



# GCCCD Grapevine

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Volume 2, Number 3

May 10, 1991

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## GCCCD Retirees Respond

As a result of the March Grapevine's article, the number of retirees wishing to receive mailings from the District has increased from 71 to 127. Since this represents over two-thirds of our 190 retirees, we'll mail the Grapevine to all retirees. Also, the number of retirees who would like to be listed in the Retiree Directory has increased from 88 to 118. A list of these new entries is included on the final page of this newsletter so that those of you who have the directory can update your copy. A new edition of the Retiree Directory will not be produced until early next year. Those of you who did not receive the original directory but are included in this new list can see Sharon in Personnel and produce a copy for yourself from one of the few copies she has left.

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## Doris Alexander Moves to Seattle Area

A "going away" champagne and lunch reception for Doris Alexander (English, Grossmont College, retired) and her husband Alex was hosted by Joan and Don Scouller (Telecommunications, Grossmont College, retired) on Sunday, March 24. A number of active and retired faculty attended. Attendees included Judy Barkley (English Professor, Grossmont, who helped host the luncheon), Verena Anderson (Adjunct English instructor, Grossmont), Peter Bradley (English, Grossmont), Ruth Coover (German and French Professor Emerita, Grossmont), Shirley Acheson (Psychology, Grossmont, retired), and Tom and Rosemarie Scanlan (Physics and Astronomy Professor Emeritus, Grossmont).

The Alexanders drove up to Washington the following Tuesday. It's distressing to pull up stakes and move so far away from long-time friends and the familiar activities and places of San Diego. However, Doris and Alex are moving into a situation which many of us might envy. All of their children and grandchildren now live in or near Seattle.

We will really miss the company of that charming and witty couple.

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## Chancellor Hosts Luncheon to Foster Better Communication

Dr. Donald Walker, GCCCD Chancellor, met with retirees Dean Parks, Bob Rump and Tom Scanlan to discuss retiree organizations over a lunch at the Boat House in Grossmont Center, on Friday, March 22. He expressed interest in our efforts to organize District retirees and shared a recent report on the University of Washington Retiree Association, its history and organization. Shannon O'Dunn, Director of Grants and Contracts, was also at the lunch and discussed ways the retirement organization might obtain some funding. So far, all retiree services provided to retirees by retirees (such as this newsletter) had been on a volunteer basis with the District paying for costs and providing some clerical and secretarial assistance (e.g., Sharon Wood-LaFollette has provided invaluable help with mailing lists and the directory, Lana Lima likewise with

the Grapevine, and Sirkka Huovila, with the mailing labels for retirees). It was an informal but productive meeting and we plan to have more such meetings on a regular basis in order to brief the Chancellor on retiree matters and to hear his ideas on the same.

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## **Writers' Workshop Already at Work**

A small group of retirees interested in writing has met twice now at Grossmont College to share their efforts at prose and poetry and to provide constructive suggestions to improve these works. Participants include William Faulwetter, retired Trustee, and retired faculty Jack Lynch (English, Grossmont), Lee Roper (Anthropology and Sociology, Grossmont), Clair Runyan (History, Grossmont), Don Scouller (Telecommunications, Grossmont) and Tom Scanlan (Astronomy and Physics, Grossmont). In addition to readings and critique, various writers and their works were discussed as well as the participants' literary aspirations. Future meetings will be held every two or three weeks. Call Tom Scanlan if this sounds like an activity you'd like to take part in.

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## **End-of-Year Retirement Party...Aloha!**

A Hawaiian theme District-wide party is scheduled for May 31 at the Sea World Pavilion. Everyone is invited! There will be dinner and dancing at the very low price of \$10 per person. Contact Alba Orr no later than May 2 for tickets at (619) 465-1700, ext. 146.

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## **More on trusts...**

I was very interested in the recent article that appeared in the Grapevine by Dean Parks on setting up Living Trusts. I recently went through the experience of doing it but I did it completely on my own without any legal help. I used the latest edition of Norman Dacey's book How to Avoid Probate which I bought for \$24 at Crown Books. It gave me a step-by-step process to follow for every type of trust I could possibly want to set up with illustrations for each one. All the forms needed were included and could be easily torn out. I found it easy to do, and, while it did take some time, it saved me quite a bit of legal fees. All forms do have to be witnessed and notarized and Bobbi at the Grossmont Credit Union notarized them free of charge since I am a member. I took my property trust down to the County Recorder's Office and paid a fee of \$14 to have it processed. Unless someone has a very complicated financial set-up, I recommend considering doing it this way.

Gordy Shields  
Counselor, Grossmont, Retired

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## **Secure Horizons...Worth Looking Into**

If you reached the age of 65 and are concerned about the high cost of maintaining health insurance, it might be worth your while to check out a company called Secure Horizons. According to Dave Glismann (Grossmont, Music), who joined their program last October, it costs him only \$10 a month to supplement his Medicare A and B and maintain his health benefits at virtually the same level he had with Health Net when it was paid for by the District (before he retired). In other words, if you qualify for Medicare A and B, you can continue to be covered under Health Net for \$120 a year. This cost may vary with the individual and the

health provider you decide to use, but this cost is so low that it certainly seems worth a phone call.

Chris Bona, GCCCD's benefit expert, said that this plan doesn't include prescriptions and vision. She has a limited amount of information on Secure Horizons available in her office, but you can call the company directly at (800) 322-8877 for information or to request a free brochure on this insurance. Dave Glismann also said that he'd be happy to talk to anyone about his own experience with the plan. His phone is 465-2045.

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## **ELDERHOSTEL: an alternative holiday**

One of the best values I know for the senior traveler is a relatively new service called ELDERHOSTEL. The concept is an outgrowth of the YOUTH HOSTEL organization that originated in Europe and is widely used by our college student population when they go there for an international adventure. However, the differences are significant. Elderhostelers can choose from over 1600 college campuses or regional cultural centers to study various subjects with like-minded bright, articulate senior citizens. The only requirement is that you (or your traveling companion) must be 60 years old. There are hundreds of choices of subject matter, location, and time. Usually there are three different courses offered daily. Each lasts about 90 minutes, but that varies widely with subject matter. Field trips may run all day, and library research is a matter of self-discipline.

I have been to seven, so far, and plan to attend many more. Each was a unique blending of social and educational experiences that weren't available in any other way. I've studied subjects as varied as ancient Polynesian navigation, genealogical research, basket weaving, classical Greek and Roman sculpture, American folk music, Italian political history, alpine meadow ecology, life on coral reefs, and much, much more. All were taught by experts who enjoyed teaching us because we wanted to learn. The faculty usually held graduate degrees, but in some instances the subject matter transcended academia, and the faculty strength was their lifestyle. Elderhostelers are well educated. About 65% hold bachelor's degrees, about 25% hold Masters or Doctoral degrees. The facilities are varied. I have "roughed it" in a sixteenth-century Renaissance palace in Sorrento, Italy, and thoroughly enjoyed a stay in a U.S. Army Rest and Recreation camp at The Volcano Center in Hawaii. We have stayed in college dormitories, and eaten in the commons with students, or been seated at long tables for eight and taken turns serving food family-style. And once we spend 12 days in a 4-star hotel and were served superb food and wine by the very formal waiters and somelier. Appropriate field trips are offered as part of the stay and often there is a local guide for special features of these excursions.

And what will this cost you? It varies with location and duration. In the contiguous 48 states the rate for 6 days, all meals, and all instructional fees runs about \$275. Hawaii runs a bit more – about \$300. The cost in Europe reflects the cost-of-living over there – Scandinavia costs more than Turkey or Spain, but in any case, you'll never find such accommodations, food, and instruction at any price. Two weeks in Sorrento, Italy, cost about \$1,200, each, but the posted room-rate was \$200/day. Food would have been at least \$60/day, each. The field trips took us to Naples, Capri, Pestrum, Vesuvius, Pompei, Salerno and several villages in the Neapolitan hill country. Four university faculty members instructed us in music, history, sociology, and art of Italy. All this would have cost me at least \$3,000 without the wonderful social life and quality instruction that is part of being and Elderhosteler.

In retirement I have become a professional traveler. That is, I don't just travel, but I plan and research my world-ranging excursions. I enjoy my motor-home, I'm anticipating my next cruise, and a really good land-tour can open up areas that are a little more hassle than I care to endure any more. But the benefits of joining the ELDERHOSTEL group are so great that I now give it my first priority. If you enjoy travel, meeting nice people, and expanding your mental horizons, look into it. I'll bet you'll like it. For information write:

ELDERHOSTEL

## **Sharing Space on Cruises**

One of our group recently asked me if I knew any woman among our retirees who would be interested in sharing a cabin on a cruise to Alaska or the Caribbean. She was hoping to find someone she might know from our staff who wanted to travel, but didn't have a partner at this time. The idea of taking a chance on sharing quarters with a total stranger was not acceptable, and the 50% additional cost of the "single-supplement premium fare" was equally unpalatable. If you would like to look into this, let me know and I will forward your name and address. But it occurred to me that there may be others among us that would like to share some of the cost of travel. I would like to propose that we Gold Card holders might set up a travel-pool of people who are willing to take a risk and form a temporary partnership for travel purposes. I know the idea sounds like a dating service, but I'm not thinking along those lines. If you are interested in this idea, let me know, and if enough show some willingness to pursue it, I'll help organize the first draft, or the first meeting, or whatever it takes to make it happen. Write, don't telephone.

Don Scouller  
Office of Retirement Services  
C/o Dr. S. Flandi  
Personnel Department  
Grossmont College, El Cajon, CA 92020

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## **VIVA ESPANA '91...Spain Study Tour**

A 22-day study tour of Spain and Portugal is being offered by Cuyamaca College this summer from June 24 to July 17, academic credit optional. For more information and an application call Prof. Ezequiel Cardenas, Cuyamaca College, at (619) 670-1980, ext. 216, or Prof. Jorge Santana, Cal State Sac. At (916) 278-6408 or 278-6333. Only limited space remains so if you are interested, call as soon as possible.

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## **Travel Discounts for Retiree Seniors**

For those of you who qualify for Senior Citizen rates, generally 62 for airlines, there are senior flight coupon books available from most airlines. They can be a great saving for you if you qualify by relating your travel needs and plans with routes offered by the airline you choose. It's no bargain if you buy a book of 8 coupons from Continental Airlines and then find that Continental doesn't serve the places you want to go, or that you are having to dream up reasons to use those last few coupons before your year is up. Ask yourself these questions:

- What are my travel plans for the next year?
- What airline best serves these destinations?
- How many flights do I anticipate taking in a one-year period?
- Do my plans include Hawaii?
- Do my plans include any one way trips? (coupons save a bundle on one ways)
- Can I make my flight plans at least 14 days in advance?

All the airlines require booking your flight space at least 14 days in advance and always holiday periods are

blackout days for coupons. Space allotted to senior coupons, as with super-saver fares, is very limited. If you are using them for Hawaii or other popular destinations, book months in advance. All the airlines offer books of 4 coupons and books of 8, except TWA which only offers books of 4. All airlines limit the use of coupons to continental United States, but those airlines that serve Hawaii, Alaska, and Puerto Rico also accept coupons for these destinations, usually 2 coupons each way.

Here are the specifics for the major airlines offering Senior Coupons:

#### American

4 coupon book \$473

8 coupon book \$791

Good any day of the week. Hawaii and San Juan, 2 coupons each. Each coupon good for 2000 miles, which means that San Diego to most east coast destinations would use 2 coupons.

#### Delta

4 coupon book 472

8 coupon book \$792

1 coupon each direction of flight. Hawaii and Alaska, 2 coupons. San Juan, only 1 coupon. Good any day of the week.

#### Northwest

4 coupon book 475

8 coupon book \$790 for peak Monday/Tuesday 4 coupon book \$432

8 coupon book \$724 off peak Tue/Wed/Thursday/Sat

Also serves Alaska and Hawaii, but no Caribbean, at 2 coupons each.

#### America West

4 coupon book \$430

8 coupon book good Monday after noon through Thursday a.m., all day Sat travel.

Hawaii and all east coast destinations use 2 coupons. Also serves Calgary and Edmonton at 1 coupon each way.

#### U.S. Air

4 coupon book \$473

8 coupon book \$790

Any day of the week travel, 1 coupon each way, no Hawaii service.

#### Continental

4 coupon book \$449

8 coupon book \$749

Travel any day of the week. Serves Alaska and Hawaii at 2 coupons.

#### United

4 coupon book \$473

8 coupon book \$790 any day travel

4 coupon book \$432

8 coupon book \$725 travel Tuesday/Wednesday/Thursday/Saturday off peak

1 coupon each way, Hawaii and Alaska, 2 coupon and no Saturday travel.

#### TWA

4 coupon book \$396

No 8 coupon book offered

Travel any day of the week EXCEPT Thursday and Saturday and Sunday noon to 7 p.m.

To buy a book of coupons, call me, or the travel agent of your choice. We do the selling part. This order for the book of coupons is then exchanged at the airline office at your convenience for the actual book of coupons. The travel arrangements are then left in your hands to book whatever flight you need, always identifying yourself as using senior coupons. The first coupon is exchanged for the actual ticket either at the airport as you check in (most airlines require this method) or a certain period ahead of time at the airline office (United requires actual ticket issue either 14 days prior to the flight or within 30 days of booking the space, whichever comes first). Travel agencies are not allowed to issue the actual ticket. It sounds complicated but is really quite a simple procedure. You can also accumulate frequent flyer miles when using these coupons. One important piece of planning to understand is that you can buy the book of coupons ahead of time but your FULL YEAR OF USAGE BEGINS WHEN YOU ARE ACTUALLY VALIDATED WITH TICKET ON YOUR FIRST FLIGHT. The rest of the coupons must be used within one calendar year from that date. The rules I am quoting are general and one must pay careful attention to specific rules of the airline you decide to use. Southwest Airlines does not offer coupon books because their SENIOR FARES are so exceptionally good that they usually surpass coupon books. A good tip to remember! Their senior age is 65, however.

I hope this helps with your travel planning.

Joan Scouller

The Travel & Tour Co./Cruise Co. of San Diego  
566-7275

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## **The Photography Group**

Still Cameras

Shooting Pictures of Animals in the Wild or at the Zoo (not the Las Vegas type)

Many of us like to go hunting with a camera instead of a gun. To capture the beauty of wild animals in our own pictures is always a thrill and it gives a strong feeling of accomplishment. It is also one of those rare categories of personal photography that is universally enjoyed by others. It is always fun to share our pictures with those who praise our work and creativity. Here are some hints for a successful shoot:

Check your camera and lenses prior to going on the trip. Make sure they are clean and in good repair. It is a good idea to have fresh batteries in your camera and flash plus an extra set, and a good comfortable neck strap, a sturdy tripod and some basic camera cleaning supplies. Take along several small trash bags to protect your equipment in rain or waterfall emergencies.

As to film—stick with Kodak. Buy it here, not overseas. Store it in a lead bag and avoid having it x-rayed at airports—request hand inspection of your camera equipment. The best film speeds depend on your shooting situation but slow to medium speed is highly recommended—64 to 200 ISO for both color negative or slide film. Avoid changing film in your camera in bright sunlight. At least shade your camera and film with your body.

Use U.V. (ultra violet) or a skylight filter on each lens, mainly as a lens protector.

As to shutter speeds—they should always be at least twice as fast as the focal length of the lens.

Example: If you are using a 210mm telelens, the shutter speed should be 1/500 second or faster. Be sure your camera meter is working (check your batteries). Always use a tripod or strong support with telephoto lenses.

Before shooting, watch the animals for awhile (time permitting) and try to learn to anticipate their next move. A mother animal nursing or grooming her young is always a good human interest shot. Animals captured yawning will usually bring a chuckle by those who view your photos. Try to emphasize the unusual in animals.]

Example: Shoot up at a tall giraffe while he is looking down at you.

Take pictures of people's reactions to animals, especially small children's faces.

In most of your pictures, try to fill your picture frame with the animals, emphasizing the face and head against a natural background. Avoid cluttered foregrounds and backgrounds, such as trash cans, fences, and telephone poles.

On long distance trips carry an extra camera body and an assortment of lenses and films and what is called a "changing bag" (your camera dealer will explain what this is and how it is used).

Wear comfortable shoes and clothes. A good loose fitting jacket with large button-down pockets is great to hold much of your small equipment. If you are taking a lot of bulky and heavy equipment, take along a folding luggage cart to save your back a lot of stress.

If this is your first trip, hire a good guide or join a tour group. This is a good way to learn the ropes and a lot about animal behavior. It is not a good idea to go by yourself, for obvious safety reasons and it is nice to share your experiences with someone else.

**GOOD HUNTING!**

Leon C. Hoffman

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## **MEA CULPA**

My apologies to Lee Hoffman for the typos in his article on video filming in the last issues of the Grapevine. In the rush to get the issue to press on time I neglected to proof his article in the final version. His spelling was flawless in the original.

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## **Request for News Items...**

This newsletter is the only unofficial communication being mailed to all GCCCD retirees on a regular basis. It represents the solitary link, for most of us, with the rest of our retired colleagues. Consequently, this newsletter should do more than just inform retirees about retirement matters, and retirement functions...it should also keep us informed about one another.

If you have a news item (interesting new job, exciting travel experience, births, deaths, marriages, graduations, awards, etc.) which you feel other retirees would like to know, please leave a phone message by calling Grossmont College, 465-1700, and ask for Voice Memo 3158, or direct dial the Voice Memo from your home by dialing 589-7312 with a touch tone phone and then dial 3158. If you'd like to submit a short

article for publication in the Grapevine, mail it to:

Officer of Retirement Services  
Grossmont College  
8800 Grossmont College Drive  
El Cajon, CA 92020

Publication is every two months, with mailings on the 10th of every other month. The deadline for articles or news for the next issue is June 30. Please contact us so that we can add more human interest to this newsletter...your colleagues really do care what's happening to you and yours!

Tom Scanlan, Editor

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