

CONNECTIONS

NEWSLETTER #8

Fall 2015

Luncheon Topic: California Water

The fall luncheon is scheduled for **Monday, November 9**. It will be at the Smittcamp Alumni House on Matoian Drive of the Fresno State campus --- west of the SaveMart Center complex. The **guest speaker is Sarge Green** of the California Water Institute at CSU, Fresno. The “meet and greet” starts at 11:00 a.m., and we sit down for lunch, provided by university catering at 11:30 a.m. The meal is free to ERA members; prospective joiners are welcome as non-paying guests. ERA President David Quadro will welcome attendees with brief remarks regarding ERA organizational matters. Then, after the main course is finished, he will introduce the guest speaker. Following the subsequent Q&A session, Dave will update members on current retirement issues being tracked by ERFA and ERA. The luncheon ends by 1:30 p.m.

Sarge Green is a water management specialist at the California Water Institute and the Center for Irrigation Technology at California State University, Fresno. His main focus has been water policy and integrated regional water management planning in the San Joaquin Valley. Recently he has been assisting two San Joaquin Valley counties with groundwater ordinances designed to assure availability of groundwater for all County users while also meeting the goals of the new State groundwater law. Green served previously as General Manager of Tranquility Irrigation District in western Fresno County for 18 years, and also worked 13 years at the Central Valley Region Water Quality Control Board. He’s currently a member of: the California Water Quality Monitoring Council, the PPIC Water Policy Center advisory network, the California Roundtable for Water and Food Security and serves as the Chair of the “Clean Water Subcommittee” for the Association of California Water Agencies.

Election Results: ERA Officers

[Note: The Nominations Committee, chaired by Judith Chibante Neal, conducted the Election of Officers for the CSU, Fresno ERA in Spring 2015. This is her report to President David Quadro.] The Committee met on Friday, June 12, to count and tally ballots that were returned from a mailing of 130 ballots sent out in late May. Seventy-five ballots were returned by the Friday, June 5 deadline, for a return rate of 58%; three additional ballots were returned with postmarks of June 9, June 12, and June 15 (for a return rate of 60% for all ballots received). Results for the 75 on-time ballots are: Dave Quadro, President: 74 votes; Ron Johnson, Vice-President: 74 votes; Joanne Schroll, Secretary/Treasurer 74 votes. Their terms are for two years.

Please note that one of the counted (on-time) ballots was returned blank, with the comment that none of the names were known to the member, so s/he did not vote. Also, one of the 75 ballots had a write-in name for Vice-President, along with a vote for Ron Johnson; we tallied the vote for the stated candidate (Ron Johnson). {See also the “President’s Report” herein regarding subsequent appointments to the Executive Committee by the newly elected officers.}

President's Report

By Dave Quadro

I'm using this space to make two appeals to all of our CSU, Fresno ERA members and also to update you on the composition of the Executive Committee. The first appeal is to solicit your help to increase our numbers. While our **membership** has not dropped dramatically, it has slipped a bit as our new members, most of whom joined as a result of efforts by CSU-ERFA's central office, have only partially offset those we have lost. We know that the most effective recruiting method is one-on-one contact. So, if you know someone who is not a member, please approach them about joining ERFA and, thereby membership in our local affiliate (CSUF-ERA). Our membership includes all retired faculty, including full-time lecturers and long-term part-time faculty who receive a PERS retirement, and all emeriti (in addition to teaching faculty, this includes librarians, counselors, administrators, and student affairs professionals). If you will let me know by e-mail (davidq@csufresno.edu) when you make such a contact, I will be happy to send out material about ERFA, including a membership form and a sample newsletter ("Reporter"), and information about our local group along with a sample of our newsletter ("Connections").

The second item concerns **e-mail addresses**. We now have e-mail contact with 80 of our 135 members. This allows us to easily send information that is "time sensitive" to that portion of our membership. A good example of this was the recent information about the webinar CalPERS held in August on the new United Health Care plan. So, to the 55 of you for whom we do not have an e-mail address, please send it to me if you have one. Also, if you have changed your e-mail address recently, please send me an update.

Regarding the recent election of CSU, Fresno ERA officers (two year term, 2015-17), I offer thanks to the members for their vote of confidence going forward as well as for their support in establishing and sustaining the organization during the past two years. [Reference: "Elections Results" article herein.] Moreover, I extend my gratitude to Judith Chibante Neal for chairing the Nominations Committee, which conducted the election.

The first task of the new officers was to appoint ERA members to the **Executive Committee**. John Shields will continue as Historian/Newsletter Editor. Judith Chibante Neal and Judy Kuipers agreed to serve another term as at-large members. Steve Rodemeyer (past Honors Program Director, Chemistry Dept.) accepted an invitation to be an at-large member. Additionally, the elected officers selected Dave Quadro to continue as the CSU, Fresno ERA affiliate's representative to the CSU-ERFA State-wide Council.

Finally, I wish to offer a few words about Frank Powell, who chose not to accept reappointment to a second term on the Executive Committee. We would be remiss not to acknowledge his valuable contributions in re-establishing the organization, particularly for drafting the By-Laws and Constitution. Furthermore, his sage advice was important on critical issues such as budgeting our finances and opening a dialog with the university administration regarding recognition of and support for ERA. We wish him well and hope to see his continued presence at our semi-annual luncheons.

TRANSITIONS: Causes & Prevention of Falls

With aging comes increased osteoporosis (i.e., lower bone mineral density) and greater risks of disabling fractures and even fatal falls. PART 1 explores the immediate and root “causes” of bone fractures, spinal cord trauma, brain injuries, and death resulting from falls in the older adult 65+ segment of the population. This outlined compendium of risk factors were gathered from a review of medical and scientific articles found in consumer oriented publications (i.e., secondary sources reporting statistics and findings of research studies). [Note: Obviously, many of the causes identified below can easily or readily be avoided, removed, mitigated, or treated. Thus, PART 2 on “prevention” (Spring 2016 Newsletter) will focus more on proactive remedies, balance programs, and exercise routines that can reduce major risk factors.]

First, some frightening statistics! “Each year, about one-half of adults who are 65-plus suffer a fall, almost 10 percent (of which) are seriously injured. In 2011, 23,000 such adults died from a fall. [Consumer Reports on Health, February 2015] This same segment “accounts for three quarters of all deaths due to falls. [New York Times, March 10, 2015] “Falls, especially among older Americans ... (are) the leading cause of spinal cord injuries, (which) are four to six times more likely to be fatal for senior populations compared to the younger age group.” [San Francisco Chronicle, February 12, 2014] Traumatic brain injuries (TBI) from falls or other impacts can cause subdural hematomas (i.e., hemorrhages) that can be life threatening.

There are multiple ways to organize the “causes” of falls; the structure chosen to present them boiled down to three categories: A. Mental State; B. Accidental Events; C. Medical Conditions.

A person’s **Mental State** involves three sub-categories. There are CHRONIC CONDITIONS that can lead to falls. These include: (1) Sensory decline involving slower brain processing with respect to a corrective response to sudden body imbalance that involves inner ear problems, poor peripheral vision, weak eyesight, muscle weakness, and joint stiffness; (2) Dementia disorientation in perceiving, understanding, and evaluating dangerous situations that could lead to falls; (3) Depression, which can result in isolation, despair, poor sleep, memory loss, inability to concentrate that impair reaction times. Consequently, depressed seniors are more likely to experience falls. There are TEMPORARY DISTRACTIONS that can result in two states of mind: (1) lack of focus or attention on what one is doing in certain situations; and (2) haste in doing something or rushing to go somewhere that constrains your timely perception of physical hazards that can cause one to fall. Finally, there are PERSONAL ATTITUDES that can result in falls. (1) Denial of aging, whereby one does not take precautions to address diminished physical and mental abilities. (2) Overestimation of one’s abilities to accomplish physical tasks, which leads to taking unsafe chances. (3) Stubborn independence that resists advice and assistance of others regarding how to reduce risk factors associated with falling. (4) Fear, usually an outcome of a prior event such as a ‘near miss’s injury or actual harmful event that has shaken one’s confidence to the extent that super caution leads them to limit activities, which in turn leads to loss of muscle tone, bone density, sense of balance --- all of which become a “self-fulfilling prophecy” of a disastrous fall in the future.

The occurrence of **Accidental Events**, both in familiar places and unfamiliar locations, is a more obvious cause of falls. The three major categories are: A. Slips; B. Trips; C. Collisions.

Examples of SLIPS include: Slick bath tub bottom, especially when used for showering; smooth tile floors in bathroom and kitchen (especially walking barefoot or in slippers); wet floors generally, using a chair instead of a step stool to reach things stored in a high place; climbing an unsecured ladder in the garage or outside the house, and muddy soil in the yard. TRIPS are commonly due to electrical cords on the floor, poor lighting (especially on stairs and at night), loose throw rugs on the floor, curled carpet ends, plastic runners atop carpets, legs of tables and chairs, clutter on the floor (especially on pathways), loosely stacked stuff in the garage, uneven bricks in the patio and walkways in the yard, roots of trees, sprinkler heads in laws, hoses and rakes on the ground, street curbs, upraised concrete on sidewalks, and cement barriers in parking stalls. They are all common sources of mishaps. COLLISIONS can occur with pets, other people, objects (especially in the dark), glass doors without decals, public doors opening outward into sidewalks, and not wearing a helmet and padded clothing when a biking accident occurs.

Lastly, hidden dangers of **Medical Conditions** are a frequent cause of falls. MUSCLE LOSS and weakness associated with aging and lack of exercise. VISION IMPAIRMENT can result from poor eyesight, cataracts, glaucoma, macular degeneration, not wearing prescribed eye glasses, using progressive lens eyeglasses that can result in misjudgment regarding distance and depth of field for steps and curbs, poor peripheral vision, difficulty seeing edges in changing surfaces, and reduced contrast in seeing adjacent objects. MEDICATIONS can have side effects and interactive effects that affect balance, vision, and alertness. Hypertensions drugs that the elderly often take can cause low blood pressure that can lead to dizziness; pain pills and allergy drugs respectively can cause dizziness and drowsiness. Also, FOOD such as dark chocolate can cause dizziness. Likewise, DEHYDRATION can result in dizziness. ANEMIA, low red blood cell count, can cause weakness. DISEASES such as stroke (affecting limb control, balance, and vision), Parkinson's (coordination difficulty) and Diabetes (feet neuropathy) can contribute to falls. Arthritis in feet, ankles, and knees result in stiffness and shuffling walk that lead to trips. Sleep Apnea results in lack of oxygen to the brain that reduces alertness. Vertigo gives a sensation of whirling imbalance. Heart Arrhythmia interrupts blood flow, oxygen level.

SPECIAL ALERT: The November 2015 issue of Consumer Reports has a lengthy (10 pages) report on senior scams. The cover page title is: *A Crying Shame: Seniors and their families lose \$3 billion a year to con artists. What can we do to stop them?* The article inside is formally titled: *Lies, Secrets, and Scams.*

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DR. LESTER JAMES ROTH



Lester James Roth was born on February 1, 1922, to Claude David Rothstein and Anna Marie McGaffey Rothstein in Cleveland, OH. He passed away on Saturday, April 25, 2015, after a lengthy illness.

Lester was the first in the family to attend college. He enrolled at Kent State University as a political science major. His studies were interrupted by World War II. In 1944, he enlisted in the United States Army and served as a medic for the Army's 32nd Infantry Red Arrow Division. He served in New Guinea, the Liberation of Southern Philippines, and Luzon. He received an American Theatre Ribbon, an Asiatic-Pacific Theatre Ribbon with three Bronze Stars, a Philippine Liberation Ribbon with two Bronze Stars, a Good Conduct Medal, a Bronze Star Medal, and a Victory Medal. He was honorably discharged from the Army and returned to Cleveland.

He completed his Bachelor of Science at Kent State. It was during this time that he met Laura Luzerne Richards. They had a few classes together, but it was her singing voice that he was most impressed with as she sang at many local events. They both graduated from Kent State and Lester went on to enroll in a Masters program at Case Western Reserve. They married on December 21, 1946.

Following Lester's graduation from Case Western Reserve in 1948, with a Master of Arts degree, Lester and his brother Ralph took a road trip west in order for Lester to interview for teaching positions. This was a pivotal point in Lester's life, as he realized his dream of being a teacher and counselor. They returned to Cleveland, packed up, and Lester and Luzerne left snowy Ohio for sunny Hemet, CA.

Lester was a high school teacher, football coach, and vice principal in the early years of his career. Lester and Luzerne moved to El Monte and Exeter before Lester enrolled in the doctoral program through a Kellogg Internship in School Administration, and worked as a graduate assistant at Stanford University. Upon completion of his doctorate, Lester joined the faculty at Fresno State College in 1956, as a professor in the Social Sciences Division.

Laurel Ann Roth joined the family in February of 1961, and Lee Hadley Roth followed 14 months later

in April of 1962. Lester and Luzerne were thrilled with parenthood and Luzerne retired from teaching to care for the children.

In 1965, Lester moved into the Secondary Education program. In 1966, he became the Director of Operation Fair Chance. In 1969, he resumed teaching in the teacher education department and taught comparative education courses in London. From 1977 to 1978, Lester served as Dean of the School of Education. In 1992, he was awarded the Professor Emeritus of Education Gold medal Laureate Prize. It was at this time that he retired after a 44 year career in education.

Lester was actively involved in Phi Delta Kappa, Comparative Education Society, California College and University Faculty Association, California Higher Education Association, Congress of Faculty Association, and Retired Public Employee Association. He was also involved in the community through Fresno Symphony League, Fresno Opera Association, Epicurean Society, and Westminster Presbyterian Church.

Lester enjoyed his children, Laurel and Lee, and was committed to giving them opportunities for success. They traveled frequently and explored Europe, Hawaii, Ohio, the United States National Parks, Canada and Mexico. They spent many summers at Huntington Lake water skiing, sailing, and fishing.

Lester was well known for his gourmet cooking. He frequently created new recipes, some of which were published in the Fresno Women's Symphony Cookbook. Friends and relatives often joked that he should open a restaurant when he retired. Every Sunday evening Lester prepared dinner for his children and grandchildren. Lester and Luzerne's love of music, zest for education, love of travel, and passion for gardening and growing camellias greatly influenced his children and his grandchildren.

Lester was preceded in death by his wife Laura Luzerne Roth. He is survived by his daughter, Laurel Roth Ashlock; son-in-law, Jeff Ashlock; son, Lee Hadley Roth; granddaughters, Taylor Ann Ashlock, and Laura Elizabeth Ashlock; and various nieces and nephews. A Celebration of Life with military honor guard will be held at the Ashlock home on Tuesday, May 5, 2015, at 6:00 p.m. Remembrances may be made in Lester J. Roth's memory to The Alzheimer's Association, 360 W. Bedford #103, Fresno, CA 93711. Published in the Fresno Bee on May 3, 2015

IN REMEMBRANCE
LESTER J. ROTH (1922-2015)

By Dave Quadro

As many of you know, Les passed away last April at age 93 after a lengthy battle with Alzheimer's disease. The obituary published in the *Fresno Bee* on May 3rd chronicled many of his exploits and accomplishments. His involvement in the Fresno community and professional organizations particularly stood out to me. But, while the list is impressive, there was no detail about his involvement in those groups. I will highlight two of them.

I got to know Les when he and I along with a number of other faculty members joined together to form the Fresno State Chapter of CFA. [Note: CFA was then known as the **Congress of Faculty Associations** because it was formed from members of AAUP, CSEA, and CCUFA.] Les was a principal force behind that effort, which also included Phil Walker, Chet Cole, John Shaw, John Cagle, Lyman Heine, Art Margojian, Manny Garcia, and Mike Biechler.

In the latter part of the 1970's, Les and I served as Fresno's representatives on the CFA's State Council, which met twice a year. The focus of those meetings was to mold that organization into a viable candidate to compete in the collective bargaining election. Les and I frequently traveled together. Discussions ranged from world affairs to the state of our campus under Pres. Norman Baxter. When there was free time, Les frequently had an idea of how to fill it. On one occasion the NEA was holding its national meeting in Los Angeles; and he managed to get two tickets for us to attend the keynote speech --- by President Jimmy Carter! On another occasion he learned the Fresno State basketball team was in Long Beach, so off we went to the Civic Auditorium to enjoy the game.

The second organizational effort in which Les played a significant role was the founding of our local affiliate of **CSU-ERFA**. While I was not involved in that effort, I managed to find some documentation on what occurred. I reported on this in the first issue of *Connections* (Spring 2012). I won't repeat that story, except to say there was a "battle royal" between two campus groups. Ultimately Les single-handedly won that war and, in 1995, our affiliation was approved by the ERFA State Council. Once I retired, I maintained contact with Les after I was asked to join that State Council, which I did with Les' blessing. The position had been vacant for a while.

It was with a heavy heart that I had to participate in taking over the local affiliate when Les' family determined he was no longer capable of handling any organizational or financial matters. In October of 2009, Manny Garcia and I met with Les and his son-in-law, Jeff Ashlock, at EECU. Our intent was to take full control of the organization's account. Les was fine with adding me and Manny to the account, but objected to the removal of his name, noting his long-term ties to the group. I said "fine" out of respect for Les as the main founder of our group, knowing he could no longer control the bank records and account.

Les was one of a kind. While he ruffled feathers from time to time, he was one of the most dedicated professionals I have ever known. We remain grateful as the beneficiaries of his contributions; and, thus, we honor him with this recognition. May he now rest in peace.