

THE BULLETIN

OF THE 60+ CLUB
CALIFORNIA STATE UNIVERSITY
BAKERSFIELD

Volume 27, Number 6, March 2013
CSUB, 53AW, 9001 Stockdale Highway
Bakersfield, CA 93311

www.csub.edu/60plus

Karen Polyniak, Editor

President's Message

Bob Laramée

(588-1463, bookworm@lightspeed.net)

The daffodils are beginning to bloom in my back yard and I've noticed that some of the trees are in full bloom. Winter seemed mild to me this year but I am told that we had our usual number of cold hours for the stone fruit.

I hope that you had a good February and that you had a good Valentine's Day and a patriotic President's Day. Soon Easter will be here. The stores are filled with the makings of Easter baskets for the children of all ages and the new spring fashions are being advertised.

Our general meeting in February was a good one and we all enjoyed the insights of Lois Henry of the Bakersfield Californian. She let us in on her routines and on some of the topics she is interested in following at this time. Many at the meeting expressed an interest in having her again in the future and I agree with them.

Ted has an exciting program again for next month. I don't know how he does it but our programs are all outstanding. He does a great job.

I have a message to Wendall Kinney. We very much enjoy your music and your obvious joy and love of music and your love of hearing us sing. We hear you are doing better. To members: See the Sing-A-Long section on page 6.

See you in March for another excellent program.

NEXT BOARD MEETING: Thursday, April 4 at 1:30 pm at the Student Health Conference Room.

Communications Committee

Vice President (Programs)

Ted Murphy

(325-0307, tmurphy@csu.edu)

Thursday, March 14 at 2 pm in the Icardo Room

"Heart Disease - Risk Factor Modification, Symptom Recognition, Support, Nutrition and Exercise" is the topic of a talk by Michael Smith, Coordinator of Specialty Programs, Transformational Care, at Memorial Hospital. An RN and Public Health Nurse who has worked at Memorial for over 10 years, Michael also has a Master's Degree in Nursing Education and he will describe the anatomy and physiology of the heart and many factors involved in heart disease and treatment. And he will answer many troubling questions that we may have. You must attend this meeting.

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Sunshine Chair

Janis Varner

(587-8157, vvarner@bak.rr.com)

Anyone needing a little “sunshine” in their day please let me know.

Editor’s Note

Karen Polyniak

(397-8300, kpoly@earthlink.net)

The next *Bulletin* will be for **April 2013** and that issue’s deadline is **Friday, March 15.**

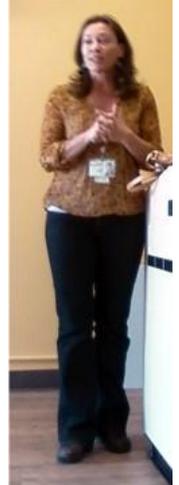
Welcome Committee

Vice President (Membership)

Craig Pelz

(664-9509, cpelz456@bak.rr.com)

Our February meeting was enjoyed by fifty-seven 60+ers. Our speaker, Lois Henry, entertained the group with her work experiences covering 15+ years in journalism and investigating reporting for the Fresno Bee and Bakersfield Californian. Lois answered questions about her experiences as an intern at the Fresno Bee working the 6 pm to 2 am shift. When Lois moved to Bakersfield, the position was temporary, then full-time temporary and lastly full-time permanent with benefits. The salary as a temporary employee was \$40 a story plus \$5 a photo/picture. Lois stated she took a lot of pictures!



60+ now received 2XL T-shirts for sale along with the other sizes that cost \$10. With the CSUB men’s baseball and women's softball seasons just starting, wearing a 60+ T-shirt at the games is a great way to show support for the teams and 60+.

Outreach

Margaret Southwick

(327-1267, southwic@lightspeed.net)

We need a few volunteers on **Saturday, April 13** to hand out 60+ Club applications. We will have a table at a Spring Festival at the Assembly of God Church parking lot from 10 am-2 pm at 4901 California Ave. Call Margaret at 327-1267 or southwic@lightspeed.net

Elder College

Cheryl Tikanen

(397-1138, cheritik@yahoo.com)

For anyone wishing to be on the Elder College committee, the next meeting will be on **Friday, March 8, at 1:30 pm** in Denise's office. We have not decided on a theme yet.



60+ers volunteering at the February FACT



Action Network**Virginia Dallas-Dull****(301-8188, vdallas@bak.rr.com)**

Our 60+ Action Network continues to support CSUB in a variety of meaningful ways. If you are interested in participating in one of the following activities, please give me a call or call the coordinator of the section you'd like to join. We have fun; we learn; and we help CSUB!

Athletics - Ticket Takers**Enid Hull****(679-4551, ehoreh@gmail.com)****Athletics - Timers-Swimming****Anne Kelly****(324-6070, kelly@10max.com)**

My goodness, how time flies when you are having fun . . . Basketball Season is almost over. Our last Basketball game will be February 23. A big "Thank you" to all the 60+er's that volunteered.

We are now gearing up for Baseball Season. We had our home opener on February 15. If you are not volunteering, come out, have some fun and support our team. The season will run through May 12.

See everyone soon.

Timers at the last Swim Meet



Calif. Well Sample Repository (CWSR) William Todd (871-2530, wetodd1@yahoo.com)

The Repository contains an historical collection of geological core samples from more than 4,000 gas and oil wells drilled all over California from as far back as 1930. Our volunteers are responsible for carefully organizing and indexing the samples, well reports, and well logs. You can join the fun (detective/crossword type work) on each **Wednesday** of the month (from **9 am to noon**) at CWSR, which is located by the south entrance on Roadrunner Drive, across from the CSUB athletic track and field. Parking is available in front of the building. Most of the time, we go to lunch together after work. See you there.

March 6, 13, 20 & 27

FACT**Janet Skibinski****(664-6983, jjskibinski@att.net)**

The next Open House is **Saturday, March 2, from 1 – 4 pm**. I invite you all to come, bring your family and friends, and treat yourself to an enjoyable afternoon in a lovely setting. Tours are led by student volunteers and I promise you will learn something new.

If you are interested in helping, volunteers work a two-hour shift, either 12:30 – 2:30 pm or 2:30 – 4:30 pm. No experience is necessary and all are welcome! Come see what FACT is all about!

Fine Arts Theater**Billie Swanson****(587-2544)**

Hope everyone had a good Valentine's Day. Hard to believe it's almost March. We have a play continuing into March:

"Taming of the Shrew" by William Shakespeare, at the Doré Arena Theatre - "A classic battle of the sexes transported to the Wild Wild West—Kate and Petruchio strap on their six guns and sparks fly." There is limited seating and the production may sell out so reservations are recommended (654-3150). Ushers need no reservations and I will be calling soon for ushers.

Thursday, February 28 to Saturday, March 2, 8pm

Saturday, March 2 to Sunday, March 3, 2pm

General Admission: \$10; Seniors (60+)/CSUB Faculty/Staff: \$8; CSUB Students with ID: \$5

(continued next page)

Fine Arts Theater, *continued*

Also in March will be the children's play:
"The Imaginators" by Dwayne Hartford at the Doré Arena Theatre

Saturday, March 16, noon, 2pm and 4 pm

Sunday, March 17, noon and 2pm

Cost: \$5 general admission, Free for children 12 and under

Fine Arts Music	Peggy Bryson Judy Beggs	(399-7811) (393-3389)
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Thank you for your support with our February events. We will be asking for volunteers for the busy month of March.

CSUB Chamber Music: **Sunday, March 10, 4 pm** at the Doré Theatre

General Admission: \$10; Seniors/Students \$5; CSUB Students with ID FREE

Concert Band: **Friday, March 15, 7:30 pm** at the Doré Theatre

General Admission: \$10; Seniors/Students: \$5; CSUB Students with ID FREE

CSUB Chamber Singers & CSUB Chamber Orchestra: **Sunday, March 17, 4 pm**, Doré Theatre

Mozart, Beethoven and Beyond

General Admission: \$10; Seniors/Students: \$5, CSUB Students with ID FREE

Jazz Events	Adele Davis	(834-0115, adldavis@lightspeed.net)
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Jazz Coffeehouse: **Saturday, March 2, Time: 7:30 pm**

Place: Music Building Room 127

Cost: General Admission: \$10, Seniors/non CSUB students: \$5, CSUB Student with ID: FREE

This event features small group jazz standards as well as student compositions in a relaxed, casual atmosphere. Volunteers need to be there by 7 pm to serve soft drinks/coffee/popcorn or cookies.

37th Annual Jazz Jam (Big Band): **Friday, March 8, Time: 8 pm**

Place: Dore Theatre

Cost: General: \$12, Seniors/non CSUB students: \$8, CSUB Students with ID: FREE

The featured artist for this big band musical event will saxophonist Kim Richmond. He is a composer/arranger, and player who has played with Stan Kenton, Louis Bellson, Bob Florence, and Bill Holman. A very talented guy, to be sure. Volunteers will be needed to give out programs, take tickets, and possibly sell drinks or CDs.

If you are interested in volunteering for either or both of these events and are on the Jazz Events Volunteer List, please email or call me at least one week before the event. I call one week before the event, so be sure to leave a name and phone number so I can return the call.

Walter Stiern Library	Chris Livingston Camille Gavin	(654-3253, clivingston@csub.edu) (396-0954, cgavin5720@aol.com)
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At the time of publishing *The Bulletin*, there were no March meetings scheduled. For more information, volunteers interested in helping identify photographs related to CSUB's history, please contact Chris Livingston or Camille Gavin.

Interest Groups	Camille Gavin	(396-0954, cgavin5720@aol.com)
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Around the Cracker Barrel	Mel Rubin Milt Clift	(831-3333) (831-5548)
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Cracker Barrel will meet on **Tuesday, March 5 at 1 pm** in the Dezember Learning Center (DLC), Room 407. We are continuing the topic of: In the broad sweep of human history, what do we humans have to be proud of and what should we be ashamed of.

Classics Revisited	Jean Nilssen	(599-3341, nilss15@aol.com)
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The Classic Book Club will on the fourth **Monday, March 25 at 1:30 pm** in the Health Center. Utilize Parking Lot E (Camino Media Entrance) for easy access. We're reading *Portrait of a Lady* by Henry James. New members are always welcome!

Here are future selections and meeting dates: *Julius Caesar* by Shakespeare (April 22), and a To-Be-Announced Poetry Selection (May 28, the Tuesday after Memorial Day).

Coffee With the Professor	Sue Glenn	(589-4330, seglenn@aol.com)
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On **Monday, March 18 at 2 pm** - "What Research Tells Us about the Afterlife"? with Dr. Stafford Betty. Stafford is a nationally prominent expert on afterlife research. Most people know nothing about this research, which is not based on the Bible or any other scripture or religious doctrine. A gradual consensus is emerging among the experts, and it won't be long before the horror of dying is replaced by a confident, even hopeful entry into another world. That world will be the topic of Stafford's presentation. His book *The Afterlife Unveiled* was published in 2011, and sales are surpassing his optimistic expectations. It is available at amazon.com and bn.com. "But no one is expected to read the book," he says. "Just come, listen, and participate if inclined."



February's Coffee

Creative Writing	Camille Gavin	(396-0954, cgavin5720@aol.com)
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No information was provided at the time of publishing, please contact Camille for information about meeting dates.

Diners' Club - Lunch	Charlene Edwards Beth Curtis	(397-8850, cedwards8@bak.rr.com) (323-5230)
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On **Monday, March 11** we will be dining at Steak and Grape, 4420 Coffee Road at **11:30 am**. Please let Charlene or Beth know if you plan to attend by Thursday March 7.

Dinner Club	Judy Harris Lena Flippen	(831-7613, ibejudyh@sbcglobal.net) (399-3406)
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Dinner Club will meet **Wednesday, March 20** at Coconut Joe's, 4158 California Ave, at **5:30 pm**. RSVP by Monday, March 18 to Judy Harris or Lena Flippen.

Knit One, Crochet Too	Charlene Edwards Adele Davis	<i>(397-8850, cedwards8@bak.rr.com)</i> <i>(834-0115, adldavis@lightspeed.net)</i>
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Knit One, Crochet Too meets most **Thursdays at 1:30 pm** at the Carriage House Estates Retirement Community, 8200 Westwold Drive in the activity room on the first floor. All skill levels are welcome. Bring a project to work on and come whenever you can. Meeting dates are:

March 7, 21 and 28

Out & About	Micki Burcher	<i>(871-5436, micki2800@yahoo.com)</i>
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There is still time to board the trip to the Grand Canyon and Sedona **March 18-22** with the price of \$875 p/p- \$1100 single. After the train ride trams will shuttle you to the best views of the Canyon. The Arts and Crafts of Sedona will speak to the creative side of you. Our last night will be at the Tropicana Express in Laughlin, Nevada. Five days of wonderful memories can be yours by calling 661-327-1144 and booking space for this five day vacation to see this astounding visual wonder.

Feeling lucky? Experience the thrill of Thoroughbred horse racing amid the beauty and tradition of Santa Anita Park. \$65 gets you Club Court Seating, a race program, a handicapper to go over the day's races and a buffet lunch on **Thursday, March 14.**

PLAN AHEAD: Autumn in New England, this **October 3-9** . . . \$100 discount if booked by **April 3** . . . Falling leaves the colors of fire, and gold, and pumpkins explode before your eyes as you tour Historic Boston, see the sites of the maritime town of Salem, enjoy a Maine lobster dinner, a cruise of Casco Bay and then to Kennebunkport and Portland, Maine.

To inquire further OR to sign up for these trips call Orange Belt Adventures 661 327-1144.

Readers Group 1	Sydney Perry Judy Miller	<i>(589-6315)</i> <i>(397-7544, hmiller826@aol.com)</i>
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We will be meeting **Monday, March 19 at 1:30 pm.** The book will be *Persian Pickle Club* by Dallas. Once again we meet at 4015 Scenic River Lane, thanks to Ruth. We will be selecting books for the remainder of this year and for September.

Readers Group 2	Jody Miller Bertie Warren	<i>(831-0387, altaymar@gmail.com)</i> <i>(832-9242, nanab5@bak.rr.com)</i>
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Their regular meeting is on **Wednesday March 20 at 2pm,** but no information was received at the time of publishing. Please contact Jody or Bertie for book and meeting information.

Sing-A-Long	Wendall Kinney	<i>(Betsy's number: 444-5838)</i>
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We have a follow-up to Wendall's situation – you may have known that he bumped his head on January 1 which caused a hematoma which in turn caused a small stroke. There is recent good news - he has been released from the Rosewood Health Center and the Kinneys are now in Assisted Living Apt 314. Wendall would like to start back at Sing-A-Long but when we can't be certain. Listed is his wife's number if you would like to visit & find out the latest on our friend Wendall.





February Diner's Lunch at Saigon Restaurant



Knitting One, Crocheting Too

MARCH 2013						
S	M	T	W	T	F	S
					1 CSUB Theatre 8p	2 FACT Open House 1p CSUB Theatre 2 & 8p CSUB Jazz 7:30p
3 CSUB Theatre 2p	4	5 Cracker Barrel 1:30p	6 WellSample 9a	7 Knit1Crochet Too 1:30p	8 Elder College Planning 1:30p CSUB Jazz 8p	9
10 CSUB Music 4p	11 Diners Lunch 11:30a	12	13 WellSample 9a	14 General Meeting 2p Out & About Santa Anita	15 Bulletin Deadline CSUB Music 7:30p	16 CSUB Theatre 12, 2 & 4p
17 CSUB Theatre 12 & 2p CSUB Music 4p	18 Coffee w/ Professor 2p	19 Readers1 1:30p	20 WellSample 9a Readers2 2p DinnerClub 5:30p	21 Knit1Crochet Too 1:30p	22	23
Out & About - Grand Canyon						
24 Palm Sunday	25 Classics 1:30p	26	27 WellSample 9a	28 Knit1Crochet Too 1:30p		
31 Easter						

60+ Club Master Calendar - From April 2013- June 2013

April 4	Board Meeting (1:30 pm)	May 2	General Meeting (2 pm)
April 11	General Meeting (2 pm)	June 6	Board Meeting (1:30 pm)
April 15	<i>Bulletin deadline (MAY/JUNE)</i>	June 13	Installation Luncheon

For further information concerning 60+ Club programs and activities, call the 60+ Club Office between 8 a.m. and 5 p.m. weekdays. The number is 661/654-3211.

60+ Club MEMBERSHIP FORM

Name(s) _____

Address _____ Zip _____

Telephone Number _____ eMail Address _____

How did you learn about the 60+ Club? _____

Memberships are from July 1 to June 30.

Memberships purchased after January 1, 2013: Dues are Half-price: Single Member - \$20 Couple - \$40

Dues Single Member \$40
 Couple \$80

Amount Paid
 \$ _____

New Member
 Renewing Member

My additional contribution in support of 60+ Club \$ _____

Please send me information about estate planning.

Please make checks payable to CSUB 60+ Club. THANK YOU!

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THE BULLETIN

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