also provided the opportunity to introduce retirees to the Retirement Association, to describe the activities of our Association and to apprise them of our generous scholarship program which is only available to specific relatives of current or former employees. Our hope is that this introduction may attract retirees to join us in the Retirement Association. As SDSU has grown and evolved, it has become more difficult to maintain a sense of community. I know in talking to our membership there is a positive recollection of many of our colleagues and the closeness that developed among members of departments and offices. This personal and collegial atmosphere is not as prevalent today as it was a few short years ago. Part of the purpose of the Retirement Association is to recapture a part of this connection to SDSU.

Last year was our first venture into offering this reception, and we are now planning a similar event in May of 2018. Retirees are provided with one year of free membership in the Retirement Association in addition to individual membership cards and a very nice reception honoring them. Last year President Hirschman addressed the retirees, and this year Interim President Roush will address the attendees and welcome them to their new status with the University. This event does provide the Retirement Association the opportunity to present the benefits of membership in the organization. The Retirement Association has received enthusiastic support for this event from a broad range of offices on campus including Aztec Shops, The Faculty Staff Centre, Business Affairs, Human Resources, Faculty Advancement, and University Relations and Development. We are very appreciative of the logistic assistance, technical and financial support provided by these entities. If you personally know any of the current retirees I encourage you to take the opportunity to invite them to join the SDSU Retirement Association.

Cover photo: Stairsteps on the north side of the Education and Business Administration Building.

If you park in Parking Structure 1 and cross the bridge that spans College Avenue, most likely you will face these steps—forty-seven of them. Recent research at UCLA has found that just 4,000 steps a day (regular steps, they don't have to be stairsteps) can "improve attention and mental skills in adults 60 and older." The San Diego State University campus is a great place for taking some, or even all, of those steps. To read more about the study, go to: www.newsroom.ucla.edu/releases/just-4000-steps-a-day-better-brain-health.
EVERY GOOD BOY DOES FINE
Bill Pease, Library

I like the concept presented of “getting into shape” in ways other than athletic. We are often told of the value of brain exercises—crossword puzzles being the easy example, but better than that is to venture into an unfamiliar skill, like learning a new language. Or hopefully to work at one already started. That is something I do with Spanish, reading a little every day and chatting with workers at our retirement community. More recently I am trying to get acquainted with the piano keyboard. In my childhood my family could not afford a piano and we moved too often for it to be feasible. Now I am fortunate to live in a community where there are pianos around and available. Someone has loaned me beginners’ piano lesson books. So I sit at the keyboard and laboriously plunk away at the white keys only—A,B,C etc. It gives me a greater empathy for those, children or adults, trying to make sense of letters of the alphabet and configure them into meaningful words, a skill I gained so early. As a longtime member of the chorale in our community I have already gotten into the rudiments of reading music and have developed a singing voice in my ninth decade. As I sit at the keyboard, it seems impossible that I will be able to apply my right hand and my left hand simultaneously. And yet I was quite a good typist in my youth, doing just that. I should be able to do it again. They tell me that Every Good Boy Does Fine, and I am counting on that. I will let you know when I have my first recital.

GETTING INTO SHAPE: LOSING WEIGHT
Shirley Forbing, Special Education

One day when I realized I was 39 pounds overweight, risking my health, I was shocked! The first thing I did was to go on a 5-day cleanse of lemon juice, maple syrup, and a dash of pepper. This cleanse has been around for many years. I managed to take off 5 pounds in the five-day cleanse. Following that, I weighed myself twice a week and if I had gained weight, I would take it off little by little. A great side-effect is that at the end, I found accidentally that I had been diagnosed as pre-diabetic, and that totally disappeared. Usually when one thinks of going on a diet, it means going without food rather than changing what you eat. In my case, I simply substituted fruit for traditional desserts. I also cut down on bread except for my English muffin as a base for poached eggs. I continued to use butter in moderation, and for my sweet tooth I had a few dark chocolate covered almonds. For occasional munchies I had various nuts.

One thing my body still misses is the five flights of stairs going to and from my car in the SDSU parking garage!
GETTING IN SHAPE
Sharon Popp, SDSURA/Osher

There may be a program or a gym somewhere that could get me in shape to be in a kindergarten classroom, but if so, I haven’t found it, yet. I could tell a potential trainer what was needed to spend a couple of hours, four days a week in a kindergarten classroom, but I’m doubtful that I could find someone willing to put this training program together.

Even before you step in the door to volunteer, you need to be fingerprinted and TB tested. Not too hard, and a very important requirement. Next, you meet the teacher, which in our case is pretty much a given, since the teacher is our daughter, Miss Popp. The only time I say her first name is in a true emergency.

At the beginning of the school year, Dean and I spend a couple days helping her get her room ready by getting all of the leveled books in the correct bins; putting up fresh new bulletin boards in her classroom and the hall outside; and getting pencil boxes labeled with each child’s name. These are routine, but necessary tasks that require no specialized training.

The first day of school is inevitably hotter than any other day of the year. This is significant because her classroom is on the second floor of an old school that does not have air conditioning. For the 22-27 children, the first part of their first day in kindergarten begins with breakfast in the cafeteria. This takes a lot of training in patience, perseverance, and troubleshooting. For us, not the kids. Where can I get that? At least half of the children are near tears and four or five are crying and holding on to their parents with all their might. Each child has a brand new backpack which is a boon and a bother. They’re so excited to have the new backpack, but in most cases it’s nearly as big as the child, and they become somewhat like a turtle with a too-big shell. When the bell rings announcing that it’s time to line up and go to class, they are so alarmed by the sound that they become more apprehensive about this world of kindergarten. Training required for this day has more to do with endurance than attention to particular muscle groups, but bending to tie shoes, wiping up spilled milk, and the occasional sprint to return a wandering child are all necessary skills for 70 year olds like us to get through the first breakfast.

Then there’s lunch on the first day. The kids are so excited to be able to choose between white or chocolate milk, and three entrees, well-menu items. Before carrying their lunch tray to their table, they go to the fruit and salad bar where they MUST select at least two different items. Some look askance at all of these fresh veggies and fruit and some dive, poor choice of words, right in with relish.

The first day passes and by the end of the week, breakfast in the cafeteria has become a regular part of their day. They have acclimated to the routine of their day and they are into the swing of kindergarten. They’re still not sure they like the idea of being away from home for the whole day. Little do they know that this is the first of 13 years ahead. Best not to tell them for fear of a mass exodus.

As the year progresses and the students learn all about school and the wondrous things that happen there, they fall in love with their teacher and have lots left over for us volunteers. They want to show us what they have learned. We work individually with every child, but especially those who are having some trouble mastering beginning reading and math. Fortunately, we think we’re in pretty good shape to help them in these subject areas. Sometimes the toughest part is getting up and down out of those little, tiny chairs or worse up and down from sitting on the floor to read with them.

When we arrive each day, we are greeted like rock stars. They regale us with their latest accomplishments or their occasional unhappiness with another student. New shoes are thrilling and loose teeth are mysterious badges of passage. They love the variety in their days as well as the routine. They each have memorized their passwords so they can access the reading and math programs on their ipads. And they are really learning from these programs. It’s remarkable and humbling at the same time.

In the Spring, there are field trips. The first is often to a park to go hiking and observe nature. Balboa Park and the wonderful museums have the kids enthralled and engaged all day. In June, they take the radish plants that they’ve each been growing, get on the bus, and go to the Del Mar Fair. This is the true testing ground for volunteers and the proof of stoutness of the heart. So far, we’ve not misplaced a student nor collapsed from heart failure.

In shape? Hopefully. Ready for next year? Absolutely!♦

IN MEMORIAM

Dorothy Norman
Wife of Nelson Norman
History
January, 2018

Houston Burnside
Teacher Education
March, 2018

Joanna Kendall
Wife of Lloyd Kendall
Education
March, 2018
About 80 SDSURA members and guests gathered at the Bali Hai on February 14 for the annual Valentine’s Day luncheon. Before serious eating began, everyone sang happy birthday to Vytas Dukas, SDSURA’s Valentine’s Day birthday boy who was celebrating his 95th! For the meal itself, partygoers enjoyed a bountiful buffet: salads, stir fry veggies, garlic mashed potatoes, entrees of glazed pork loin, teriyaki chicken and blackened salmon, and the traditional dessert of pineapple upside down cake. Entertainment was by the duo Sentimental Journey who crooned old favorites made for singing along, and some dancing too.

A big thank you to Ann Lepage and Mary Nelson for planning and coordinating party arrangements, to Joan McArthur for the lovely centerpieces, to Deb Quett and Linda Stewart for staffing the welcome table, and to everyone who attended. An extra bonus was that by the close of the day, around $300 had been donated to the SDSURA Scholarship Fund. A sweet way to end the festivities!
GETTING INTO AND STAYING IN SHAPE
Pat Coffey, Business Affairs

When I was growing up, I was terrible at sports. Back in the day, we had “girls” rules for almost every sport, the stupidest being basketball. You could bounce the ball only twice when dribbling, there were 3 guards and 3 forwards, with the guards and forwards being restricted to their half of the court. The bad players were always guards and never got to shoot a basket.

I was always given a position in any sport that didn’t have much action, so I was a spectator. I remember when watching the action from afar, really wanting to be good at sports, so I could be part of the action and make a basket, score a goal, or hit a home run.

When we moved to San Diego, my husband and I started to jog and to ride our bikes. Then, when I got a job at SDSU, I rode my bike to work every day. I developed some strength in my legs after biking to work for 24 years.

When I retired 20 years ago, I decided to make going to the gym my job. I started out with water aerobics and then added Zumba. I found out that your bones know that they don’t need to be strong in the water, and I was concerned about osteoporosis. Also, my mom got dementia in her later years, and I wanted to prevent that if I could. So, I continued with the Zumba and added Turbo Kick Boxing and Body Combat. Learning the steps is hard for me due to my lack of sports ability, so this is exercising a different part of my brain. I will turn 80 in a few months and realize that my childhood wish of being good in sports has come true. Hopefully my body and my brain will keep in shape for a long time.

CLIMBING INTO SHAPE
Ed Deaton, Mathematics

It was July 4, 1986 at Alma Marosz’s home just across the freeway from SDSU. Alma, you remember, was a professor of mathematics and for years, the Administrative Assistant to the President of SDSU. She also made the best blintzes in the western hemisphere.

It was a big party, mostly mathematicians but some humans also. After all Alma and her husband Henry were orchid growers, big time. They had a large green house, over 600 orchid plants. (I took care of them one summer for 6 weeks.)

When my wife, Mary Dee Dickerson (Family Studies) and I returned home, I looked at myself and did not like what I saw. I was 55 years old. It was time to get into shape.

The next day we went to Lake Murray and walked some distance around the lake. Later we met Nancy Carmichael (Biology) and her sheltie. The four of us walked and walked. We progressed to doing four miles per day. After I was walking a 15 minute mile, then 14 minutes and finally 13 minutes, 20 seconds per mile I was pleased. The time is not good for most people, but I was happy. I began to climb Cowles Mountain which is just under 1000 feet from starting point to the top.

I climbed five times a week. Lee van de Wetering (Mathematics) joined me on Sundays. Sara Baase (Mathematics and Computer Science) was there frequently. After I started climbing Cowles I began to take a small sack and pick up broken glass on the trail. Quickly other climbers did the same and within a few months the trail was clear of trash and glass.

In early 1987, feeling pleased with myself, I announced to my children that I was going to go Sequoia National Park (where we had camped for 13 years) and climb to the lowest of the four lakes on the lakes trail out of Lodgepole. I told them I was going to Pear Lake. I had been there earlier on my way to the highest lake, Heather Lake. Naturally I had reversed the names of the lakes. So I had to go the highest lake.

I am a small person, 5’6” at the maximum, less now. I never participated in organized sports in school. Of course I played many “sand lot” sports with friends, but I was not good, to be kind. Hiking and backpacking was something that I could do. I had done some backpacking in the 1960’s, but had stopped. When I was getting into shape I began to do one or two backpacks a year, normally with one of my children. I celebrated my 60th birthday on the top of Mt. Whitney.

I am still desperately trying to get into shape. It just gets harder every year. Two mile walks seem to be four miles. My watch runs fast and my feet walk slow.

Ed on Tour Ronde (12,441 ft.) in the French Italian Alps. The drop on three sides of where he’s standing is 1,500 feet.
SHAPE UP, SHAPE SHIFT, SHIP SHAPE, SHIP OUT*
Maggi McKerrow, Theatre

For some strange reason I have recently been in the mood to shape up my house. I am good at staying in shape through exercise, but not so good at keeping my house as ship shape as I would like. Not quite the same as Leif’s theme of “Getting in Shape” but close. In a short story a magical shape shift could occur, but unfortunately in real life short and sharp action is required. No simple solution appeared. The carpet in my bedroom was a sorry sight that soap suds would not resolve. I needed to self start. No sailing seven seas. No shilly shallying around. I indulged in a silent scream and ventured out to the carpet store feeling like a super spy as I tried to find a new carpet style and color that would soothe my soul and not put my budget into shell shock. Success! I found a carpet that fit the bill and arranged for it to be delivered and installed in about a week.

Shucks. Now I was on deadline to start from scratch, sort my stuff, and ship out spurned objects. Feeling a bit shell-shocked I set to work. Pretty soon my bedroom was at sixes and sevens with piles of possible rejects. No savior in sight I sighed heavily and headed for the kitchen for a super sweet succulent snack to cheer me up. No sugar shock. Energy returning I grabbed a couple of big black plastic bags and pretty soon they were filling up with a sand storm of objects that were no longer super stars but heading for their swan song. I gave short shrift to old shoes, saggy socks, ill fitting swim suits and similar stuff. Of course there were some surprises. While I was certainly not born with a silver spoon in my mouth I do own some soul soothing items of value which I had not seen for some time. I sighed over them and safe-guarded my treasures in a sanctuary on a shelf in my closet. Feeling like a super star senior citizen (no longer slip shod) I stuck with the project till my closet was spick and span and I had several big bags of slightly used rejects ready to ship out to the Salvation Army or some other charitable organization.

A few days later the carpet installers showed up. Before they set to work I caught my cat Matilda and shut her up in a cat carrier in my living room so she could safely scrutinize the action with a staff sergeant attitude. Not exactly surveillance, but close. In a couple of hours the work was done and the room looked spanking new. I liberated Matilda and, feeling like a sole survivor, began the tedious task of reassembling my bedroom and closet. It was a slippery slope, but I survived and now every time I go into my bedroom I pat myself on the back. No longer a sad sack but the satisfied and smiling wearer of a star spangled crown awarded for successful attention to duty. Now for the living room! Sigh.

*Special thanks to Frank Stites for enthusiastic participation in this project and splendid suggestions of ss phrases.*

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In case you were wondering how many “ss” phrases Maggi used in “Shape Up, Shape Shift, Ship Shape, Ship Out,” there were forty-five (more or less). They are listed below, with some bonus phrases just for fun. We invite you to try your hand at writing an article or poem using these “ss” phrases (or any other letter combo that strikes your fancy) and share it—short and sweet or long and lovely—with PostScript.

- Super Star
- Super Spy
- Savory Supper
- Staff Sergeant
- Starlit Sky
- Sorry Spectacle
- Silver Spoon
- Struggling Senior
- Savage Satire
- Simple Simon
- Safe Sex
- Shilly Shally
- Short Shrift
- Sorry Sight
- Swan Song
- Start from Scratch
- Short and Sharp
- Stay in Shape
- Spick and Span
- Stars and Stripes
- Senior Citizen
- Soap Suds
- Shell Shock
- Sand Storm
- Straight Shot
- Saucy Sister
- Swift Stream
- Silly Season
- Single Subject
- Short Story
- Silk Slippers
- Succulent snack
- Simple Solution
- Star Spangled
- Shining Star
- Silent Scream
- Super Sweet
- Sugar Shock
- Shape Shift
- Self Starter
- Slippery Slope
- Sloppy Slouch
- Sad Sack
- Sacred Screed
- Super Sleuth
- Ship Out
- Sole Survivor
- Sharp Shooter
- Sixes and Sevens
- Slip Shod
I have known Roy for over 50 years. He joined the SDSU psychology faculty in 1963, and I came here in 1965. Roy D. McDonald passed away, December 3, after a long illness. Roy worked in our department from 1963 to his retirement in 1992. He earned his BA and PhD degrees at the University of Texas in 1955 and 1963, respectively. He was hired at SDSU as an Assistant Professor in 1963, was promoted to Associate Professor in 1967, and to Professor in 1973.

As a faculty member, Roy regularly taught courses in Psychology of Personality and Introduction to Theories of Counseling and Psychotherapy. Roy’s research focused on hypnosis, with publications in the American Journal of Clinical Hypnosis as well as the International Journal of Clinical and Experimental Hypnosis. In 1986, he offered a special graduate seminar in hypnosis. In addition to his teaching and research activities, Roy worked as Counselor at SDSU’s Center for Counseling and Placement and as Consultant to the Division of Research and Evaluation of the San Diego Unified School District. Upon retirement, Roy and his wife Virginia became active and contributing members to SDSU’s Retirement Association.

When I arrived at SDS(U) Roy became an unofficial mentor for me among the clinical faculty, which was enormously helpful in adapting to the large Psychology Department, a faculty of 35. There were some things you needed to know to do well here. For example: who was the best statistician to ask for help, who was difficult to deal with, etc. Of course, the key was to get to know the secretaries as they were the ones who knew what was going on and could help you with basic information about how the place really runs.

As time went on Roy and I became even closer as we shared interests in sports, music, camping, and political persuasions. We went to Aztec games together, to his and Virginia’s house for hootenannies and dinner parties where we met other faculty. Being invited for dinner parties with senior faculty was a nice tradition that has been lost over the years. The McDonalds’ had the best outdoor patio, so we spent many a night there with our friends. The most memorable was the power outage night (ended up grilling on their patio).

Roy was instrumental in getting me involved in Peace Corp selection with him. We did that for a number of years, and I have fond memories of us trying to brainstorm and predict who would probably wash out of the training. None of the traditional measures worked very well, so we relied upon observing interactions with others and asking what they thought of each other. Those were the most effective predictors of all.

We spent many holidays camping in San Felipe with the McDonalds and some other faculty families. One thing I specifically remember is Roy playing his guitar while we went around the campground singing Christmas carols to other campers. (I’m sure a few margaritas were involved in that as well.) My children still talk positively and have fond memories of those holidays.

We also went on cruises with Roy and Virginia to the Western Caribbean and the Panama Canal. He and Virginia were world travelers and we benefited greatly from their knowledge in that area.

Roy and I were in a choral group known as the Choraleer’s that turned out to be a lot of fun. We were part of a men’s group that went to coffee together frequently and ended up doing some quartet singing as a result.

As we all began to retire, we continued to get together and formed a Psychology Breakfast Group to make sure we met at least once a month. We did a number of trips together on a Mexican Riviera cruise, a trip to Sedona, Canyon de Chelly, and Laughlin. We still meet today but as a much smaller group now.

Roy and I both spent some time in Brazil, he became the Center director and a faculty administrative assistant. Along with several other projects, the Center administered a long-term million-dollar U.S. Agency for International Development Project in collaboration with the Brazilian Ministry of Education. A team of SDSU and other U.S. faculty served two-year terms in Brazil, working with ministry officials. The team sent Brazilian educators to the U.S., some to study for Master’s degrees and other small groups of non-English speaking participants for short-term programs.

Getting to Know Lloyd. When I started my Foundation job, Lloyd was serving a two-year term in Brazil, so I frequently heard good things about him. Some time after Lloyd returned from Brazil, he became the Center director and was my new boss. I had the pleasure of working with him for several years in the
1970s, and have known him for almost fifty years. A few memories follow.

**Kitchen Seminars.** The Brazilian participants all loved Lloyd. He spoke their language and enjoyed their culture. He went above and beyond to make them feel comfortable in the United States. One example is his introduction of kitchen seminars for the Master’s degree participants studying at SDSU. He learned that the participants, used as they were, to having servants in Brazil, and therefore not knowing their way around the kitchens here, were cooking unwrapped TV dinners in the oven and hosing the kitchen floor to clean it because Brazilian kitchens had drains in the floor. Lloyd, with his lovely and fun wife Joanna, planned and led kitchen seminars for the participants at night. No more smoking ovens and flooding kitchen floors. . . .

**Adventures in Brasilia and Rio.** In the mid-1970s, SDSU faculty member John McLevie, serving as Chief of Party of the team in Brazil, was an excellent, highly-respected, leader. He invited Lloyd and me to visit the team’s headquarters in Brasilia and follow up on opportunities with officials in Rio. This was a great visit that led to many memories, including meeting with Brazilian officials and visiting a middle school named Escola Polavalance San Diego, honoring the team’s work. On the way home, Lloyd chose to fly through Manaus, where two of the current San Diego participants came from, and I went too. Little did we know we might end up stuck there in the airport!

**Leaving from Manaus.** I got the seats. Lloyd always claims it was my white boots and short skirt that did it. Remember, I was much younger 40+ years ago. And when we got to San Diego, my daughter Teri met us at the airport that night, and, as arranged, delivered Lloyd to his home first. It turned out all the doors were locked. Always a problem solver, Lloyd discovered an open window and boosted my daughter through it so she could open the door.

**Storytelling and Entertaining Students.** Did I mention that Lloyd enjoyed telling stories? Although I never saw Lloyd in action teaching, two of my daughters took classes from him at different times. They said he was an excellent teacher. And, of course, guess what one of his stories was? Manaus and their mom’s white boots. I’m sure he told many more stories and his students learned a lot.

**The Generous Kendalls.** Lloyd and Joanna have been active, generous, SDSURA members since they retired. They’ve been big Oktoberfest supporters, with time and treasure, and now their children are following with Oktoberfest support.

**About Lloyd.** What I noticed, especially when working daily for him, was how calm, confident, trusting, optimistic, cheerful, genuine, and generous he was. He liked to joke, even in challenging situations. Lloyd Kendall was, what is commonly called now, a “quality person,” and he made my job fun.

**Other SDSU Faculty Contributing to the Brazil Project.** Although this article is about remembering Lloyd, I’d like to mention several other SDSU faculty and SDSURA members whom I admired and enjoyed working for and with: Mark Steckbauer, John McLevie, Bob Nardelli, Fred Schrupp, Bob Gray & Carol Charles.

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**REMEMBERING CLARENCE (CHIPS) FISHBURN: STALWART SCHOLAR**

Leoné McCoy, Teacher Education

To have followed in the footsteps of men and women who served in our wars is a humbling experience. Some were more harrowingly challenged than others, but lived to tell the tale. Those who came to know and admire and work as colleagues with the courtly Clarence (Chips) Fishburn appreciated his story as a USAAF lieutenant in World War II, who, as a prisoner of war in Germany, was repatriated after a year’s captivity. Through those dark days, into his very bones was forged an honored survivor. Those times still lay heavily on his soul.

At one time in our careers at San Diego State, Chips Fishburn’s office was next door to mine. To be able to stop by and discuss some academic matter or, better yet, to address some philosophical issue, was inspirational to me. There was

(continued, page 10)
virtually nothing institutional about his one-member office, or equally about the man himself, save for the mightily filled metal bookcases that lined his office walls. He had brought in a finely crafted wood desk, outfitted with an electric typewriter, no computer (yet to come). There sat the drafts of his latest writing, a proud-looking inkwell, always to catch the eye, and several turquoise objets d’art. He had also added a small Navajo rug, its ancient design and warm earth-tones, both intriguing and relaxing. Chips Fishburn was, after all, a son of Arizona.

Not to get lost in these earlier observations, we should recall the calm, steady presence that he projected often during a Teacher Education Department meeting or two, when we members of the faculty might too vociferously have taken sides on some issue. Chips Fishburn interceded. He reminded us all of what we were there to accomplish and of our obligation to work together for the common good.

On Sunday afternoon, March 11, a group of thirty SDSU Retirement Association members and guests made their way to SDSU’s Experimental Theatre for a performance of Stephen Sondheim’s Company. Afterwards, one theatre goer expressed what many of us felt: “How absolutely uplifting to see a wonderful musical!” Powerful lyrics, heavy issues, and outstanding work by the actors combined to make this a memorable “Day at the Theater” for everyone.

Prior to the performance, playgoers were welcomed to an SDSURA hosted reception in Room 5B of the Drama building where Jonathan Brugioni, the actor playing Robert (the central character in Company), shared background on Sondheim, the musical, and SDSU’s Masters of Fine Arts in Musical Theatre program. Though he would be on stage at 2pm, Jonathan arrived in Room 5B before 1pm and stayed past 1:30, generosity we all appreciated. Jonathan talked about Sondheim’s career, reminding us of his early collaboration with Leonard Bernstein in West Side Story (1957). Company opened on Broadway in 1970, a concept musical, and was nominated for a record fourteen Tony awards. It won six, including best musical. The production we saw, engaging and contemporary as directed by SDSU’s Stephen Brotebeck, underscored why Company is considered one of Sondheim’s greatest works.

We learned from Jonathan that Company’s rehearsals were held, where we sat, in Room 5B, a fun behind-the-scenes connection to the upcoming performance. Brugioni also noted the significance of the production for the students in this MFA cohort who would soon be graduating in the spring. One of the reasons they had chosen Company to end their MFA program was because it gave all a chance to perform important roles. And for Jonathan, playing Robert was especially meaningful, letting him act on stage with each cohort member, one last time. I found myself watching the play with that special insight in mind, enjoying the interactions of all the players and knowing that they would soon be moving on with their post-MFA lives. It added another layer of appreciation to my play-watching experience.

Many thanks to all who helped this “Day at the Theater” for the spring semester come together: to Maggi McKerrow who coordinated the theatre arrangements, to Sharon and Dean Popp who provided the yummy refreshments for the reception, and to the SDSU Musical Theatre program and its students. For the past two years we have enjoyed “Day at the Theater” performances by this extraordinarily talented group of actors in such plays as Jesus Christ Superstar, The Full Monty, Enchanted April, and now Company. We wish them all the very best in their future careers!
QUIBERON, AND LIFE IS CHANGED FOREVER
Madeleine Scott, French and Italian Department and Barbara Barnes, Enrollment Services

As she reaches her 90th year, SDSURA member Madeleine Scott has published a book—Quiberon, and Life is Changed Forever. Quiberon is the town in France where Madeleine and her little sister, Paulette, were taken during World War II after the Nazi occupation of France. The girls were left with a Catholic family, and in her moving and inspiring memoir, Madeleine shares memories of those times spent as a hidden child during the war.

I asked Madeleine a few questions about Quiberon and her writing process. Here is what she said.

When did you decide to write Quiberon and what made you want to tell your story?

Not much of my WWII experiences in France were shared with my children, family, and friends, for the last 40 years or so. As I reflected on what happened to me, I began writing notes. After my retirement from San Diego State University more time was available to accumulate enough information to start the book. Also, with the encouragement of family and friends, the publishing project and sharing of my family’s nomadic story became a pursuit. While I am fully aware other writings have been done about these types of experiences, mine has its own unique set of incidents. There must have been difficult times to write?

The nearly two-year separation from my parents and siblings was very difficult to consider. Our separation from our Catholic family when the time came to leave them. Our initial entry into the United States as non-speaking English people, and cultural assimilation were at times somewhat agonizing to mull over.

How long did it take you to write?

Too long. It took over thirty-five years. There have been many interruptions throughout the years. Trips to weddings, family/friend visitors, and most recently three-femur surgeries, with much needed recovery time. My husband’s recovery from lower back challenges set us back almost 4 years.

Did you ever think, “I’m never going to finish?”

Many times. Often there were some emotional breaks in having to look back, which caused a need for a recess from time to time. Sometimes it became difficult to get some facts down. My sister was eight years old and I was eleven years old during the crucial period. Occasionally I chided my husband about his part in the process: “I am wondering if this book will be published before I die”.

Do you have a favorite part of the book?

The most satisfying part of the book is the heartfelt recognition of my blessings, our survival, through the incredible will of my parents, and my adopted French Catholic family.

P.S. We are still communicating regularly with the next generation of our French family, traveling back and forth several times, with different members of each family, we have visited each other.

There must have been difficult things to write?

The nearly two-year separation from my parents and siblings was very difficult to consider. Our separation from our Catholic family when the time came to leave them. Our initial entry into the United States as non-speaking English people, and cultural assimilation were at times somewhat agonizing to mull over.

Where did you write? Did you work daily or did you wait for inspiration to strike?

Most of the writing was done in the comfort of my home. When remembrance of certain situations came to mind, I felt compelled to put them down.

How did you write Quiberon—by hand, typewriter, computer?

The writing was done rather intermittently, during leisure time and when I was motivated to do so. Initially, much of the writing was done by hand. The more I got comfortable with the computer, it definitely replaced the laborious handwriting and editing.

Would you like to say a little more about your husband’s part in the process?

Clarence gave me the quiet I needed to be able to write my story. He has given me love and support for the last 43 years. What kept me going was his enthusiasm to visit and see for himself what my experiences had been during the war. When we traveled to France reuniting with my adopted Catholic family, he was eager to photographically chronicle the journey. He took numerous photos in Quiberon and Brittany, where my sister Paulette and I were hidden. As a graphic designer, by profession, he was immediately helpful using his knowledge to publish my story. It was a gratifying accomplishment for us as a couple. Life is so good, when we are able to enjoy and use the ability we have been given to develop the talents we have.

Is there one important message that you would like your readers to take away from this story?

Never to take the life we have now for granted. Everyone’s history is important. Never forget what happened in our history and hopefully never having to repeat it.

And finally, Madeleine shares some helpful words on publishing a book.

Clarence and I used Create Space as the vehicle to publish this book. My husband, as a graphic designer, has a creative interest in fine arts, and graphic arts/printing. During the production process of the book, he was challenged to learn how to do PDF conversions in three software programs—CS3 Adobe illustrator; CS3 Photoshop and QuarkXPress 7.5. He did the spine, front and back cover design, and the whole interior book layout at home, supplied twenty-three of the fifty-three interior photos, plus he created the two interior maps! He was absolutely ecstatic when the publisher told him the PDF’s met their requirements for publishing the book. The pre-press production, including typesetting, is all part of his acquired expertise. Amazon is the original distributor, though other bookstores carry this book.

Madeleine would like to thank friend Ronald Young for his support and help in editing Quiberon and Life is Changed Forever. The book is available at Amazon, Barnes and Noble, and other bookstores.
Although there were few desert wildflowers to go searching for, this year’s 27th annual Borrego Desert Escape once again featured a super bloom of continued and renewed friendship, conversation and laughter. Coach Jim and Carol Dietz repeated their win of the prize for traveling the longest distance to attend from their Oregon home. We just wish we could have given them a little more sunshine and warmth.

Each year I struggle just a bit with trying to make this article a little different, but this year provided some new material. Since last year’s trip, Barbara and Steve Barnes became Borrego vacation homeowners, and they played super hosts to the whole group of 30 for an open house where on Wednesday afternoon we were plied with sangria and an array of tasty munchies and received an exuberant greeting from their two resident canines including still puppy goldendoodle Winnie. Another highlight of the week was the opportunity to gather as a group to watch the SDSU basketball team play Houston in an edge-of-your-seat first round NCAA tournament game. If only our team had gotten super hot just a minute or two earlier!

New to our schedule was changing our St Patrick’s Day celebration to the middle, or Wednesday, evening, thus catching those who chose to stay two rather than three nights. We will plan to repeat that next year. The menu included all the usual: corned beef and cabbage, roast potatoes, carrots, onions, and, authentic Irish soda bread. Of course, the meal was topped off with green mint moose tracks ice cream. As always, there was plenty of time for the usual hikes with big horned sheep sightings, a little golf, drives to explore the surrounding desert, reading, and puzzling.

Special thanks go once again to Ann Burgess for her margaritas, smoothies, and secret recipe waffles and to Gloria Ross for the yummy corned beef, which was barbecued by Ron Young and expertly carved by Rick Schulte and Jack Stewart. As always, thanks are due also to all those who helped things run smoothly by pitching in so willingly to help prepare, serve, and clean up after meals.

Planning has begun for next year with a block of rooms reserved for Tuesday, March 12th through Friday morning, March 15th, 2019. Reservations may be made at any time beginning NOW by calling 760-767-5341. Make sure to identify yourself as a member of the SDSU Retirement Association. Room rates will remain the same as this year.

Don’t forget to check out pictures of this year’s fun on the SDSU Retirement Association Facebook page. If you are not yet a member of this page, email Ron Young at ryoung@sdsu.edu and request an invitation to join.
Ode to SDSU Retirement Association

It all began in ‘86 with the help of Thomas B. Day.
In an office at 160 Campanile Drive, the RA was on its way.
Applaud Aubrey Wendling, founding president and his lifelong helpmate, Lucille.

With their stated goals of seminars, tours, and with socials and scholarships, too,
All documented in a thrice-yearly Postscript reporting the old and the new,
Many thanks to Marybelle S. Bigelow and two helpers assisting with zeal.

There were music-filled camp trips exploring Baja, on the west coast and yes, on the east.
The first annual holiday dinner ensued with the Clauses and oh, such a feast!
Celebrate C. Dale and Maxine Johnson and the Faculty Staff Centre crew.

‘89 ushered in the Oktoberfest picnic, then a Valentine’s dinner next Spring.
Soon a Lawrence Welk theatre and Silverwood trip. Golf and tennis became the sports thing.
Jazzed by George Sorenson, Helen Scott, Andy and Lil Olson, to name just a few.

The Borrego Desert Retreat first appeared in the year of ‘92.
And a seat on the Senate helped carry our weight to enhance our all-campus purview.
Generated by John Dirks and Henry Janssen, who introduced these two events.

‘96 let us welcome President Weber, also Gradfest and Kentucky Derby, too.
The next year began our Del Mar Races and Centennial for SDSU.
Tender handshakes to Trish and her hubby, Lew Moulton. Their horse sense showed excellence.

The office we occupy now has been ours since 1998.
Activities blossomed throughout our first decade and are not about to abate.
Virtues to volunteers, dozens no less, whose shoulders we stand on today.

So with scholarships, field trips, and social events, also workshops, all part of our aims,
Let us pitch in for progress and do what we can to meet or exceed our claims.
Allegiance to all of us, let’s do our part and continue advancing this way!

Jerry W. Koppman

We would like to thank Rob Ray and SDSU’s Love Library for permission to use the photographs of Roy McDonald (page 8), Clarence Fishburn (page 9), and Al Johnson (page 10). The images are courtesy of Love Library Special Collections and Archives.

OUR MISSION
To serve the mutual benefits and interests of retired and near-retired faculty and staff. To facilitate continuing contributions by members to the furtherance of the scholarly and other professional objectives of San Diego State University.
LEGISLATION IN PROCESS
Tom Donahue, ERF A and Benefits

Those of us working on our taxes after the new tax cut legislation this year received a real head-slapper of a cover letter from the IRS. We are told by those good folks that “we strongly encourage you to visit IRS.gov for updates on the implementation of this law.” This means, obviously, that the IRS is unsure that it has all the details of the new law worked out and set down correctly. It is a good idea for us to try to see what the new law portends for CSU retirees, but we must realize, thus, that details will be reworked and reformulated during the near future.

Let’s see how things stand at present. To begin with, the new Tax Cut and Jobs legislation shifts tax brackets to smaller percentages, raises the standard deduction for individuals and couples, and does away with a great many deductions which we have been accustomed to using in the past. The results at this juncture have been great for the Dow Index—certainly to the advantage of CalPERS investment practices—and stock prices continue to rise. But there are hidden costs to individuals with the new legislation, and retirees must be watchful in 2018, 2019, and beyond. Here are some issues we should follow:

—Although the new standard deduction is $24,000 for couples, the Senior Tax Credit has been reduced to $2600 per couple.

For those who itemize their deductions,
—According to CNN Money as of December 17, 2017, there is a total of $10,000 permitted for deductions for sales tax, state income tax, or home property taxes.
—Casualty losses may no longer be deducted, unless they are incurred in a disaster, declared by the President.

Of continuing interest to retirees are the facts that:
—Medicare, Medicare Advantage, and Medicaid will be at risk for cuts.
—The value of employee health programs may come under the threat of new taxes.
—The interest on present and future home equity loans is no longer tax deductible.

For those in earlier stages of a career,
—Moving expenses are no longer deductible.
—There are likely to be taxes on university-sponsored tuition support for the children of professors.
—There will be no deductions for private activity bonds, if a university considers issuing these.
—Investors will find that there is no exemption for the costs of refinancing municipal bonds, and there will be no 4% tax credit for affordable housing.
—For private universities, endowments that provide an invested amount of $500,000 for each enrolled student will be taxed.

At the same time, as their deliberations continued, legislators showed that they would respond to outside pressures from influential constituents. Consider the following:
—Deductions on interest for mortgage loans will be permitted up to a total home loan value of $750,000.
—Deductions for medical expenses rise from 7.5% to 10% of adjusted gross income in 2018 and 2019.
—Child care tax credits have been provided with a maximum of $3000 for one child, and a maximum of $6000 for more.
—Both Coverdell contributions in support of youngsters under 18, and 529 instruments for future college students will be sustained.
—Interest on student loans remains deductible.
—Tuition waivers for graduate students will not be taxed.
—Out of pocket expenses for teachers are sustained, but at a ceiling of $150 instead of $250.

The new tax cut legislation, which was drafted in haste and will surely undergo revisions in the near future, will have an enduring impact upon us as retirees. It might be a good idea to keep track of changes to the law as these develop in coming months. If you personally have new or additional experience with this legislation—and if you believe that sharing this (anonymously, of course) in future columns here will help the rest of us—please write Tom Donahue at donahue_thomas@ymail.com.

TREASURER’S REPORT
Deborah Quiett, Treasurer
SDSU Retirement Association Accounts as of March 31, 2018

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Above: Bob Yonemitsu, Rick Schulte, and Nancy Carmichael during a recent Duffers round at Willowbrook Golf Course. The Duffers play on the first Thursday of the month. For more information, contact Jack Stewart at cstewart@sdsu.edu.
The theme for the next issue of *PostScript* is Transformational Art Experiences. We hope you will write and tell us about paintings, sculpture, architecture, plays, operas, movies, or museum exhibits that were a revelation to you. Here are three examples from my life.

In 2003 in New York City I saw an extraordinary exhibition at the Metropolitan Museum entitled *Manet/Velázquez: French Taste for Spanish Art*. To this day I can vividly recall many of the sumptuous paintings, especially the giant portraits, that were displayed in the Met galleries. Since I was a child I have loved the visual arts. I’ve hiked the marble floors of some of the world’s greatest museums; the Louvre, the Hermitage, London’s National Gallery and Portrait Gallery, the Prado, the Vatican Museum, the Van Gogh Museum and more. So why did the *Manet/Velázquez* exhibit at the Met make such an impact on me? Partially because of the number and quality of the paintings. I had never seen so many Spanish masterpieces displayed together—Velázquez, El Greco, Ribera, Zurabán, especially hung beside French masterpieces by Manet, Degas, Courbet, British artists like Sargent, and American artists like Eakins and Whistler. As a New York Times reviewer commented “The level of painting is almost absurdly high.” I was thrilled. I walked around with a big smile on my face. On top of that I learned something new. Late Nineteenth century European and American painters were significantly influenced by great Spanish painters. Manet saw the work of Velázquez and changed the way he painted. Art made a turn from the romantic toward gritty realism, simplified backgrounds, flattened figures, harsh paint colors. I am certainly not an art expert but for me the exhibit was transformational, a revelation. I will always look at late 19th and early 20th century art in a new way.

As a dedicated fan of Shakespeare I have seen all thirty-seven of his plays performed on stage, some a number of times. Seeing different productions of a great play is almost never boring, though I admit to irritating moments! Recently a friend and I walked out on an Old Globe *Hamlet*. Sometimes a production can enrich your understanding of the characters or the plot. Years ago I saw a production of *Hamlet* at the Stratford Festival in Ontario, Canada. The role of Claudius (the man that Hamlet’s mother Gertrude marries right after his father dies) was played by an actor who exuded charisma and charm. He was gorgeous. It was a revelation. I got it. So that is why Gertrude marries him so suddenly. Aha! When I see *Hamlet* performed today I am disappointed if Claudius is unappealing. The plot makes more sense if he is an attractive man. Revelation.

A week or so ago I saw the production of the Sondheim musical *Company* at SDSU. The play opened in 1970 and is about a man named Robert and his married friends. At SDSU the director Stephen Brotebeck cleverly chose to set the play in 2018. The actors all carried cell phones and used them to text or make the phone calls that are a part of the script. On a wall behind the actors was a series of screens on which were projected the cell phone screens and messages. It was a very clever way to do the play and perfectly executed. If you had asked me ahead of time I might have said the play was dated. The cell phones made *Company* seem timely forty-eight years after it was written. That is hard to do. Kudos to Brotebeck for an excellent idea and to Sondheim for creating a show that resonates today. Revelation.

So, that is what I have to say. Write and tell us about arts experiences that you remember vividly. We want to know the scoop!
Save the Date

Annual Spring Luncheon,
April 25, Tom Ham's Lighthouse

Kentucky Derby Party, May 5, Santee Lakes

Day at the Races (July, TBA), Del Mar Racetrack

Coming in the next

PostScript:
"Transformational Art Experiences"

Left: The Thomas B. and Anne K. Day Quad
Bordered by the buildings of the Engineering and Interdisciplinary Sciences Complex which opened on the first day of the 2018 spring semester, this lovely new quad offers an open area for faculty, staff, and students to meet, share ideas, relax and even play ping pong. Hardy Tower rises above the tile roofs in the background.

DEADLINE: July 10, 2018

Please e-mail your double-spaced article of approximately 400-500 words to whitesagecafe@aol.com. If you have no access to a computer, mail your typed or clearly printed article to 4829 Beaumont Drive, La Mesa, CA 91941. Scanned photos may be sent as an attachment or mail photos to Barbara Barnes at the above address. Photos are appreciated and will be returned.

PostScript is published by the San Diego State University Retirement Association
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