

60+ Club

The 2008-2010 Biennial Report

**An Observance of Two Years
Living and Learning
In Retirement**



60+ Club

**The 2008-2010
Biennial Report**

**An Observance of Two Years
Living and Learning
In Retirement**

EDITOR

Gladys L. Stilwill

DESIGN

M. L. Reichle

CSU Bakersfield Reprographics Center

60+ CLUB POSSIBILITIES DAY

**60+ Club
OUT & ABOUT**

**60+ Club
RETIREMENT
SEMINAR**



THE PHILOSOPHY OF THE 60+ CLUB

**The 60+ Club is a partnership
between the University and the
community of retired persons.**

It is an activity of the California State University, Bakersfield, Alumni Association and is in accord with the by-laws of that association.

The retired community is made up of persons from all walks of life who are concerned citizens, active, curious, and with the time to pursue life-long learning.

The 60+ Club is a **member-motivated**
and **member-governed** organization.

Its purpose is to provide personal enrichment, educational opportunities, volunteer challenges, and social activities in a campus environment utilizing the resources of the University and the experience of its members.

60+ CLUB OFFICERS / 2008-2009

President: *Camille Gavin*

First Vice President—Programs: *Ted Murphy*

Second Vice President—Membership: *Gladys Stilwill*

Secretary: *Lucy McKee*

Treasurer: *Barbara Patterson*

BOARD OF DIRECTORS

Pat Cox, William Todd (one year)

Evelyn Glines, Roger Tsuda (two years)

EX OFFICIO

Coordinator, Action Network: *Frances Williams*

Coordinator, Interest Groups: *Perri Stinson*

Policy: *Vacant*

Special Events/Fellowship: *Evelyn Glines*

Parliamentarian: *Margaret Southwick*

Director of Alumni Relations: *Shannon Hill*

Faculty Liaison: *Ken Ishida*



60+ CLUB OFFICERS / 2009-2010

President: *Camille Gavin*

First Vice President, Programs: *Ted Murphy*

Second Vice President, Membership: *Gladys Stilwill*

Secretary: *Lucy McKee*

Treasurer: *Barbara Patterson*

BOARD OF DIRECTORS

Charlene Edwards, Roger Clark (one year)

Evelyn Glines, Roger Tsuda (two years)

EX OFFICIO

Coordinator, Action Network: *Frances Williams*

Coordinator, Interest Groups: *Sharon Goldsmith*

Policy: *Margaret Southwick*

Special Events/Fellowship: *Evelyn Glines*

Parliamentarian: *Margaret Southwick*

Director of Alumni Relations: *Shannon Hill*

Faculty Liaison: *Ken Ishida*



PRESIDENT

Camille Gavin 2008-2010

We made a number of changes during my two-year term as president. The decision to e-mail the Bulletin to most of our members helped considerably to reduce the club's expenses. Other changes were temporary, such as the need to relocate Interest Group and Board meeting locations due to the university's need to upgrade certain buildings. Both Denise Nielsen and Shannon Hill of the Alumni Affairs office were very helpful in the execution of these changes.

In 2008 the 60+ Board voted to suspend the Retirement Seminar. The seminar had been held annually in March for a number of years but attendance had dropped considerably in 2008 and 2007.

I was a member of a small group headed by Gladys Stilwill that met during the summer of 2008 to review and prepare a revised Handbook of Policies and Procedures. (The book's previous name, Management Handbook, was changed to more accurately reflect its contents.) Also, as an ex-officio member of the Alumni Association Board of Directors, I participated in a group that revised the communications portion of the university's strategic plan.

My two years in office were made much easier by an enthusiastic and responsible 60+ Board, and members in various capacities who cheerfully took on additional tasks to help increase membership.



GENERAL MEETINGS

Ted Murphy, First Vice President–Programs 2008-2010

2008-2009

- **September 4** ***“Who Are These Kids?: A Multigenerational Look at Today’s Students”***
Kathy Miller, Director of Public Affairs and Communications, CSUB
- **October 9** ***“The 1963 Bombing of the 16th Street Baptist Church in Birmingham, Alabama”***
Fruitvale Junior High California History Day Team; John Hefner
- **November** ***“Alzheimer’s Disease”***
Gladys Zobel, Community Liaison/Support Group Leader, Alzheimer’s Disease Association of Kern County
- **December 14** ***Christmas Luncheon*** (Entertainment by Dick Noel on his accordion)
- **January 8** ***“Talking Trash”***
Lynn Beurmann, Kern County Waste Management Supervisor
- **February 12** ***“Music Begins at 60”***
Dr. Richard Noel, Psychology Professor Emeritus, CSUB
- **March 12** ***“Inside the Kern County Regional Crime Lab: What CSIs Do”***
Greg Laskowski, Supervising Criminologist, Forensic Science Division, Kern County District Attorney’s Office
- **April 9** ***“Nature, Animals, and Scenery”***
Casey Christie, Photojournalist, The Bakersfield Californian
- **May 14** ***“John Muir: The Father of our National Parks”***
Dr. Richard Shore, Ph.D., John Muir Interpreter
- **June 18** ***Installation Luncheon*** (Sing-a-long with Wendall Kinney)



GENERAL MEETINGS *(continued)*

2009-2010

- **September 6** ***“Strategies for Success at CSUB”***
Ms. Beverly Byl, Vice President for Advancement, CSUB
- **October 8** ***“Byzantine Christian Mummies of El Hibeh in Egypt”***
Dr. Robert Yohe, Professor of Anthropology and Director of Archeological Science, CSUB
- **November 12** ***“Tai Chi”***
Dr. C.T. Yeh, M.D.
- **December 13** ***Christmas Luncheon***
Appearances by Santa Claus and Samuel Clemens aka Mark Twain, both interpreted by Mark Bagby
- **January 14** ***“It’s Your Choice: Ethics, Advance Directives and End-of- Life Decision Making”***
Dr. Christopher Meyers, Professor of Philosophy and Director of the Kegley Institute of Ethics, CSUB
- **February 11** ***“The Road to Market Collapse and Bailout”***
Dr. Mark Martinez, Professor of Political Science, CSUB
- **March 11** ***“No Topic is Off Limits”***
Ms. Lois Henry, Veteran Columnist for The Bakersfield Californian
- **April 10** ***“The Meyers: The Story of a Jewish-Christian Family and Their Experiences in Nazi and Post-War Divided Germany”***
Dr. Thomas Meyer, Professor of Physics and Computer Science, CSUB
- **May 13** ***“The Kern County Museum’s Past, Present, and (???)Future”***
Mr. Jeff Nickel, Director of the Kern County Museum
- **June 17** **Installation Luncheon**
(Sing-a-long with Wendall Kinney)



FINANCE

Barbara Patterson, Treasurer 2008-2010

All funds are maintained by the California State University Foundation and are audited annually. Reports of financial operations are submitted monthly to the University Advancement Offices. Shannon Hill, Director of Alumni Relations, and Denise Nielson, Administrative Support Assistant, are extremely helpful in maintaining the financial integrity of the 60+

Club. They collect money and bills, which are submitted in categories to the Foundation. The treasurer accounts for funds received and disbursed and gives monthly reports to the Board of Directors. As Chair of the Budget Committee, the treasurer helps prepare annual projected budgets, which are submitted to the Board of Directors for approval.

The annual membership dues are \$40.00 (individual) and \$80.00 (couple).

Fiscal Status 2008-2010

Beginning Balance, 4/30/08	60+ Group	\$ 4,216.40
	Elder College	\$ 7,103.86
	Available Funds	
Beginning Balance, 4/30/09	60+ Group	\$ 2,122.15
	Elder College	\$ 4,168.68
	Available Funds	\$ 6,290.83
Beginning Balance, 4/30/10	60+ Group	\$ 5,472.76
	Elder College	\$ 5,320.95
	Available Funds	\$10,793.71

MEMBERSHIP

Gladys Stilwill, Second Vice President 2008-2010

Despite spirited attempts by several dedicated members of the Outreach Committee and positive publicity as a result of our Elder College field trip to Tracy Ranch, membership continues to decline. At the end of 2009, we had 288 members, and June of 2010 found us finishing with 270 members. On the positive side, attendance at our general

meetings has been growing, with up to 80 people coming to hear our most popular speakers. As our twenty-fifth anniversary approaches, we will continue to get the word out that the CSUB 60+ Club is here and open to anyone who is looking for volunteer activities and opportunities for enrichment.

POLICY

Margaret Southwick 2008-2010

Board members have been encouraged to read the revised 60+ Club Handbook of Policies and

Procedures, particularly the sections that apply to their areas of responsibility.

HISTORIAN

Pat Cox 2008-2010

The position of Historian was created by Tom Albright when he was 60+ Club President in 2001. As Historian for the CSUB 60+ Club, part of my job is to collect pictures and news items and organize them in our scrapbooks.

Gladys Stilwill has been taking pictures of many of our activities and giving me copies for the past two years. A few members help me watch the newspapers for articles and obituaries pertaining to our members. The contributions of Gladys and other members are greatly appreciated

I try to organize the pictures and news items all during the year but wait until summer to add them to our scrapbooks. Other printed mate-

rials such as minutes, flyers, and reports are stored in binders which are kept in the Alumni Office along with our scrapbooks unless I am currently working on them. The binders and scrapbooks are available for use in the Alumni Office should any member of the organization need information on our history.

Each month I write a report for the 60+ Club Bulletin, and I also take a scrapbook or two to each monthly general meeting.

This will be my last year to serve as Historian. I have enjoyed my nine years but feel it is time to turn the job over to someone else. Margaret Southwick has graciously accepted the position, and I know she will do a wonderful job.



CSUB ALUMNI RELATIONS

Shannon Hill, Director 2008-2010

Another two years with the 60+ Club have flown by. There has once again been great change – streamlining of budgets, adding new committees, and the introduction of electronic communications via email and more website use has brought the group into the 21st century. 60+ volunteers met many new changes and needs on the campus; whether ushering a new sport like baseball, or showcasing an Egyptian exhibit, you are always there to help the campus. When budgets shrink and the economy shifts, it is always reassuring to know that the university can count on you to be there.

I thank you, and I hope you are enriched by

your experiences with the 60+ Club and your time at CSUB.

As you know, Denise Nielsen, the key support staff person for the 60+ Club, has done an excellent job taking care of the group's needs the past two years. She truly had to learn on the job when she arrived in 2008. I hope you all take the time to get to know her and acknowledge the extra efforts she gives to your organization.

I enjoy seeing smiling familiar faces of 60+ when I go to campus events – I'll be looking for you. You are truly great ambassadors of CSUB and of Bakersfield.

AWARDS

Margaret Southwick 2008-2010

Special certificates were awarded to the following people for their continued service to the CSUB 60+ Club:

Wayne Chapman,

Doris Dermody

Jacqueline Hultquist

Wendall Kinney

CALLING COMMITTEE

Regina Hoelscher 2008-2009

Virginia Cheney 2009-2010

The function of the Calling Committee is to telephone the 60+ members to remind them of each monthly General Meeting and other events as directed. This year all members who use it

were reminded of programs by electronic mail, thereby reducing telephone calls.

There are seven 60+ members on the Calling Committee, and each month they contacted 70 members.

PUBLICITY

Camille Gavin 2008-2010

Our biggest splash in the publicity area in the past two years was the November 2009 story on the Elder College visit to the Tracy Ranch. I wrote the story which appeared on the front page of The Bakersfield Californian's Eye Street section. It was published with several photos taken by newspaper photographer Casey Christie.

A portion of the visit to the Tracy Ranch was broadcast on KERO-TV Channel 23 News. During a brief interview, I was able to provide information about 60+.

Also, 60+ was mentioned in two separate articles on "Learning in Retirement" that I wrote for The Californian. These appeared in August and September 2009.

Brief articles about the 2008 Possibilities Day appeared in Bakersfield Magazine and The Californian. The 2009 Possibilities Day was also in Bakersfield Magazine. There also were

calendar listings in The Californian and public service announcements on KVPR FM 89.1, the National Public Radio station in Fresno which can be heard in Bakersfield.

A few of our general meetings, such as the John Muir presentation in May of 2009, appeared as short items in The Californian's "Go & Do" section. In 2009 I was invited to be the guest speaker at a retirees group of about 40 persons and in 2010 I spoke to more than 200 members of the Kern County Retired Employees Association.

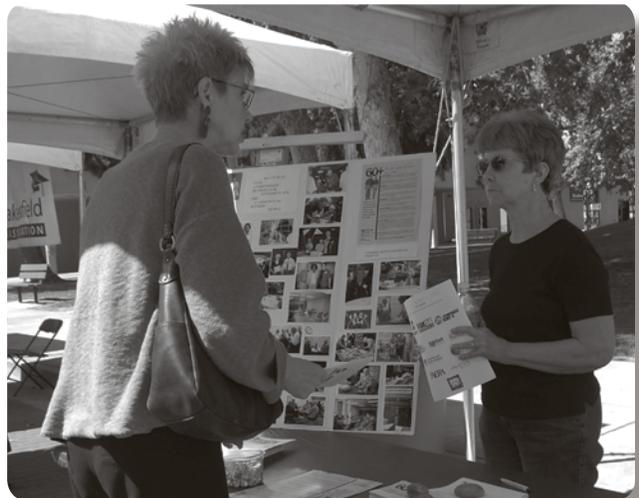
Any time I send out a news release about any of our events, it goes to all three local TV stations, to radio stations KUZZ, KERN and KVPR, and to newspapers in Taft and Delano as well as The Californian.

I estimate I devoted a 133 hours to publicity during the two-year period, 2008-2010.

OUTREACH COMMITTEE

Margaret Southwick 2008-2010

Our outreach committee has been at 5 events this season to promote 60 Plus Club. The Senior day at the Kern County Fair,(Sept.) Healthy Harvest Festival, (Oct.) Celebrate CSUB, (April) AARP fair,(May) and Kern City Health Fair (June). The following volunteers spent a total of 75 hours at Outreach Committee events: Dick Southwick (10.5), Margaret Southwick (15), Gladys Stilwill (15), Judy Miller (2), Camille Gavin (4), Beth Curtis (2), Barbara Heim (1), William Todd (2), Pat Cox (6), Charlene Edwards (10), and Enid Hull (7.5).



SPECIAL EVENTS/FELLOWSHIP

Evelyn Glines 2008-2010

The Special Events and Fellowship committee was established in 1994 to identify one person responsible for promoting the purposes inherent in the committee's title. Hosting and coordinating tasks for this chairman have been for the following: Possibilities Day in September, the annual Holiday Luncheon in December, and the Installation Luncheon in June. Attendance at these events has been very good.

Possibilities Day in September has continued each year to be a very successful day for the 60+ Club. This past year it was held in the Multipurpose Room of the Student Union, as the Cafeteria was being renovated. This location worked out very well, and we will continue to hold the Possibilities Day event at that location. The attendance for this day has usually been quite good. Each year several new members have signed up for membership. A meeting is held during the summer to plan and make preparations for this very important day. The Publicity Chairman provides information to all of the various media to assure that we reach our community with this important information. On the morning of this event the committee members arrive early to place plants, and fly banners to identify each table's subject area. Signs and crepe paper streamers are used to help people identify the location. The room was brimming with excitement as the members and guests arrived to enjoy this very special day. Outstanding speakers sparked the interest of both members and guests, encouraging all to pursue interests, continue learning, and to volunteer time promoting and continuing all the service and special interest groups in the CSUB 60+ Club. Upon arrival at this informational meeting, light refreshments of beverages and cookies are served. This informal time allows everyone a chance to visit with old friends and meet new people who are attending for the first time

The annual December Holiday Luncheon is held in the CSUB Cafeteria's Stockdale Room. This location seems to be the favorite spot, and it

accommodates our group well. Pine boughs and simple table decorations along with linen tablecloths gives the room a festive air. This Chairman sets a meeting with the Cafeteria Manager to select a menu for this luncheon. On the day of the event, the Cafeteria Manager and their staff prepares and serves a delicious holiday meal. The reservations are handled by the Alumni Office. Our attendance for this event is always excellent. Each year we enjoy a special program that is arranged by our Vice President/ Program Chairman. It is a wonderful and lovely beginning to the holiday season.

The Installation Luncheon is in June. This luncheon is our final meeting of our year and the installation of the newly elected officers of the 60+ Club. It is a lovely and traditional way to end our very active year. This luncheon has been held in the Stockdale Room of the CSUB Cafeteria for several years. A planning meeting is set with the Cafeteria Manager to plan the menu for this luncheon, and the Alumni Office handles the reservations. A delicious buffet lunch is always served. The round tables and linen tablecloths create a lovely setting for the centerpieces which usually consist of doilies, roses and ferns in bud vases. After lunch a past president, or designated 60+ member, as the case may be, handles the installation of the new officers. We look forward to a special and productive year with these capable leaders. A program is planned and provided by the Vice President/Program Chairman. These past two years it has been a wonderful sing-along with our very capable and talented Wendell Kinney at the piano. We are so very grateful to have him and his unlimited talent.

If there are any special celebrations (such as a special year anniversary of 60+) that occurs during the year, this committee will also work on that event.

Thank you to all who volunteered time and energy to this committee, you are truly appreciated.

OUT AND ABOUT

Ginny Nordahl 2008-2010

A big thank you to my assistants, Bertie Warren and Donna McKenna. We have tried to offer activities and tours which would appeal to many of our members. We have succeeded many times but have also guessed incorrectly

and had to cancel some events. We urge you to contact one of us if you have an idea—it might be just what we've been looking for. Thanks to all who traveled with us; we enjoyed every one of you.

2008-2009

- **October 4** Bowers Museum (Terra Cotta Soldiers), Anaheim
- **December 14** Holiday Lunch & Matinee, Stars Theater, Bakersfield
- **January 10** Magic Castle, Hollywood (terrific food and entertainment!)
- **April 27-May 11** Alaskan Cruise (great weather!)

2009-2010

- **October 18** Gaslight Melodrama, Bakersfield (always good for laughs!)
- **November 8** Egyptian Exhibit, Todd Madigan Gallery, and *Scepter in the Sand* with dinner at the Elephant Bar
- **April 19-May 5** Panama Canal Cruise (We fell in love with Charleston, SC! Terrific!)

April 19th 2010 – May 5th 2010

*We all set sail from Charleston Bay
In the canal down Panama Way.
These are the names; remember the faces
Of the folks we were with in exotic places:
Robert & Sheila and Patty & Gene,
Donna & Cindy and Dave & Colleen,
Charlene & Billie and Pat & Elaine,
Chuck by himself in his private domain,
Phyllis & Harold and Kathy & Ann,
Some reading books, some getting a tan,
Enid & Ernie, Ginny & Stef.
We're really lucky nobody got left.
Helen & Edna, Lucy & Jim—
The food was so good, we are full to the brim.
Thomas and Leysa both served us so well
That we ate way too much, but they'll never tell.
And when it's all over, our energy spent,
We'll all return home, relaxed and content.*

SUNSHINE COMMITTEE

Wanda Huesby 2008-2009

Jody Miller 2009-2010

This committee was formed in 2001-2002 for the purpose of spreading a little “sunshine” into the lives of 60+ Club members who have had some health concerns and also to those who have had a loss of a loved one. The cooperation of our members to alert this committee chair

when a member is in need of a lift of spirit or sympathy is much appreciated.

The last two years have been very active. As we grow older, our problems seem to multiply and we miss the ones who have gone to a better place.

IN MEMORIAM

John Baker
Joye Bruen
Rosemary Isabella Clift
Helen Eslinger
Jean C. McJannet
H. Frederick Krauter
Jean Pretorius

Jeanette Haskin
Rita Schnaidt
Mary Pat Van Steenuyk
Roger Tsuda
Robert Emmett Waite
Constance Wildman

LEARNING IN RETIREMENT (OLLI)

Claire Ackerman 2008-2010

CSUB’S Extended University Division is “home” for a unique educational opportunity—the Osher Lifelong Learning Institute (OLLI). OLLI focuses on people 50 or over who pursue learning in a non-threatening setting—no tests, no papers, no grades. Jennifer Patino is doing a great job as the Program Coordinator. Classes

are offered in subjects ranging from Legacy in Life Stories to Jazz Appreciation to Psychology of Religion. A special field trip is also planned each quarter. Membership in OLLI is \$25.00 per year, and classes are \$5.00 each. Many 60+ Club members have taken advantage of this incredible opportunity to learn.

ELDER COLLEGE

Judy Miller 2008-2010

The Elder College Committee includes: Phyllis Algra, Harvey Brockmeyer, Milton Clift, Kay Cook, Eloise Higgins, Enid Hull, Nancy Houser, Judith Miller, and Margaret

Southwick. These people work very hard to set up a good program and to assure that all attendees are comfortable and well fed.

Program for October 20-24, 2008

- “Media and Propaganda” - with speaker Dr. Michael Ault, Associate Professor in the Political Science Department, CSUB
- “Make Believe and Greasepaint in Bakersfield” - We had several speakers covering many of our local theaters.
- “Wine Grapes, Table Grapes, and Raisins” - This section was coordinated by Richard Brockmeyer, son of Harvey Brockmeyer. Richard is an accredited Agricultural Consultant. Our Friday afternoon session included a wonderful lunch and demonstrated the use of different wines with food.

The Field Trip was to several wineries in the Paso Robles area and included tours, wine tasting and lunch.

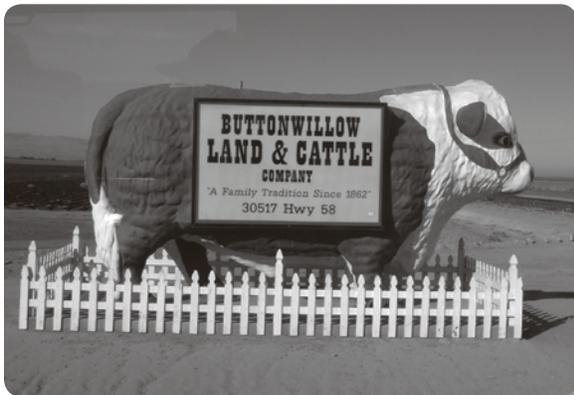


ELDER COLLEGE *(continued)*

Program for October 26-30, 2009

- “The Vanishing Family Farm” featuring John Tracy from the Tracy Ranch. John introduced several employees and co-owners of the Ranch who reviewed the history, the present status and the future of the Ranch.
- “Fun with Four Fine Artists” - Presenters were Nancy Ely, water colors; Iva Fendrick, hand building of objects using clay; David Koeth, sculpture and design; and David Gordon, oil painting.
- “Asset Development” - Guests from several local high schools, who were high performers, told us of their lives, accomplishments at school, and what they hope to achieve in the future.

Field trip: We visited Tracy Ranch and learned about cattle, cotton, potatoes, alfalfa, carrots, pistachios, and more. They provided a beef barbecue for lunch, and from the Chuck Wagon-camp coffee and excellent bread pudding.



The
60+
Fight Song

Words: Wendall Kinney

Tune: The Sheik

CSU...we're here... for you;
To help...with what...you do.
Doré...the gym...the rose;
The birds...the crowds...who knows?

Having fun...we learn...we shine;
We sing...we laugh...we dine.
Despite...the freeze...the fry;
We're young...until...we die.

(Second half music – Gilbert & Sullivan style)

We're not idle conversation
Nor afraid of perspiration,
Education, recreation, in the section of the nation.
Sixty Plus'll cut the mustard,
And we're never, ever flustered.
We're young...until...we die!

ACTION NETWORK

VOLUNTEER HOURS

Jacqueline Hultquist 2008-2009

Kay Cook/Ellie Wells 2009-2010

Sixty+ Club Volunteer Hours have been maintained in various formats since 1989, in early years in the Alumni Relations office, later by Jacqueline Hultquist as Short Term Projects representative, and now by Kay Cook and Ellie Wells. Announcement of any yearly volunteer hour award appears to have commenced in 1991. During this 2009-2010 Biennial period,

the 60+ Club provided 5,648.15 volunteer hours which, combined with previous years, indicates that our volunteers have given 56,260 hours in service to CSUB since the 60+ Club commenced recording volunteer hours! Members accumulating over 100 hours during 2009-2010 are Adele Davis (552.00 Hours) and William Todd (151.30 Hours).

2008-2009: 2935.50 Hours

• Athletics	545.50 Hours	• Stiern Memorial	
• FACT	163.50 Hours	• Rose Garden	138.50 Hours
• Performing Arts	128.50 Hours	• Short Term Projects	364.50 Hours
• Instrumental/Vocal	277.00 Hours	• Well Core Repository	469.00 Hours
• Jazz	504.00 Hours	• Commencements	68.00 Hours
• Theatre	277.00 Hours		

2009-2010: 2712.65 Hours

• Athletics	443.00 Hours	• Stiern Memorial	
• FACT	167.50 Hours	• Rose Garden	192.00 Hours
• Instrumental/Vocal	115.00 Hours	• Short Term Projects	407.15 Hours
• Jazz	785.00 Hours	• Well Core Repository	391.00 Hours
• Theatre	212.00 Hours		

Team leaders/representatives for the Action Network are as follows:

• Athletics	Roger Tsuda/Anne Kelly
• FACT	Patricia Cox
• Theater	Doris Dermody (2008-2009)/Nancy Houser (2009-2010)
• Instrumental/Vocal	Ralph & Doris Zebrack (2008-2009)/Mary Goldman (2009-2010)
• Jazz	Adele Davis
• Stiern Memorial	
• Rose Garden	Jean Childers
• Short Term Projects	Jacqueline Hultquist (2008-2009)/Kay Cook/Ellie Wells (2009-2010)
• Well Sample Repository	Frances Williams (2008-2009)/William Todd (2009-2010)

ATHLETICS

Roger Tsuda/Anne Kelly 2008-2010

Sports enthusiasts from the 60+ Club continued to be of great assistance to the CSUB Athletic Department, as ticket takers during the wrestling and basketball seasons and as timers during swim meets. Volunteers gave 545.50 hours to these programs in 2008-2009 and

443.00 hours in 2009-2010. Our 60+ members provide a great benefit to the young athletes at CSUB. The loss of Roger Tsuda to cancer this year left a huge hole in the program. We'll all miss him greatly.

FACT (FACILITY FOR ANIMAL CARE AND TREATMENT)

Pat Cox 2008-2010

FACT is the Facility for Animal Care and Treatment, located in the southeast corner of the CSUB campus. The facility, founded by Dr. Ted Murphy, is dedicated to the care and treatment of birds of prey. The area also contains a Desert Turtle Preserve and a cactus garden. Dr. David Germano, Professor of Biology, is the Director, and Marlene Hensley-Benton is the Coordinator.

Several improvements have been made to the facility in the past few years. Secure fencing was added in 2007-2008 and new rehab cages for injured birds were finished in May to 2009. Dr. Pratt and Dr. Jacobsen are in the process of putting in a native shrub garden and work is being started on a new display enclosure for the golden eagle, Holly.

CSUB Biology Majors have the opportunity to earn course credits working with the injured birds, and CSUB 60+ volunteers assist in the Open House programs which are held on the first Saturday of the month from October through

May, with the exception of January. 60+ Club members greet visitors and sell t-shirts, sweat-shirts, educational materials, and souvenirs.

The first Open Houses in October of 2008 and 2009 featured the "BBQ for the Birds." Tours were held from two to five p.m., followed by a barbeque. The annual barbeque is the major fund raiser for the facility. 60+ Club members donate desserts for the event as well as work at the Open House and Barbeque.

During the 2008-2009 year, thirty 60+ Club members volunteered a total of 163.5 hours to the facility. During the 2009-2010 year, thirty-nine 60+ Club members contributed a total of 167.5 hours. This was not counting the volunteers who supplied desserts for the fall barbeques.

Volunteers at FACT not only provide an important service for the university, but they also have a chance to socialize, have an educational experience, and enjoy a few hours in an enjoyable setting.

THEATRE

Doris Dermody 2008-2009

Nancy Houser 2009-2010

The volunteers' duties for theatre performances are ticket taking, ushering, and occasionally box office detail. During 2008-2010, volunteers provided 340.5 hours of service at Doré Theatre.

2008-2009

- November 6-9 *Picasso at the Lapin Agile* by Steve Martin, Doré Theatre
- February 28-March 1 *Everyman*, Doré Theater
- March 14-15 *Gold Fever* by Rita Grauer and John Urquhart, Doré Theatre
- May 21-31 *Anna in the Tropics* by Nilo Cruz, Doré Theatre

2009-2010

- November 5-8 *The Scepter in the Sand*, Doré Theatre
- February 27-28 Festival of Student-Written and Student-Directed One-Act Plays, Doré Theatre
- March 13-14 *The Arkansaw Bear* by Aurand Haris
- May 20-30 *Merry Wives of Windsor* by William Shakespeare, Doré Theater

Bakersfield is truly blessed to have dedicated professors to guide and transform such talented students into fine performers for all to enjoy. It is our pleasure to volunteer at these events.

INSTRUMENTAL/VOCAL PERFORMANCES

Ralph & Doris Zebrack – Music 2008-2009

Mary Goldman – Music 2009-2010

Volunteers have spent 392 hours taking tickets and ushering for concerts at a variety of musical venues.

2008-2009

- October 3 “Imagery and 20th Century Music,” Pianist James Nalley, Doré Theatre
- October 4 Master Class, Pianist James Nalley, Doré Theatre
- October 26 “An Evening of Aria and Art Song,” First Congregational Church
- November 7 CSUB University & Chamber Singers Fall Concert, First Presbyterian Church
- November 14 CSUB Chamber Music, Doré Theatre
- November 15 CSUB Concert Band, Doré Theatre

INSTRUMENTAL/VOCAL PERFORMANCES *(continued)*

- November 18 CSUB Women’s Choir, Doré Theatre
- November 20 CSUB Guitar Ensemble, Music Room 127
- December 7 CSUB Community Concert Band, Doré Theatre
- January 10 Tea Rose Strong Quartet, Doré Theatre
- January 29 “An Evening of Opera Scenes,” Doré Theatre
- January 30-31 *Suor Angelica* and *Gianni Schicch* by Puccini, Doré Theatre
- February 18 U.S. Army Training & Doctrine Command Band Brass Quintet, Doré Theatre
- February 22 “An Evening of Aria and Art Songs,” First Congregational Church
- March 6 CSUB Chamber Music Concert, Doré Theatre
- March 7 CSUB Band Concert, Doré Theatre
- March 8 Michelle Latour, Soprano, First Congregational Church
- March 12 CSUB Guitar Ensemble, Music Building, Room 127
- March 15 CSUB Choir Concert, Doré Theatre
- April 11 Piano Duo Concert, Doré Theatre
- April 26 BC/CSUB Composers’ Concert, Doré Theatre
- May 1 “An Evening of Opera & Musical Theatre Scenes,” Doré Theatre
- May 17 Gordon Mehling, Violin, and Rachel Chao, Piano, First Congregational Church
- May 23 “An Evening of Aria and Art Songs,” First Congregational Church
- May 31 CSUB Chamber Music Concert, First Congregational Church

2009-2010

- October 30 “An Evening of Art, Songs and Aria,” Business Development Center, Room 163
- November 6 CSUB Women’s Choir, First Congregational Church
- November 13 CSUB Fall Chamber Music Concert, Doré Theatre
- November 14 CSUB Jazz Ensemble Concert, Doré Theatre
- November 15 CSUB University & Chamber Singers Fall Concert, Doré Theatre
- November 18 Larry Karush, Solo Piano, Doré Theatre
- November 19 CSUB Guitar Ensemble, Music Building, Room 127
- November 20 CSUB Community Concert Band, Doré Theatre
- December 6 CSUB Community Concert Band Christmas Concert, Doré Theater
- January 10 Tea Rose Quartet, Doré Theatre
- January 29 “An Evening of Opera Scenes,” Doré Theatre
- January 30-31 *Suor Angelica* and *Gianni Schicch* by Puccini, Doré Theatre
- February 5 Piano Recital, Music Building, Room 127
- February 21 Guitar Recital, Music Building, Room 127
- March 5 CSUB Chamber Music, Doré Theatre
- March 6 CSUB Concert Band, Doré Theatre
- March 13 Beethoven’s “Ode to Joy,” Rabobank Theatre
- April 1 Danny Holt, Piano and Percussion Master Class, Doré Theatre
- April 1 Danny Hold Piano and Percussion Recital, Doré Theater
- April 9 Charles Badami, Pianist, Concert, Doré Theatre
- April 24 Bakersfield Student Composers’ Concert, Doré Theatre
- April 30 “An Evening of Opera & Musical Theatre Scenes,” Doré Theatre

JAZZ EVENTS

Adele Davis 2008-2010

The jazz program is one arm of the CSUB Music Program. The 60+ volunteers interested in the jazz program sign up at the Possibilities Day Meeting at the beginning of the academic year and support these jazz events during the academic school year by volunteering their time and service in the following areas:

COFFEE HOUSES: Coffee Houses, which had been in different locations during different years, have been held for the last year and a half in the Music Building Choral Room. Since there are no tables in the room, there were no decorations to put out or pick up. Our only responsibilities were to sell tickets at a table in the hallway and sell drinks outside the door of the room. The cleanup is almost none, since the room where all the drinks, cups, etc., are stored is right down the hall from the room where the performance takes place. The students haul everything out and haul everything back. The music is provided by various small groups performing as part of their public performance experience. There were two Coffee Houses per quarter, but that has been reduced to one per quarter and the other public performance takes place in a club off-campus. This is not a responsibility of 60+. We need to be there about 6:45 PM and leave about 9:30 PM. Usually, three to four volunteers are needed, one to sell tickets and two to sell drinks.

JAZZ ENSEMBLE CONCERTS: Concerts are held inside the Dore Theatre and performed by the CSUB Big Band. During the academic time frame mentioned above, 60+ staffed three of these events each academic year by selling and taking tickets, handing out programs, ushering when necessary, making sure no drinks are taken into the theatre, and manning the beverage table. Clean-up requires dumping the ice used for drinks, packing up the soft drinks, and giving the cash boxes to the faculty person in charge. There is usually one Jazz Ensemble Concert per quarter which requires two volunteers at each door to the auditorium, two to sell drinks if there is going to be an intermission and one person to sell tickets if requested.

LEGENDS OF JAZZ CONCERT SERIES: This program brings world jazz performers to perform as soloists with the CSUB Big Band in the Dore Theatre or with their bands. We had six of these

events between September 2008 and June 2010. The duties during these concerts are much the same as those for the Jazz Ensemble with the exception of selling the performers' CDs if they want us to.

JAZZ SINGERS CONCERTS: These concerts are rarely scheduled separately from either the Coffee Houses or Jazz Ensemble concerts. Occasionally, however, the Jazz Singers give a concert with the singers from another college or university. During the academic time span mentioned above, there were no concerts of this sort scheduled. Usually, these concerts are free, so duties are mostly to man the doors and make sure no drinks or food are taken into the theatre.

BAKERSFIELD JAZZ FESTIVAL: This event takes place on Mother's Day weekend (Friday and Saturday) in May and raises money for student scholarships in many different disciplines at CSUB. 60+ volunteers have helped in this two-day event by volunteering in two or three hour shifts to do any number of jobs such as manning gates, taking tickets, doing office work at the festival site, selling beverages, helping to set up VIP tables with table cloths and decorations, and helping to clean up. We had three festivals in the time frame mentioned above, one each year. I announce the fact that I am staffing the Jazz Festival in the 60+ Bulletin and ask that anyone wishing to work call me at home and leave a message to that affect. I call only those who respond, except for the volunteers who regularly work the jazz events.

In summary, the 60+ volunteers supported 30 jazz events plus the three Bakersfield Jazz Festivals for a total of 33 jazz events. The total number of hours given by 60+ volunteers during these events amounts to 736+ hours. This is including my hours calling volunteers for the specific jazz events, setting up drink tables at some events, or the massive number of hours given freely calling the 250+ volunteers (a portion of which are 60+ people) for the Bakersfield Jazz Festival.

THE WALTER STIERN ROSE GARDEN

Jean Childers 2008-2010

Many thanks to all of the hard-working regular volunteers for their many hours of service to the beautiful CSUB 60+ Rose Garden during the years of 2008-2010. The loyal crew has consisted of Pat Bell, Billie Burk, Marge Carpenter, Flo Diaz, Alice Dang, Greg Downes, Virginia Douglas, Lynn Gileath, Ann Hooper, Ernie Hull, Kim Jones, Pam Martinez, Bob Patterson, Jeannette Ransom, Jane and Roger Tsuda, and Jim Turner. They have spent a total of 192 volunteer hours on the garden.

In January, volunteers from the 60+ Club

and the Kern County Rose Society started out at 8:00 a.m. on our big day of pruning and rose care. Cutting bush roses starts at the top, goes to the bottom, and ends up at the top. You take off everything two to three inches above the final cut height and throw it away. A hedge trimmer will do the job. It's easier to see into the bush and clean up the debris. Then we march through growing season.

Again, thank you to all our many volunteers. For repeat blooming, winter is the time to prune.

THE CALIFORNIA WELL-SAMPLE REPOSITORY

Frances Williams 2008-2009

William Todd 2009-2010

From 2008 to 2010 we were able to complete 860 hours at the California Well Sample Repository at CSUB.

2008-2009

This year we had 9 members helping us at the Repository. We became part of the State University System as its Repository Site. By doing so, we hope to improve the building and the usage of the materials to more people.

We completed a total of 469 hours, with 254 hours in 2008 and 212 hours in 2009.

2009-2010

This year we had 9-10 members helping us work with the samples. A total 391 hours were completed with 211.5 for 2009, and 179.5 for

2010. We were joined this year by three new members. At the Repository, a new office/ lab/ restroom was built and has helped us in doing our work. There are now two student worker/ directors who have done a great job organizing and cleaning up the work area and building. They are now charging from \$5 to \$500.00 to examine the cores and reports.

For a small group, we have done quite a bit of work. This coming year we hope to increase our members with the improvements to the Repository.

SHORT TERM PROJECTS

Jacqueline Hultquist 2008-2009

Kay Cook 2009-2010

2008-2009

The Short Term Projects (STP) Team continues to provide CSUB on-campus assistance for tasks of short duration. This allows a volunteer flexible time to volunteer a few hours for a given task ranging from 1-4 hours at times.

There were 15 projects with 28 volunteers assisting with eight Bulletin mailings, two Athletic Department wrappings of their BBQ utensils, one Alumni Relations mailing, CSUB Day (11.5 hours), CSUB Commencement (34 hours). STP Hours totaled 320.7. Volunteer hours also were given to other departments/areas across the campus, and have been reported separately.

At the end of this year, the Club was approaching (48,805.25) the 50,000 mark for volunteer hours provided to the University since 1988 when the Club commenced contributing to and recording volunteer hours.

2009-2010

The Short Term Team exists as a major contributor to one of the 60+ Club's reason for existing—providing assistance to CSUB via volunteer involvement. The short-term participation has been seen in the giving of a few hours, generally anything from 1-4 hours per activity. At Possibilities Day, 28 members signed up for Short Term Projects.

There were 13 projects with 30 volunteers assisting in 8 Bulletin mailings, two Athletic Department wrappings of their BBQ utensils, one Alumni Relations mailing, a School of Education Accreditation visit (17 hours), CSUB Day (10 hours), eight CSUB Commencement Ceremonies with 18 volunteers dispensing programs in December and in June. As usual, the projects generating the most volunteer hours were the two utensil wrappings for the CSUB Athletic Department.

Short Term Project volunteer hours for the University during this year totaled 256.5, down slightly from that of 2006-2007 (320.7). Many hours have been given in campus areas not covered by STP. All in all, 100 60+ Club members have contributed 2,471 hours campus-wide in 2007-2008.

Reflecting over the last two years, there is a slight but noticeable decline in the number of STP volunteers. There also has been a decline of cross-campus requests for specific volunteer projects. Perhaps as of summer 2008, there's a slight indication that the rising costs of gasoline may discourage a willingness to drive to the campus to provide volunteer services.

At the present rate, the Club has surpassed the 50,000 target of volunteer hours provided to the University since 1988 when the Club commenced contributing hours.

INTEREST GROUPS

INTEREST GROUPS

Perri Stinson, Coordinator 2008-2009

Sharon Goldsmith 2009-2010

The purpose of 60+ Club interest groups is personal enrichment through lifelong learning. Interest groups are developed and run by members for members. The Board of Directors approves the creation of interest groups and recognizes that, as member interests change, so will the 60+ Club interest groups. Since the

last biennial report, Bridge, Mah Jongg, and Writing for Pleasure were discontinued, and a new group, Knit 1/Crochet Too, was added. There are currently twelve active interest groups. Next year, Camille Gavin will serve as coordinator of interest groups.

AROUND THE CRACKER BARREL

Milt Clift / Mel Rubin 2008-2010

The Cracker Barrel ended its last meeting for the year on May 4. If there was an item or event in the news, we hashed it over! Our loyal base was present at all meetings. The base was willing and able to express their views about the events and decisions that shape the history of the U.S. and world communities. By

participating in our program, we sharpened our understanding of where we are heading in the evolution of economic and political systems.

The focus for 2010-2011 will be the need to pursue excellence as a means of surviving and evolving in a competitive world!

BRIDGE

Virginia Douglas 2008-2009

In January 2009, Bridge disbanded as an interest group of the 60+ Club. This was due to lack of attendance.

Perhaps this was because we met early in the morning and/or the travel distances for some may have been too far. We did have health

problems and members moving out of town. We did look into places closer to the college but found none available.

Hopefully, the 60+ Club will have a bridge group again in the near future.

CLASSIC MOVIES

Mary Jane Weerts 2008-2010

As one of the interest groups, we meet monthly during the academic year (September through

May) at the CSUB Business Development Center.

2008-2009

- September *The Adventures of Robin Hood*
- October *My Darling Clementine*
- December *The Man Who Came to Dinner*
- January *All About Eve*
- February *Waking Ned Devine*
- March *The Quiet Man*
- April *Twelve Angry Men*
- May *Stage Door*

2009-2010

- September *The Philadelphia Story*
- October *Thirty-Nine Steps*
- December *Some Like It Hot*
- February *To Be or Not To Be*
- March *Laura*
- May *Shane/High Society*

CLASSICS REVISITED

Gladys Stilwill 2008-2010

Classics Revisited has continued to explore a variety of genres from all over the world. New members continually add different dimensions to our discussions. Works chosen have ranged from Oscar Wilde to Aristophanes, from John Steinbeck to Sophocles. With our added life experience, we find that we have a better understanding and enjoyment of the literary works that we “had to read” as high school and college students. We continue to welcome new members with new perspectives on these works.

2008-2009

- September *Democracy in America* by Alexis de Toqueville
- October *Oedipus the King* by Sophocles
- November *The Waste Land* by T.S. Eliot
- January *Night* by Elie Wiesel
- February *Farewell to Manzanar* by Jeanne Wakasuki Houston
- March *Washington Square* by Henry James
- April *The Prince* by Niccolo Machiavelli
- May *The Odyssey* by Homer

2009-2010

- September *Madame Bovary* by Gustave Flaubert
- October “On Happiness” by Aristotle
- November *Cannery Row* by John Steinbeck
- January *The Red and The Black* by Stendahl
- February “When the Lilacs Last in the Dooryard Bloom’d” by Walt Whitman
- March *The Birds* by Aristophanes
- April *The Picture of Dorian Gray* by Oscar Wilde
- May “The Subjection of Women” by John Stuart Mill

COFFEE WITH THE PROFESSOR

Lon Kellenberger 2008-2009

Dick Noel 2009-2010

We continue to be impressed with the quality of the CSUB faculty and with their willingness to share their expertise and passion with the 60+ Club.

2008-2009

We had a very successful year with a wide variety of professors throughout the campus speaking to our group. Fortunately, they provided us with a broad perspective from their areas of expertise.

Fall Quarter started with Dr. Stanley “Gene” Clark who is a Professor of Political Science and currently the Associate Dean of the School of Humanities and Social Science. Dr. Clark provided a perspective of the important election of Congress, whereas most of the focus was on the presidential election. Our October speaker was Dr. Jeff Moffit, Assistant Professor and Chair of the Department of Physical Education and Kinesiology. He is also the Executive Director of the Kern Council on Physical Fitness and Sports. Dr. Moffit’s address was “Aging and Wellness through Movement,” an important topic for our group. In November, Dr. Thomas was our speaker. He is a Professor and Chair of the Department of Physics and Computer Sciences. His topic was “A Christian-Jewish Family during World War II and Coming to America.” He spoke of his own family and the turmoil they experienced.

Dr. Bob Negrini started us off for the Winter Quarter as our January speaker. Dr. Negrini is Professor of Geology and spoke on “Climate Change,” which included clear data from numerous studies on the changing climate and the resultant effects. Dr. James H. George spoke to the group in February. Dr. George is Professor of American History, U.S. Diplomatic History. Positions he has held on campus include Chair of the Department of History, Chair of Liberal

Studies, Associate Vice President and Dean of Undergraduate Studies, and Provost and Vice President for Academic Affairs. Dr. George addressed “The American Empire.” Our March speaker was Dr. Michael Heivly, Professor of Studio Art and Chair of the Department of Art. Appropriate for March, Dr. Heivly’s topic was “Irish Poetry.” He shared ancient poetry and Irish poetry through the ages. He also shared some poetry he personally wrote.

We had two speakers Spring Quarter. In April, Dr. Ted Murphy, Retired Professor of Biology and Founder of FACT (Facility for Animal Care and Treatment) spoke on “Kit Foxes.” He shared numerous stories and pictures of the local kit fox. We ended the academic year with a very provocative address by Dr. Stafford Betty, Professor of Religious Studies, on “The Afterlife.” Dr. Betty shared perspectives of life after death, including descriptions of the spirit life and surroundings, from a number of very reputable sources addressing this issue.

2009-2010

I was pleased with the variety of presenters during 2009-2010. Attendance overall was quite good, as indicated in parentheses below. Except for one occasion, we also provided homebaked cookies, and this seemed to be appreciated by members.

September: Dr. Ted Murphy, Emeritus Professor of Biology, “Climate Change: Plants and Animals” – Ted’s nicely illustrated presentation demonstrated the effects of climate change on populations and communities of flora and fauna, globally and locally, includ-

COFFEE WITH THE PROFESSOR *(continued)*

ing implications for agriculture, forestry, and water in California. (N = 36)

October: Dr. Rose McCleary, Associate Professor of Social Work, “Healthy Aging and Holistic Health Paradigms” – Rose presented several alternative medical paradigms and how they can be used to promote healthy living, including practices that can be easily used in our daily lives. (N = 19)

November: Dr. Kim Flachmann, Professor of English, “Strategies to Activate your memory and Increase your Creativity” – Kim presented strategies and techniques that work to improve our memories and simulate our creativity. This was a highly interactive workshop on memory styles and strategies and included a questionnaire to measure our learning and memory styles. (N = 19)

January: Dr. Jose Reyna, Professor and Chair of Modern Languages and Literature, “The Evolution of Tejano Music” – Jose presented a demonstration and discussion of Tejano music, which emerged among Texans of Mexican descent in the 1800s. Borrowing the accordion from German immigrants, Tejanos adopted the instrument as their own and created a unique and popular genre that has come to be known as “conjunto” music. Perhaps most significantly, the genre has also become arguably the most salient symbol of the cultural identity of Chicanos in Texas. (N = 24)

February: Dr. Steve Bacon, Professor and Chair of the Psychology Department, “What Science Tells Us about Happiness” – Steve discussed how, in our search for happiness, we have turned to poets, philosophers, religious leaders, self-help gurus, and folk wisdom; however, within the last twenty years, scientists have joined the conversation. Steve shared what science currently tells us about happiness and ways we may increase it in our lives. (N = 25)

March: Dr. John Stark, Associate Profes-

or and Chair of Marketing and Management, “Dealing with Difficult People” – John led an intriguing session on one of life’s vexing problems. “Difficult” people are all around us, so this is a common challenge of life. He explored the genesis and cost of this problem, why these “difficult” folks tend to “get our goat,” and how we can condition ourselves to deal with these people. The bottom line is to learn to control our reactions, thereby influencing the likely outcomes from such encounters. (N = 34)

April: Dr. Douglas Dodd, Associate Professor of History, “The Best Law You Never Heard Of” – In a presentation sprinkled with photos of our national parks and monuments, Douglas explored the Antiquities Act of 1906 and its role in the development of the National Park System. The Act came to the rescue of national treasures that were being rapidly destroyed at the turn of the last century. It allowed the President of the United States to protect archeological sites, fossils, historic sites, and scenic landscapes of national significance by declaring them “national monuments.” Today, most of these national monuments are key elements of the National Park System, and many have become national parks themselves. (N = 16)

May: Dr. Paul Newberry, Associate Professor of Philosophy, “Harm, Forgiveness, and Character Development” – Paul provided a fascinating, interactive discussion about forgiveness, including the emotions linked to it, and how they are important parts of most people’s lives. He considered the questions: What exactly is forgiveness? How should we go about forgiving someone if we want to do so? How does our developmental character as human beings affect the process of forgiving? The audience was so engrossed in the topic that discussions continued after the conclusion of the session. (N = 23)

DINERS' CLUB

Charlene Edwards / Beth Curtis 2008-2010

The Diners' Club meets for lunch once a month. We have a wonderful time visiting with one another while trying different cuisines. Two of our favorites are the Bell Tower Club and Hungry Hunter, which have had the largest attendance. A sampling of other restaurants we

attended the past two years include Crest Bar and Grill, the Orchid, Country Rose Tea Room, Great Castle, Hourglass Kitchen and Bar, Red Lobster, Senior Pepe, and the Firehouse. We ended this year with dinner at the Nines Restaurant.

EXPLORING HEALTH FOR LIFE

Wini Davis / Judy Harris 2008 – 2010

The interest group, led by Wini Davis, Glenwood Gardens resident, has been meeting at Glenwood Gardens, 350 Calloway, 1:30 p.m., on the second Friday of the month, in the liv-

ing room on the 3rd floor, of the Independent Living Building (1st building on right). All 60 Plus members and residents of Glenwood Gardens may attend without charge.

2008-2009

- October** Audrey Cochran, R.N., a 60+ member, and first CSUB Masters Degree in Nursing, discussed "Insomnia Can Kill You." (60+ = 3; GG = 11)
- November** Jim Glinn graciously filled in, when Kaiser Permanente required Pat Dorsey at a meeting. (60+ = 8; GG = 11).
- December** Pat Dorsey, R.N., Certified Wound, Ostomey and Continence Nurse, and Kaiser's Wound Specialist, spoke on "The Care and Problems of Aging Skin." (60+ = 9; GG = 8)
- January** Jim Glinn, Sr., long-time physical therapist and founder of Glinn & Giordano, spoke on 1/9, 1/16, 1/23, and 1/30, about the role of effective movement and exercise in his "Choice to Function" series. The business has since been sold to the employees. (1/9: 60+ = 25, GG = 12; 1/16: 60+ = 20, GG = 15; 1/23: 60+ = 11, GG = 13; 1/30: 60+ = 22, GG = 8)
- February** Donnie Sharon, former Physical Education teacher and Exercise Leader for many years, spoke on "How to Survive Cancer." (60+ = 9; GG = 4)
- March** Amy Robertson from Newport Audiology Centers spoke on "Everything You Ever Wanted to Know About Hearing Aids, but Didn't Know to Ask." (60+ = 21; GG = 16)
- April** Kris Williams, MS, Registered Dietician, and Kaiser Permanente authority with 19 years experience, spoke on "Diabetes, a National Problem." 60+ = 4; GG = 3)
- May** Rose M. Lester, 15 years as a Marriage and Family Therapist, and Carol Hunter, 30 years as a Personal Therapist, shared their professional research on stress and its impact on our health. (60+ = 11; GG = 6)
- June** Dr. Larry Borgsdorf, Kaiser Permanente Ambulatory Care Pharmacy, critiqued our prescriptions and over-the-counter medicines. 60+ = 5; GG = 6)
- July** Dr. Brian Handey, PhD Audiology, gave an excellent talk about hearing aids. The batteries were easy to insert, as well as the hearing aids. A fair cost: \$3,000. Free batteries, as

EXPLORING HEALTH FOR LIFE *(continued)*

well as frequent adjustments, were provided. He then left town, making service available in Fresno or the House Clinic. The 60+ members who attended the March meeting, were contacted about this event. (60+ = 9; GG = 7)

2009-2010

- September** Jennifer Patino, OLLI (Lifelong Learning Institute). Sharon Goldsmith, presided for Wini Davis who has fallen and was in skilled nursing. (60+ = 5)
- October** “The Challenges and Skills for Living with Healthy Teeth and Gums,” presented by Ginger Whitehead, an accomplished periodontal (dental) hygienist, spoke on “Floss the teeth you want to keep.” Dr. Richard L. Gapper donated tooth brushes and floss. (60+ = 10)
- November** Meetings suspended until someone will volunteer to be a co-chairman.
- February** Judy Harris volunteered to serve as co-chairman with Wini Davis.
- March** Audrey Cochran, R.N., discussed “Sleeping Aids.” (60+ = 1; GG = 10)
- April** Erin Parker, Clinical Manager at Glinn and Giordano Physical Therapy, presented a program about “Balance,” to prevent accidents or injuries. (60+ 24; GG = 12)
- May** Victor Mungary from M.A.R.E. (Mastering Abilities Riding Equines), a local nonprofit organization, shared how equines (horses) help to improve learning and social experiences for individuals with challenges. (60+ = 3; GG = 5)
- June** Carl Anderson, RN, NSB, DPA, spoke about “Diabetes.” He has been in the health care field for 38 years, the past six years as a Nursing Educator for Kaiser Permanente. As a diabetic for 16 years, he can speak on the subject personally, as well as professionally. (60+ = 4; GG = 5)

INVESTMENTS 101

Margaret Southwick (Acting) 2008-2010

This group usually has twenty members who sign up in the fall but we have from twelve to fifteen members who attend regularly. The main duties of the group leader are contacting speakers, writing articles for the bulletin, and

making arrangements for the room. This leader has been in charge for four years and it's time for some new ideas. We have business cards available for a new leader.

2008-2009 - *Our theme in the fall of '08 was consumer education.*

- October** Dr. Bruce Jones, Professor Emeritus., CSUB – “Final Arrangements and the Funeral Consumer Alliance of Kern County”
- November** Jim Hussey, Kern Employees Credit Union
- December** Gloria Francisco, Prepaid Legal Services – “Identity Theft”
- February** Sandy Morris - Bakersfield Police Department – “Con Games”
- March** Ernie Phoenix and Sid Unruh, Bank of America - “Reverse Mortgages”

INVESTMENTS 101 *(continued)*

- April** Richard Darrow, World Alliance Group – “Protecting What’s Left”
May Dr. John Emery- CSUB Economist – “Understanding the Economy”
June Mike Bowles, CFP, Bowles Financial and Insurance Group – “What Does a Retiree Do Now?”

2009- 2010

- November** Larry Cox, Head of Estate Planning at Young-Wooldridge – “Estate Planning in a Volatile Market”
December Ken Filipski, Accountant and Financial Advisor
February Terry Close, Bankers Life and Insurance Company - “Long Term Insurance”
March Karen Norton, Charles Schwab – “Put Your Investment Plan in Action”
April Brian Self, Edward Jones – “It Pays to be a Bull”
May Review of Ken Fisher’s latest book, How to Smell a Rat: The Five Signs of Financial Fraud
June Group Discussion – “How California can get its Groove Back”

KNIT 1/CROCHET TOO

Linda Phillips 2010

The newest 60+ Club interest group, Knit 1/ Crochet Too, meets weekly at Carriage House Estate Retirement. Participants have already knitted and crocheted over a dozen baby hats for donation to Mercy Southwest Hospital’s Neonatal Intensive Care Unit.

MAH JONGG

John Satterlee 2008-2009

Our small group continued playing Mah Jongg twice a month at the Community House although missing several weeks due to illness and minor surgery. We decided to discontinue the group due to poor health.

SING-A-LONG

Wendell Kinney (Fearless Leader) 2008-2010

Sing-a-Long continues to meet at Rosewood on the first Wednesday of every month except August. Both 60+ Club members and our gracious hosts at Rosewood join in, enjoying the old songs. If you’re not interested in Sing-a-Long, that’s okay. Maybe you just ain’t got no class!

READERS' GROUP I

Sydney Perry / Judy Miller 2008-2010

This readers group meets the third Tuesday of the month from January through May and September through November. Meetings are held in the homes of our members, refreshments are served. Books that are selected are recommended by the members and the person who recommends the book leads the discussion. Our book selection is posted ahead of time so members have plenty of time to read each book. We specify that books must be available in paperback to help keep the costs of the books to a minimum. Many members use on-line outlets or the Public Library to acquire the books.

2008-2009

Kristin Lavransdatter by Sigrid Undset
A.D. 62 Pompeii by Rebecca East
The Girls by Lori Lansens
My Sister's Keeper by Jodi Picoult
Run by Ann Patchett
A Year of Magical Thinking by Joan Didion
In the Absence of Sun by Helie Lee

2009-2010

Bonesetter's Daughter by Amy Tan
The Life and Times of the Thunderbolt Kid
by Bill Bryson
Three Cups of Tea by Greg Mortenson
Gould's Book of Fish by Richard Flanagan
Guernsey Literary & Potato Peel Pie Society
by Mary Ann Shaffer and Annie Barrows
The Women by TC Boyle
People of the Book by Geraldine Brooks



BEAUTIFUL BAKERSFIELD NOMINEE 2009

READERS' GROUP II

Jody Miller / Bertie Warrent 2008-2010

Readers' Group II meets on the third Wednesday of each month (September-May) in the homes of members at 2:00 p.m. We take turns leading the discussions with questions we have obtained from the Internet or in the backs of the books we have selected. We try to select at least 3-4 in advance so we don't miss one that is currently important to our group. We now have a total of 8-10 members as some can come only occasionally.

2008-2009

World Without End by Ken Follett
The Innocent Man by John Grisham
19 Minutes by Jodi Picoult
The Last Lecture by Randy Pausch
At Home in Mitford by Jan Karon
The Other Queen by Phillippe Gregory
Mistress of the Vatican by Eleanor Herman
Shelter Me by Juliette Fay
The Sweet By and By by Todd Johnson

2009-2010

Obscene in the Extreme by Rick Wartzman
The Prayer Room by Shanthi Sekaran
Three Cups of Tea by Greg Mortenson
The Lost Symbol by Dan Brown
The Poet of Baghdad by Jo Tatchelle
The Art of Racing in the Rain by Garth Stein
Lady's Life in the Rocky Mountains
by Isabella Bud Bishop
The Lovely Bones by Alice Sebold
The Help by Kathryn Stockett

We try to select and read a variety of books. The members enjoy the diversity in our selections, and we also enjoy the meetings, friendships, and sharing that goes on at our meetings.

INSTALLATION OF 2010-2011 CSUB 60+ CLUB OFFICERS