

From the Retirees Association President, Kathy Ervin

Welcome to the first electronic and interactive edition of the Coyote Howl Newsletter. This is our summer edition and a special welcome to all our New Retirees! This newsletter is our attempt to keep connected with old friends and link to new ones. And special thanks to our editors, Jean Peacock and Cathy (Gannon) Hornstein.

The biggest Association news is a new role: advocating for faculty and staff who have retired. Through our efforts, an important perk. —the free parking permit—was retained despite a proposed elimination. Use yours and stay close to your CSUSB friends on campus. Obtain your 2025/26 parking permit: https://csusb.az1.qualtrics.com/jfe/form/SV_2sDPED5f51t3TCu

Another important development was the addition of four new Board members: Terri Carlos, Twillea Evans-Carthen, Cathrine Hornstein, and Paul Vicknair.



Terri Carlos, a 1985 CSUSB alumna served for 23 years in University Advancement, building the Annual Giving Program and Faculty Staff Campaign as well as a Director of Philanthropy for Student Affairs and the College of Natural Science.



Twillea Evans-Carthen retired after 36 years of service at the university. She held various administrative positions in Human Resources and concluded her career as the Director of Ombuds Services. She also taught in the Department of Public Administration.



Cathy Hornstein, formerly Cathy Gannon, was a tenured English Department faculty member and the first dean of the Coachella Valley Center later developed into the University's Palm Desert campus.



J. Paul Vicknair, Professor Emeritus of Mathematics, retired in 2020 after nearly four decades of service. Paul held several administrative positions in the College of Natural Sciences and Academic Affairs. Beyond his academic role, Paul was appointed the Faculty Athletics Representative for Athletics, and he is known for his commitment to fitness, particularly as a long-distance runner.

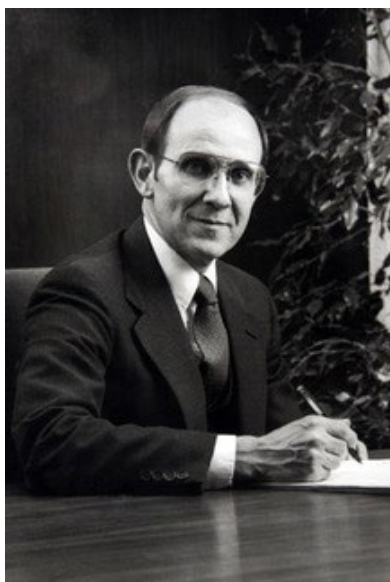
In other news Mike Murphy, our Association Secretary, is leaving the board for new adventures. After retiring from CSUSB as the Associate Athletic Director for Media Relations, Mike was a member of the board for 15 years. We are incredibly grateful for his service and dedication. Best wishes!

The new Performing Arts Center is close to completion. Watch for a posting on the Association website under "events" when the exact date and scheduled performances are available. Bringing this facility to life will be a signal that the COVID era is mostly behind us and that coming to sports and cultural events is a great opportunity to re-visit CSUSB. As a retiree, your tickets are discounted.

This newsletter is dedicated to highlighting the activities and achievements of our retired faculty and staff, keeping you informed about university developments, and providing opportunities to stay connected. Click on the link to give us your thoughts.

<https://www.csusb.edu/retirees-association/newsletter-suggestions>

In Memoriam



President Anthony Evans

CSUSB's Second President, Anthony Evans (1982 to 1996) died on April 16, 2025. During Dr. Evans' 14-year presidency, the campus marked a number of historic milestones. When he began, 5,060 students were enrolled in 44 undergraduate and graduate programs. By the time he stepped down, the "College" had become a "University" (1983), and enrollment had grown to 13,280 students. The number of degree programs had risen to 70.

Under his leadership, the university expanded its physical footprint by over 113%, adding 15 major buildings—an investment of \$150 million that brought more than 700,000 square feet of new space to campus. Notable among these projects was the Coussoulis Arena and Health & Physical Education Complex, which opened in 1995 and remains a central part of student life today.

The institution adopted a new mascot, replacing the St. Bernard with the Coyote. In 1984 Athletics moved to Division II and became a member of the California Collegiate Association, with the university fielding eight varsity teams—four for men and four for women. Not surprisingly Dr. Evans is in the campus' Athletics Hall of Fame for sports. The university community extends its condolences to his family, friends, and all those who were shaped by his work and vision.

Retiree Profile

An Interview With Barbara Sirotnik

Dr. Barbara Sirotnik joined CSUSB in 1980 in what was then the Department of Marketing and Management Sciences. In 1985, she and colleagues Sheldon Bockman (Management) and Donald Lindsey, (Criminal Justice) founded the “Institute of Applied Research and Policy Analysis” which provided data gathering and analyses for local and national organizations. Barbara was the director of the Institute until her recent retirement (2024) after finishing her FERP.

Her post-retirement activity has included tutoring reading and math for the Riverside Adult Literacy program, learning in free MOOC internet courses, taking Pilates, exercising every day on the treadmill, singing with the Raincross Chorale, meeting friends for lunch, reading novels, doing home “projects,” and working on jigsaw puzzles and sudoku.

WHAT ELSE? A UNIQUE HOBBY!



Barbara Sirotnik and Suzanne Werner

Retirement has offered Barbara more time to engage in line dancing activities with her 97-year-old mother. Barbara’s love of dance was influenced by her mother, Suzanne Werner, who was a professional ballet dancer. Suzanne was born and raised in Egypt, where she once danced for the King of Egypt as a child. When the German Forces entered Egypt, Suzanne and her mother were given two hours to leave the Country; they subsequently immigrated to the United States.

Life in the United States did not allow Suzanne to continue dancing professionally, but she did not stop dancing. Her dance group “Steppin With Suzy,” includes Barbara and others who perform at senior centers and other venues for special occasions and holidays. Mother and daughter stay up to date on the latest

dance steps by taking Line-Dancing Cruises offering classes taught by world renowned choreographers. On their last seven-day cruise, Barbara and Suzanne learned 15-20 new dances!

HOW BARBARA GOT INTO DANCING—HER BACKBACK STORY

I was born severely “pigeon toed.” As the web describes it: With pigeon toes, your child’s toes point toward each other instead of forward. This condition is commonly caused by bones or joints that don’t point the right way (misaligned). My parents had me in all sorts of leg braces to try to fix the issue, but nothing worked until a very smart pediatrician told my parents to take me to ballet (which requires turning your toes OUT). That was at age 3. Within a year the condition had mostly resolved and I was finally walking relatively normally. AND (perhaps more importantly), I found that I LOVED dancing and didn’t want to stop.

I took ballet for 8 years, and then branched out. I took tap, modern dance, Irish dance, and Scottish Highland dance (and even did the Highland Dance competition circuit for a year, just to prove to myself that I could do it).

In 2001 my parents moved to Moreno Valley, and Mom (building on her past as a dance professional) decided to try line dancing. During summers when I had some discretionary time I would join her for classes. She started teaching at a senior center almost 20 years ago, and it has been my pleasure to join her when I can.



Suzanne Werner and dancers

Her students range in age from 93 down to somewhere in the upper 60's. She has had blind students and deaf students (yes, she manages to teach them to dance, and they do amazingly well!). She has two students who dance with canes. Others are dealing with a variety of ailments, from arthritis to stage 4 cancer.

Dancing gets you up off the couch and makes you **MOVE**. Beginning students have trouble making it all the way through the two-hour class because their bodies aren't used to moving! But after a few months they are breathing better, walking better and straighter, and feeling stronger. They are also working their brains as they try to memorize the dances. Mom knows literally hundreds (maybe thousands) of dances with music spanning genres such as country western, Latin, swing, pop, and rock. So, yes, there is a mental benefit. More simply put, it's **FUN**. People laugh and have a good time while they are moving to the music.

Research shows that having a strong sense of community becomes increasingly important as people age. Mom's line dancers are amazingly diverse, and they have become a tight-knit community. About half of the dancers are from the Philippines, with a few people from China, Taiwan, Mexico, Thailand, and even the U.S. They are ethnically diverse with an amazing array of backgrounds. The food selections at their potlucks are amazing.

What challenges have you faced while participating in this activity together, and what rewards have made it worthwhile?

What challenges have I faced while participating with her? None that I can think of! It has been an amazing blessing in my life to watch her in action, help her with teaching, and just enjoy the experience. She is truly amazing.

Why do you think that continuing to learn and embracing old or new hobbies is valuable in retirement?

A profession in academia requires that we constantly learn, contribute to a body of knowledge, and innovate to improve our teaching. How can I quit that "cold turkey?" How boring!

In order to keep my brain and body active and functioning, I need to stay involved with intellectual pursuits (such as the tutoring I'm doing and the MOOCs I'm taking). But now I also have more time to work on my right brain, and that's where this hobby comes in. Dance has been an integral part of my life since age 3, and I'm glad to be able to focus more on it while I'm bonding with my precious Mom. Also, I've always loved solving puzzles (after all, that's at the core of my academic disciplines of statistics and analytics). But now I don't have to feel guilty if I do Sudoku for half an hour, or sit with my jigsaw puzzle for an evening, or read a novel. It keeps my brain well-oiled (I hope) while I'm keeping my body strong with dance.

Click to tell us what YOU'RE up to:

<https://www.csusb.edu/retirees-association/what-are-you-up-to>

Student Voices of Appreciation



Dear CSUSB Retirees Association,

Thank you for awarding me the CSUSB Retirees Association Scholarship Endowment Scholarship of 2024-2025. Words can't express how grateful I am for your generous support.

I am a Pre-Nursing student about to enter my sophomore year. My biggest goal is to get my bachelor's degree in nursing as fast as possible, so I committed myself to attending CSUSB, despite living in the Long Beach area. It's less competitive, the college tuition is cheaper than other California State Universities, and my mom being a CSUSB staff member earns me a fee waiver for my tuition! I am aware of how expensive college can become. I want to get into the Nursing program as fast as possible. I stack up many prerequisite courses a semester to get as much done as likely to be eligible to apply. After the spring semester ended and I took my Teas, I finally applied somewhat confidently to the Nursing Program. I get anxious over whether I will make it in or not, thinking about not making it and spending another semester attempting to make it in, costing my parents another tuition to pay off for the semester. This scholarship won't just support me financially, but also emotionally as well. This will convince me that not making it to the Nursing program for the first time is okay, and I can give it a second chance.

Again, thank you so much for this scholarship. This gives me so much hope for what is to come. Thinking about the future gives me anxiety, thus motivating me to try harder. With this, I feel more confident. Your generosity is replacing that anxiety as my motivation to strive.

Sincerely,

Michael Kim



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WE DEFINE THE *Future*



Dear CSUSB Retirees Association,

I am writing to express my sincerest gratitude for the generosity and continued support of the CSUSB Retirees Association Scholarship Endowment for the academic year 2024-25. Your commitment to supporting students like me is truly commendable, and I am honored to be a recipient of this prestigious scholarship. I am currently majoring in General Psychology at CSUSB. The financial assistance provided by the CSUSB Retirees Association Scholarship Endowment will alleviate the burden of educational expenses, allowing me to focus more on my studies, and I plan to use the funds to cover tuition costs. Your generosity has had a profound impact on my life, and I am committed to maximizing the opportunities afforded to me through your support. I am dedicated to excelling in my academic pursuits and contributing positively to my community. Your investment in my education inspires me to strive for excellence, and I am determined to make the most of the opportunities made possible by the CSUSB Retirees Association Scholarship Endowment. Once again, I extend my heartfelt thanks for your unwavering support. Your generosity is truly changing the lives of students at CSUSB, and I am honored to be a beneficiary of your kindness. I am committed to making the most of this scholarship and will do my best to succeed in my academic and professional endeavors.

Sincerely,

Derek Duran



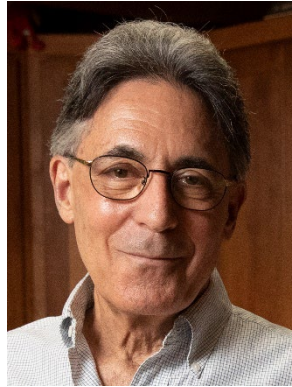
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WE DEFINE THE *Future*

Blackey's Blurb

By

Robert Blackey



To help launch this column, I'll focus on travel (primarily based on my experiences).

Shoulddabought: Many travelers like to make purchases (of unusual objects, handcrafted items) but sometimes there's a reluctance to carry these items for the duration of their trip and, instead, wait for a time closer to departure to make a purchase. If you're lucky, you'll find what you earlier wanted. If not, this leads to the condition known as *Shuddabought* (i.e., a lamentation and self-scolding that you *should have bought* those items when you had the chance). These days I no longer buy many items, but on the chance that I will make such purchases, I pack a collapsable bag which takes very little room in my luggage if I don't buy anything but comes in handy if I decide to buy a few items; moreover, such bagged items I am able to carry with me on the plane home.

Before departure, pay any bills that will come due while you're away. Have the Post Office hold your mail. Cancel newspapers. Make note of international or national phone numbers for credit cards. Let neighbors know that you'll be away from home. Fill medications you will need. Take house keys with you.

As you're planning to leave on a trip, create a checklist. Jot down everything you intend to bring with you and then check off each item before locking your bag. Such a checklist will minimize the chance of your forgetting some items.

Make photocopies of your credit cards & the photo page of your passport. Keep these separate from the original items; they will make it easier if you need replacements while traveling. Also, leave copies of these same items with someone back home.

Tourists tend to take too many clothes. Those items you do take should be easy to hand wash. Take clothes you can layer (i.e., added or removed as temperature & weather conditions change). Further, leave room in your suitcase for purchases you might not want to mail home.

Bring broken-in walking sneakers & shoes with good soles & traction, as some walking surfaces may be more challenging.

Consider bringing a backpack or day bag to hold a collapsible umbrella, snacks, a water bottle for when you're out-and-about during the day. A cloth bag for laundry & plastic bags for wet items (both of which can be kept in your suitcase) are useful. A sturdy lock for your suitcase is important; keep 2 sets of keys for the lock, one with you, the other someplace else.

Ear plugs are useful for blocking out airplane engine noises & the possibility of noise from hotel neighbors or from outside noises.

During long flights, periodically try to exercise (by stretching & moving about periodically). Drink as much water (one glass per hour of flight) & as little alcohol as possible since lack of exercise & dehydration compound jet lag. Artificial tears will help to counter dry eyes. I've used *No Jet Lag* to good effect.

If you intend to stay in hotels, make note of their names & addresses; keep these with you should you need assistance to return to your hotel in case you become disoriented.

Good guidebooks are very useful for the maps they include & for suggestions as to what's worth seeing (but also do some homework beforehand).

Be prepared to change money at ATMs or some banks. Whether you intend to use credit or debit cards, use additional credit or debit cards in which you will keep only a little more than you might need; this is to limit potential electronic theft (which happened to me at a bank ATM a few hundred feet from St. Peter's Square). Take some U.S. dollars; depending on destination, they might be useful.

I shave with a blade, but if you use an electric razor (or any other plug-in device), be aware that Europe's electrical system (and possibly most of the rest of the world) is 220 volts whereas ours is 110 volts. But most newer electronics convert automatically, which means you won't need a converter. However, you will want to have one or more adapter plugs specific to the country or countries you will be visiting. Of course, the way to avoid having to address this issue is to avoid bringing plug-in appliances with you.

Keep toilet articles in a small case or bag so they will be easy to retrieve; or keep these items in your backpack with you on the plane along with vital toilet articles, prescription medicines, & a change of clothes in case of unforeseen delays. Also useful to have in your suitcase are pain relievers, antibiotics, & such. It's easier than not having to search for a physician or drug store abroad. A prescription sleeping pill can be used to help you adjust to different time zones as well for sleeping on long flights.

Men, if you must take your wallet, wrap rubber bands around it to render it more difficult to pick. Women, if you must carry a handbag, don't keep money, passport, other ID & valuables in the bag because thieves can grab the entire bag. Your best bet is to hide valuables on your person, say in a money belt or in clothing pockets that have zippers and buttons. Fanny packs can easily be cut in crowds & pickpockets are quite skilled. Don't advertise where your money & other valuables are.

Prepare an additional checklist for your return home as a reminder of the things you will need to do or bills to be paid.

Items to bring: collapsible umbrella & light or plastic rain coat; travel alarm (or cell phone); sweater or light jacket for use on the plane; sun glasses; Woolite; *Shout* packets for grease stains; pen & paper; clip hangers & a portable clothes line; pocket knife (keep packed for plane); moist Towelettes; tissue packs; pocket flashlight; first aid items; sewing kit; extra glasses/contact lenses; dried plums/prunes to promote regularity; medicine for swollen ankles or compression socks; motion sickness tablets; electric converter & plug adapters; sun screen; credit cards

Now that you're all set: Bon Voyage!

"Want more Bob musings"? Click here:

<https://www.csusb.edu/retirees-association/blurb>