



## First GC President, Jack Hansen, Remembered, Celebrated

Retirees who were employed at Grossmont College during Jack Hansen's tenure as president (1961-66) gathered at Barbara and Lee Roper's home on July 29 to honor their first college president. Jack Hansen passed away earlier this year (see July 2006 Grapevine). It was a potluck with a variety of homemade dishes and plenty of cold beer and wine to complement it. Most of the activity took place out on the spacious back veranda of Roper's large, gorgeous Spanish style home where cool breezes moderated the warm July day.

Retirees attending this event included Don Anderson, Judy Barkley, Mary Ann Beverly, Alan Campbell, Larry Coons, Jackie Hall, Tom Hepp, Bob Holden, Millie McAuley, Erv Metzgar, Ken Nobilette, Ray Resler, Lee Roper, Tom Scanlan and Bob and Virginia Steinbach. Most were accompanied by their spouses. Many of those attending were charter employees who recounted anecdotes of life in the early years before the college had it's own campus. A section of the Monte Vista High School campus and a few temporary buildings provided classrooms for GC students for the first three years. There was great camaraderie in those early years because of the smallness of the staff and the many challenges they had to overcome. The current GC campus opened in 1964. From that date the enrollment and staff expanded rapidly, but the memories of those first years were strong and recalled with considerable nostalgia by those present at this very special celebration.

Special thanks to Millie McAuley for planning and organizing the event and to all who brought food and beverages. Very special thanks to Barbara and Lee Roper for hosting this event at their lovely home. Ts



From L to R: Don Anderson, Larry Coons, Ray Resler and Erv Metzgar



Jackie Hall and Larry Coons



Ken Nobilette and Alan Campbell



Larry Coons, Tom Hepp and Bob Holden



Mary Ann Beverly and Bob Steinbach



Rosemarie Scanlan and Lee Roper



Alan Campbell and Judy Barkley

(All photos except the first one were taken by Millie McAuley)

## Editor's Comments

by Bob Steinbach



I've been in the hospital twice since May of this year, the first time to remove an infected hip prosthesis and the second time to remove a temporary and install a new one. After each operation, I was put on Warfarin (generic Coumadin) to thin my blood for four weeks. The pharmacist watched twice weekly blood tests and had trouble stabilizing the dose. I was aware of limiting green leafy vegetables in my diet and the pharmacist finally zeroed in on my multi-vitamin. "How many units of vitamin K does the label show?" Too many, so I stopped the multi-vitamin and everything smoothed out.

As senior citizens, we pop more pills and potent liquids than we used to, not only prescribed medication, but also over-the-counter (OTC) remedies, food supplements that are found in supermarkets and health food stores, tobacco and alcohol. I'm going to refer to all of these things as health products (not necessarily healthy products).

Interaction between health products is never good and can present serious consequences. Any unexpected alteration of an anticipated medical outcome makes our doctor's job more difficult. Too often we are passive at the doctor's office. The doctor is looking at symptoms and suggests a medication; we want to be well, so we are eager to begin the remedy. A pharmacist often only asks, "Have you taken this drug before?" to which we might answer yes, failing to realize that the mix of health products we are taking is different this time.

Another fault I have in these discussions is failing to mention my non-prescription health products. I think I fear being thought of as foolish by the medical establishment. As I mentioned above, even an innocuous multi-vitamin can be significant.

Be proactive, use all three avenues open to us to avoid negative interactions. First, let your doctor know what health products you take and ask if there may be interactions. Second, do the same with your pharmacist. And third, as painful as it may be, read the fine print that comes with all health products, especially note interactions and the side effects that might require medical intervention.

Drug interaction is not the only concern. Physicians must be aware of all of our health products before any medical procedure. Vitamin E, aspirin and anti-inflammatories tend to thin our blood and no one would choose to enter surgery with blood that is slow to coagulate. We need to bring up the issue of health products in any discussion of possible medical procedures.

The bottom line? We need to know the medications, OTC, nutritional supplements and recreational drugs (alcohol, tobacco, etc.) we are taking and the strengths and frequency thereof. When we are looking at a change in medication we must notify our physician and pharmacist about our current list of health products and ask about possible interactions between any of the products. In addition, it is just as important to provide that list of health products to your physician in the face of any medical procedure. Finally, we should also be aware of potential side effects of a new medication and know how to respond.

Our doctor and pharmacist are important in the equation of good health,

but *our* input is crucial to finding the correct solution.

(The idea for this commentary came from David Horowitz's column in the September 2006 *Costco Connection*.)

## Important Notice: Update for 2006 Retiree Directory

If you wished to be included in the 2006 Retiree Directory which was mailed out to retirees this August, but were not included, just send the information you wish other retirees to know (e.g., your name, address, telephone, e-mail, spouse's name, etc.) to The Grapevine at 8800 Grossmont College Drive, El Cajon, CA 92020, or by e-mail to [tom.scanlan@gcccd.edu](mailto:tom.scanlan@gcccd.edu) We will publish this information in the next Grapevine.

Hang on to your 2004 Retiree Directory because some folks in that directory didn't respond to Michelle's request for info and were left out of the 2006 directory. The following retiree information was added **after** the August 2006 publication:

Mel Amov: 6647 Green Gables Ave. SD 92119 [melamov@cox.net](mailto:melamov@cox.net) Diana

Jim & Zella Barr: (928) 214-6363

Bill & Margit Bornhorst, 562-947-3279  
16389 Las Cumbres Drive, Whittier, CA 90603

John Burdick: [johnburdick\\_7@hotmail.com](mailto:johnburdick_7@hotmail.com)

Gay Cox: (619) 466-4269

Jo Ann Dutton: (541)-367-7779

Linda Kay Hartig: (512) 756-7830

Juanita Q. Hernandez: (619) 669-1677

Elaine Hussong: (619) 420-8547

Shirley Jones: (619) 582-8073

Lois Knowlton: (619) 466-3094

John Maley: (707) 279-1176, PO Box 1818  
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The Grapevine is a free newspaper for retirees of Cuyamaca and Grossmont Colleges, published three times yearly. The GCCCD Grapevine is also available on the Grossmont College web site at <http://www.grossmont.net/grapevine/grapevine.html>

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The Grapevine

Grossmont College

8800 Grossmont College Drive

El Cajon, CA 92020

or email to:

[tom.scanlan@gcccd.edu](mailto:tom.scanlan@gcccd.edu)

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**Driftwood**  
by Bob Steinbach

*Snippets of gossip that have been furnished by friends and washed up on the Grapevine desk.*



If you send out printed letters with your Christmas/Hanukkah/Kwanza cards, please consider including Tom or me in your mailing. I'd like to include [edited] news in the March 07 issue of the Grapevine, and your fellow retirees would enjoy learning of your activities.



**Bill Carden** writes: "Pala and I are living at Ocean Hills Country Club, a retirement community in Oceanside, which offers a multitude of

activities. I don't play tennis anymore, and I sure miss it, but I've confined my competitive spirit to bocce ball and billiards! I get around our large community on my trusty "yellow Bird" golf cart. (See Digital Driftwood)

I've had two heart attacks, knee surgery and have an implanted defibrillator/pacemaker that keeps me going. Last year, to celebrate our 55th wedding anniversary, Pala and I took a Mediterranean cruise from Barcelona to Istanbul, enjoying the Greek Islands and Turkey's interesting land."



**George Dillon** writes: "Since I retired from Grossmont College, I have been volunteering at Grossmont Hospital for the past 23 years

working in the pharmacy where I have accumulated a record number of years of volunteer service and over 15,500 hours of free labor. My wife of 60 years passed away four years ago from complications of Alzheimer's. The new addition of Grossmont Hospital has three critical care nursing stations. One of the areas is named as the *George and Margaret Dillon Nurses' Station*. I will be turning 86 years of age and work three 8-hour days a week. I have no intentions of retiring."



**Gene Murray** leads an active life at home and in the community. In prior years he and his wife marched in the Bonitafest parade down Bonita Road, but this year they helped organize the various units of the parade. He says, "It's always a lot of fun. Even when everything goes wrong."

After retirement he built a workshop in the back of his property to house woodworking tools and build things for church and family. Currently, he is working on some furniture for his great granddaughter.

Another project is a never-finished model train layout that entertains his grandchildren, including an adopted girl from Russia and soon a boy from Guatemala.

He battles the many, many rose bushes in his back yard without gloves, but the lovely blooms make the scratches worthwhile.



**Joanne Silva** took a summer trip to the Olympic Peninsula (Port Townsend) for a week with her oldest daughter, Cathy, who lives in Kirkland, WA, and her sister-in-law who lives in Fair Oaks, CA. She keeps busy with church activities, Tai Chi and is reading to two first-grade classes once a week as a Rolling Reader. She also tutors a first-grader at Rolando Elementary School.



**Walt Yuhl** lost a grandson, Army Sgt. Joseph Perry, to a sniper bullet on October 2 during his second tour in Iraq. Sgt. Perry had earlier won a bronze star with valor for heroism and a purple heart. He was inspired by the events of 9/11 to serve his country. He had planned to marry his fiancée next year when his enlistment was up.

**Digital Driftwood: Pictures from Retirees**



**2nd Tuesday Breakfast, August 8, Clockwise from left, Marie James, Bob Steinbach, Bill Givens, Pat Higgins, Joanne Prescott, Ray Resler, Marilyn Marshall, Don Anderson, Bob Holden, Stan Flandi, Millie McAuley, Gordon Jackson, and Mary Ann Beverly (apologies to Joe McMenamain, out of picture on lower right)**



Ray Resler sitting on Suez Canal lock next to the Nile River



Ray Resler with his daughter Michelle at Cheops Pyramid



Bill Carden and his favorite transportation.



Bill Tester sends this photo and says, "You know it's hot in Montana when..."

## Retirees Write



### From Bob Holden:

You all no doubt remember the 1989 Grossmont College graduation ceremony when Bob Holden received his Associate in Arts

degree in history after twenty-seven years of study. You may not know that he continued with the history program at San Diego State University, and received a Master of Arts degree in history with a specialization in Latin America in 1995.

He finally made it to South America in May with a nineteen-day tour with Overseas Adventure Travel entitled “Real Affordable Peru,” visiting the city of Lima for two days, the Amazon River region for four days, the Lake Titicaca region for four days (including one day in Bolivia), and Cuzco and the Sacred Valley of the Incas for nine days.

During his visit to the spectacular Inca ruins at Machu Picchu, he climbed the steep five hundred-year-old stone steps to the top of Wayan Picchu, one thousand feet above the ruins, using his two new titanium knees and right hip installed in late 2004. Thanks to conditioning acquired through senior citizen exercise classes at Grossmont College taught by Gay Cox, and water aerobics classes taken at Cuyamaca College and at the local YMCA, he suffered no ill effects from the climb. However, his “Too Sexy to be 70” t-shirt attracted kisses from three young women on the hike down the mountain, as well as a kiss at breakfast in Cuzco the next morning from an attractive Massachusetts police lieutenant.

For information on OAT tours, call 1-800-955-1925.



### From Paul Jacques:

“Since retirement I co-directed a Mediterranean Cruise with Dr. Alberto Benzi. My job was to be in

charge of tours in Portugal and Spain while he handled tours in Italy and Greece. I also have spent time traveling through Europe with my companion, Margo Parks. On one occasion we spent two weeks in Hamburg, Germany where we stayed with a friend.

“I also have attended classes at Laval University in Quebec, Canada, where I took an intensive French course. Upon returning to San Diego, I continued with my studies of French and have now reached the advanced conversational level thanks to my colleague and excellent teacher Muriel Vitaglione.

“When not traveling and studying French and playing guitar with two fellow musicians Johannes Bruestle and John Vitaglione, I have been busy painting, selling and exhibiting my paintings. My latest exhibition was with a group of New Mexico artists at the National Hispanic Cultural Center in Albuquerque, New Mexico.

“I also have the distinct honor of having brought together all the descendants of my pioneer ancestors who settled in Colorado and New Mexico in the late 1600s. ... After my research and travels through many isolated mountain villages in New Mexico and Southern Colorado, I was able to put together an extensive family tree which inspired some members to organize a family reunion. ... At one point in my research travels in Mexico, I was welcomed back by a group of historians in Zacatecas, Mexico, after a 400-year absence. It felt like a time warp. It truly gave me goose bumps and tingled my spine.

“For recreation, I play golf every week with friends with whom I graduated from Saint Augustine High

School here in San Diego 50 years ago. I am busier now as a retiree than I was when I was a full-time instructor. The difference is that I’m doing what I like to do rather than what I felt I had to do.”



### From Michele Nelson:

Bob and I have been trying to see the more strenuous parts of the world as we watch with ever-increasing

speed, our diminished stamina and/or ability to get around easily. We spent a month in India on a “Road Scholar” study tour; we are off to Egypt and Jordan in September. We did Rome and southern Italy plus Sicily last fall taking a month to really tour every Greek and Roman site. In between, we visit our kids, Erin and her family in Davis, CA (Emily 9 and Jeremy 6) and Eric in Summit, NJ (Henry 4 and Eliot 2) or they come visit us. I LOVE THE NANA role!!!!

We are, well, very involved with the Unitarian Church in North County and their social justice movement. For a number of years, I tutored ESL students, but am no longer involved in that.

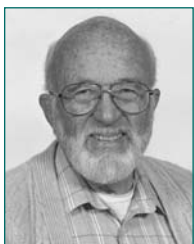
I am running for my third term [on the Palomar Board of Trustees] unopposed. Palomar is going out for \$665 million bond to revamp and remodel a 60-year-old campus. Bob Deegan, a student services leader from Orange County, is doing a very fine job healing a mistrustful campus, changing the climate to one of mutual trust and shifting the culture to one of inclusion and team work with other institutions and the community instead of isolation. He is the right person for the job and his “**students first**” filter for every decision is a refreshing change. The strong faculty, with 32 new hires in the last 2 years is bringing in some really committed young people. Once again, I

## Retirees Write, cont. from p. 5

am loving being involved in my role as trustee!!! Three years ago, I would never have believed I would run for another term. But the opening session last week was truly upbeat, optimistic and very exciting. If equalization passes the Senate this week and heralds the end to program based funding, it will be a BANNER YEAR for all of us.

I served on an accreditation team with Linda Salter, her last hurrah, and she intended to be completely gone from CC. No Rent-a-pres for her!!!

I feel blessed and grateful. Grossmont was, and I am certain still is, a wonderful place to have worked. I am proud of what we all accomplished together and am proud to have been a part of it. Certainly, what I learned from everyone helps me appreciate Palomar and what is now happening there. I am amazed that I can still find end-of-year reports about programs and students exciting, but I love it.



### From Ray Resler:

Ray Resler and his daughter traveled to Paris and Egypt in September:

“Unfortunately Mary Ann Beverly had to cancel as she had an

auto accident two weeks before our departure date, broke her arm and got a slight whiplash as a drunk driver had demolished her dear little red Jag. She spent four days in Scripps Mercy and is still recovering four weeks later. My lovely daughter Michelle, who just turned 40 and is an executive in a local pharmacy company, and I continued with the plan: four days in Paris then 10 in Egypt.

“We drank good French wine (I like California’s better), covered all the touristy highlights in Paris, then flew four hours to Cairo. A two-hour flight to Aswan brought us to our large tourist boat with about 100 others from all over the

world. We enjoyed fine buffets aboard the 50-foot wide, 250-foot long ship — dancing at night, swimming pool on the top deck. No one seems to have any fear of touring Egypt — every Egyptological stop was very crowded. Temperatures hovered around 100 each day. Our list included Aswan Dam, Aswan City and Abu Simbel, which faces east so it was a “sunrise service.”

“We floated down the Nile for four days with stops at Karnak and Luxor for Valley of the Queens and Valley of the Kings. Then back to Cairo to visit the unbelievably huge pyramids, the lovely sphinx, and their wonderful museum with much of Tut’s relics. Cheops’ Pyramid at 481 feet was the tallest structure in the world for 3700 years. Long flight home, but the entire trip was worth it.

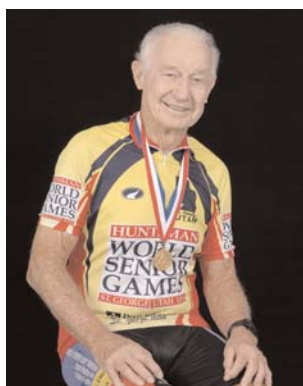
“No one needs have any trepidation about going to Egypt. People are very friendly as their main industry is tourism.

This weird little country should be only about 10 miles wide as that’s about the average width of the Nile-fed green areas where date palms, cane and corn fields abound. Cotton is grown in the delta. Cairo is a huge, smoggy, bustling city where thousands of poor live in a huge cemetery. There is a lovely mosque, similar to Hagia Sophia in Istanbul — both are musts on your to-visit lists.

“I’d be happy to share travel company info if anyone wants it. Michelle and I were very pleased, made about 20 warm, intelligent friends aboard the ship. Study-up first for 5000 years of history. New artifacts and ruins are being discovered almost daily.

*(Two of Ray’s photos from the trip may be found in Digital Driftwood. If you’d like to see more of Ray’s photos, contact him at rayresler@yahoo.com for a link to his gallery on the web.)*

## Gordy Shields – Hall of Famer



Gordy Shields, who retired in 1979 from the Counseling Department, was inducted on October 10 into the Huntsman World Senior Games Hall of Fame in St George, Utah. He was one of the athletes chosen to be in the inaugural class celebrating the 20th anniversary of the Games.

“I’ve been attending the Games for 18 years,” he said. “When I started, there were 10,000 seniors

age 50+ from 52 countries competing in 22 sports. To be chosen was a real honor.”

Induction ceremonies included a banquet, presentation by the governor of Utah at the opening ceremonies, and a beautiful commemorative crystal set.

Gordy is a young 88 years old!





