August 2017

President’s Corner

By: Lin Ivory

The Gazette already has a lot of contributions by me, so this is short. I’ve been contemplating the zip codes of our members, not because of my geographic bent, but because it would be nice to sponsor some events outside of San Francisco and the northern peninsula for our more distant members. I don’t have to tell you that zip codes within 10 miles of the campus dominate, but we do have about 30 people to the north and a similar number in the East Bay (not counting the Sierra foothills, a bit “far east”). A special thank you, by the way, to our members at a much greater distance – thank you for belonging! A special thank you to our newest Board member, Gary Penders, who comes for each of our board meetings from Windsor.

You know your own neighborhood best – if there is an attraction or an event that might draw a small crowd, please let me know by email at retire@sfsu.edu or leave a message at 415.338.6953 (messages – I check about once each week). We can use help planning and organizing events, too. There are plenty of tasks to go around.

LaVonne Jacobsen
President

The UWA & SFSURA

By: Lin Ivory

Many of you may confuse the UWA with the SFSURA, not too surprising since a lot of us are members of both with long-standing ties to the university. The University Women’s Association began back in 1949. Everyone is welcome to attend the UWA and SFSURA events, including men and non-members. Anyone can become a member for $40.00 per year which entitles you to advance notification of events and newsletters. SFSURA dues are $30.00 per year. The San Francisco State University Retirement Association and the University Women’s Association do not receive a budget from the university or the state, so we exist because of membership dues and contributions.

The most important activity of the UWA is the awarding of annual scholarships to promising SFSU students in need of financial support, thanks to contributions and funding raised by the annual cruises. This year’s scholarship cruise from Rome to Venice begins on August 30, and 16 of us are packing our bags as we speak. The photo is of Arline and Jim Van Ness on the 2016 UWA Cruise to Tahiti and French Polynesia.

Continued on Page 8
The Politics of Art
By: Robert Cherny

“Victor Arnautoff and the Politics of Art” by Bob Cherny. Bob’s book about Victor Arnautoff was published in March of this year by the University of Illinois Press. Locally we think of Arnautoff as a leading muralist during the New Deal era and some of his work is at Coit Tower. His entire life was much more—an interesting path from “Tsarist officer to leftist painter,” to quote the publisher. The exhibit and activities were organized by the Labor Archives and Research Center and will be in the Special Collections Reading Room and Gallery on the 4th floor of the J. Paul Leonard Library. The exhibit features examples of the art work of Victor Arnautoff over his career with an emphasis on his “art for the people” including a reproduction of his recently rediscovered New-Deal-era public mural for the Richmond Post Office and a selection of works on paper spanning his entire career.

September 13th—Exhibition Opening 5:00–7:00 PM. Reception 5:00—6:00 PM, Lecture on Victor Arnautoff’s career at 6:00 PM. Exhibition viewing before and after the lecture.

September 19—Lecture from 9:30 – 10:45 AM on “Victor Arnautoff and Cultural Politics during the Cold War,” followed by Q&A and a chance to tour the exhibition. The lecture is part of the annual SF State Rights Conference, San Francisco State University.

Travel Tip

If you’re like most travelers, you can’t resist posting photos of yourself in different destinations every time you take a trip.

When you post a photo from your phone on social media there is a good chance there’s data within the image that can easily be accessed by criminals to determine where it was taken.

Then they know within a few clicks if your home is empty.

Try and resist that temptation for instant gratification, and wait until you return home to post all those pictures.

Now if you simply can’t wait, then find the setting on your smartphone or camera to disable something called EXIF data.

Also be careful about checking into certain websites, because you’re using location services. That gives anyone who might have access to your social media an approximate location of where you are at any given time.

Unless you want the entire world to know exactly where you are, wait until you get home to post those photos.

Price of National Parks Senior Pass Going Up

One of the great travel deals for older Americans is about to get more expensive. Currently, Americans 62 or older can pay just $10 for unlimited lifetime access to all the national parks that charge admission, as well as to other federal sites. But under terms of a law Congress passed last year, the price goes up to $80 on August 28. You can still get the Senior Pass for $10 if you buy it at a national park, or mail in an application, or buy it online, by August 27. For more information, go to https://store.usgs.gov/senior-pass. You’ll have to provide documentation that you are a US citizen and at least 62 years old.

Exhibit Opening
SFSU Labor Archives & Research Center

Victor Arnautoff & The Politics of Art
Wednesday, September 13th
J. Paul Leonard Library, Room 460
5:00-6:00 Reception
6:00-7:00 Lecture - Robert W. Cherny, Professor Emeritus and author of “Victor Arnautoff & The Politics of Art” (no pre-registration required)

Victor Arnautoff was a leading muralist during the New Deal era, one of his best known works is the mural “City Life” at Coit Tower. The exhibition looks at Arnautoff’s “art for the people” — including a full scale reproduction of his recently rediscovered mural for the Richmond Post Office and a selection of prints and works on paper in support of labor and social justice that spans his entire career.

The exhibition is organized by the Labor Archives and Research Center.
What We’ve Been Up To

By: LaVonne Jacobsen

I have had the good fortune to go to exotic locations like Iceland and Africa, but there is really nothing like a road trip in this country. I like the people we meet and the pace, not to mention the extraordinary landscapes. Recently we spent 18 days traveling through Nevada, Idaho, Yellowstone, Montana, Washington and Oregon before coming home. The primary goal was a week in Glacier National Park but we also went to Craters of the Moon and the Hanford Manhattan Project historic site.

Craters of the Moon National Monument protects a “Great Rift” that is about the size of Lake Erie – easy to understand how astronauts could train in this terrain. Yellowstone was rewarding for all of the wildlife and geothermal sites, of course, and aggravating for the people being foolish (too close to bears & bison, climbing in dangerous locations).

Glacier is breathtaking, even early in the season when the Going to the Sun Road was not fully open (sigh). Not as much wildlife to see this time of the year, but lots of mountains, lakes and waterfalls.

I was not prepared to be so bowled over by the historic B Reactor at the Hanford site. The Department of Energy decided to preserve this reactor because it was completed first and was the source of the plutonium used to test at Los Alamos and then to bomb Japan. Regardless of how you may feel about nuclear energy or arms, it is an engineering marvel. Not even knowing if it would work, it was assembled in 13 months, designing as they went, and operated without trouble from 1945 to 1968. It’s also huge – go see it in person. Other road trip surprises and prizes were interesting: little lunch spots in tiny towns, gorgeous wide-open vistas, and roadside curiosities.

2017 Dues Reminder

Reminders have been sent to members who still owe their 2017 dues. Please respond in a timely fashion or you will be removed from the active member lists. Lifetime members are encouraged to send a donation to help us pay for the travel grant program or other expenses.
In late May, my wife Elaine and I traveled to Havana, Cuba for a week, with a group of docents from the Fine Arts Museums of San Francisco. Although it was only one week, it was a great adventure: many art museums and studios, visits to the old city, visits to museums with the best in Cuban art, rides in the old cars from the 1950’s, and Afro-Cuban jazz in the clubs.

A few observations: where there are tourists there is lots of money being spent on renovations of old buildings, often leaving the interiors as is, and renovating or restoring the front of the building to make them aesthetically pleasing. But in the back streets, many of the buildings look as if they haven’t been touched in sixty years. One exception is the area around Fusterlandia, the studio of Jose Rodriguez Fuster, the Gaudi of Havana, who earns foreign currency with his art, and then uses it to buy building materials to rebuild his neighborhood.

The people in Havana seemed friendly and industrious, just waiting for the embargo to be lifted so that they can get to work improving conditions there. As it is, they depend on remittances from family members overseas. In one university studio we visited, the password to use the Wi-Fi facility is “Lift the embargo”. But generally, people were friendly toward the Americans, or at least non-hostile.

Recommendations: stay at least a few days in Havana, but try to get out to the other cities, and see how the Cubans really live. I’d go back anytime!
Recent Publications on Retirement

As President, I receive copies of publications to announce to our members in case they would like a copy.

*Survivor's Guide: Make Sure Your Wishes and Your Records are Documented*, by CSU Emeritus and Retired Faculty Association. This is a 33 page pamphlet with lists of practical preparation needs and forms to use to record information such as financial accounts, insurance policies, etc. You can get it for $5.00, including postage, from the CSU ERFA Office. Call 818.677.6522 for more information.

*Transforming Academic Retirement: the Performance and Potential of Retirement Organizations in Higher Education*, by Baldwin, Say & Belin at the College of Education, Michigan State University. This 22 page pamphlet discusses a survey of retirement organizations nationally. The survey was sparked by the Association of Retirement Organizations in Higher Education, AROHE, which has a mission of transforming retirement and establishing the value of higher education. For more information, contact me.

LaVonne Jacobsen

More information at: http://www.csuerfa.org/member

You Can Still Make a Difference

By: Gary Penders

When I was in my thirties and knew everything, I came up with a list of the things any one person could do to make a difference in the world. I was brash then, and was fairly sure my list was definitive. There were four items: relieving suffering, adding to the sum of human knowledge, educating (which changes the future), and raising children. I have since realized that other lists may be as valid. What’s yours?

My list went up by one when, after more than eight years on dialysis, I received a kidney transplant in 2013. My deceased donor, of whom I know very little, made a tremendous difference in my life, and in the lives of my family and friends. I have tried to be worthy of that gift over the past four years, so my donor saved my life and made it better with the same act of generosity.

Think you’re past the time and physical shape when you can sign up to be an organ donor? The truth is there are no limitations of age or medical condition. Even at our advanced years and levels of decrepitude, each one of us has the potential to save eight lives and improve the lives of seventy-five others. I signed up, and if I can still make a difference, so can you.

The need is great. 120,000 Americans are waiting for donations, and twenty-two die each day while on the list. It’s a simple process. Go to donatelifecalifornia.org and sign up, tell the DMV the next time you renew your license or identity card, and tell your family about your gift. Simple. Whatever your list is, you will be able to add one more item: becoming an organ donor.
**Tribute to Bill Jones, Theatre Arts**

Former Theatre Arts instructor, Bill Jones, has just retired from the San Francisco Opera make-up department after 45 years at the age of 82. He taught on our campus for decades, was an art director at KQED-TV, designed shows for the Lamplighters and costumes for Beach Blanket Babylon. No grass ever grew under his feet! Bill has been so beloved by his colleagues that the opera's General Director, Matthew Shilvock, devoted an issue of his newsletter to Bill on June 19, 2017, (search the opera web site by name). San Francisco Chronicle published a feature story by Joshua Kosman about him on July 5, 2017. The College of Liberal & Creative Arts has a link to that story in its news section online. Or just search for “Bill Jones” on the university’s opening web page.

---

**Considering Joint Replacement**

By: Ann Shadwick

More and more people are considering whether to have a hip, knee or shoulder replacement. Your first consideration should be whether the pain is becoming overwhelming or limiting your ability to function. When I had a consultation on my shoulder the surgeon was clear: do not come back until the pain is an 8–10 on a scale of 10.

With my right knee, there was no question and I followed the lead of two others on the Board, LaVonne and Kay. When considering knee surgery I urge you to ask if the surgeon uses a "nerve block" after the surgery. This provides medication directly to your leg nerves for a few days after the surgery and minimizes the need for strong medications.

My advice is to follow all the doctor's recommendations and listen to your physical therapist. The key to a successful recovery, besides a positive attitude, is following the prescribed exercise regime. As you consider your options, keep in mind the recovery may be easier when you are younger—wait too long and it might be harder to do the exercises.

Like many, once you are past all of this, you will wonder why it took you so long to have it done. And while I decided not to do both knees at once for a number of reasons I am already asking for a date for the second knee.

---

**Important Change for JPL Library Users**

The Library has a new system for locating books and articles. It may look similar to the old system, but it is one that all 23 CSU Libraries agreed to install and makes it easy to see what those other libraries have. Most importantly, if you were a LINK+ book borrower, that system is gone. The new system, CSU+, makes it easy to borrow books from all of the other CSU libraries and has longer loan periods. To borrow from any other type of library, the system to use is ILLiad. For help, check with the librarians. Retired faculty and staff are welcome to re-register in the library to use it; at this time, only faculty may use the interlibrary lending service.

---

**Donations**

We appreciate the donations made by the following contributor to the Retirement Association Travel Grants Endowment Fund to help fund travel/professional development for current faculty and staff.

LaVonne Jacobsen
William Hammerman died on May 30 at the age of 88. Professor Emeritus of Education, he was appointed in 1960 and became emeritus in 1992. His degrees were from Towson State Teacher’s College and the University of Maryland. His academic focus at SF State was early childhood education.

Hammerman was the author or co-author of five books on outdoor education and environmental education. The best known, *Teaching in the Outdoors*, co-authored by Donald Hammerman and Elizabeth Hammerman, was first published in 1964; a fifth edition was published by Prentice Hall in 2000.

After retiring, he became active in community life in Petaluma, taught basic computer classes to seniors at the Petaluma campus of Santa Rosa Junior College, and presented a class on the history of Petaluma for the Petaluma Adult School. He formed the *Sages of Petaluma*, a group that gathered and held informal conversations about Petaluma history. Hammerman was named Petaluma’s Citizen of the Year in 2002.

Herbert Bielawa, Professor Emeritus of Music, died on December 23, at age 85. He was appointed in 1966 and emeritus since 1991. He bachelor’s and master’s degrees were from the University of Illinois and his doctorate in Musical Arts from the University of Southern California.

At SF State, he founded *Pro Musica Nova*, created the electronic music and computer music studios, and developed courses for them. He also performed with the university orchestra and in ensembles as pianist and conductor.

A prolific composer, Bielawa composed for mixed instrumental ensembles, piano, harpsichord, pipe organ, choir, electronics, chamber opera, band, and orchestra. As a member of the *Ilona Clavier Duo* with keyboardist Sandra Soderlund, he performed as soloist and in duo music for combinations of clavichord, harpsichord and piano. He also performed with *JC* a Bay Area new music ensemble.

Obituaries

On the next page you will see two events already scheduled for the Fall Semester that may be of interest to you: the SFSURA November Meeting and Lucheon Flyer and the Tour of the Guide Dogs for the Blind.

Please join us. A small group of UWA and SFSURA members meet for lunch at Nordstrom’s Cafe in Stonestown the first Tuesday of each month. Contact Donna Ryan at: drsiaem@yahoo.com so that we have a table large enough to accommodate all.

Events for UWA Fall are the Holiday Luncheon and others TBS. Detailed information on all of our events will be available at a later date, in our newsletter and at our web site: uwa.sfsu.edu. A membership application is also available on the web site.

Upcoming Events for SFSURA & UWA
Tour of “Guide Dogs for the Blind”

California Campus

Saturday, November 11th at 11:00 AM
350 Los Ranchitos Road, San Rafael

The tour will last approximately 1½ hours. Please note that no seating will be available for the duration of the tour, so visitors must be comfortable standing or walking for 1½ hours. An optional Guide Dog Graduation Ceremony begins at 1:30 PM for those who would like to stay. More details and registration information will be available at a later date.

SFSU RETIREMENT ASSN.
ANNUAL MEETING

TUESDAY, NOVEMBER 14, 2017

11:30 AM Reception
12N Luncheon and Annual Meeting

Basque Cultural Center
599 Railroad Avenue
South San Francisco, CA 94080

Entree choices:
Roast Turkey
Prawns
Cobb Salad

Make your check for $35 per meal to "SFSU-RA" and mail to:
Zelinda Zingaro, 19164 Christensen Ct.
Castro Valley CA 94546

Name: ___________________________ Entree: _________

Save the Date: UWA

Holiday Luncheon at
St. Francis Yacht Club

Saturday, December 2 at 11:30. San Francisco. We held our annual Holiday Luncheon at the St. Francis Yacht Club last year for the first time, and the venue was a huge success—complete with beautiful views of the bay and the city. So we are doing it again. This is our most extravagant and festive event of the year—also the most expensive, but worth every dime. Details to follow, but do save the date.
Now it’s your opportunity to share some news of your travels and plans with our members. Please complete the form and send to Kay McGough, 3742 Brunswick Court, South San Francisco, CA 94080 or email her at krmcgough@comcast.net. You can also FAX her at 650.878.4728. We eagerly look forward to your participation. It will appear in the next GRG. See pages 4 and 5 of this gazette for examples.

- Name: 

- Department retired from and when: 

- Brief description of your adventures: 

- A photo as a jpeg.

Photo