Calling All Golden Eagles!

If you have good news to share or have a change of address, tell us so that we can update our records and share your news with your fellow EWURA members and friends in an upcoming issue of The Golden Eagle Call.

Please send to:
EWURA, The Golden Eagle Call, 506 F Street, Cheney, WA 99004-2402

Name  
__________________________
Retirement Year  ________________ Department  
__________________________
Emeritus/a?  ☐ Yes  ☐ No  Title at Retirement:  
__________________________
Address  
__________________________
Is address new?  ☐ Yes  ☐ No  Phone(s)  
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E-mail(s)  
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Your News  
__________________________

Jay Rea, Interim President
Robert Rich, Vice President
Lee Swedberg, Past President
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Charles Mutschler, Historian
Jan Hancock
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Address
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Program Notes
Third Thursdays
Coffee, 9:30 a.m.
Presentation, 10-11 a.m.

Note Special Events
May 15 (Thursday): The May meeting will be in 263 PUB. Come at 9:30 a.m. for coffee and conversation. The program will begin at 10 a.m. Universities all over the country are developing campus-based and rural retirement communities. The University of Washington has already done it, and UW representatives will discuss how they did it and how well it's working. Could it work for EWU retirees?

May 30 (Friday): The President's Breakfast for Retirees is in the PUB Multi-Purpose Room. Doors open at 8 a.m. The breakfast begins at 8:30 a.m. The EWURA annual meeting will be held immediately after the breakfast.

A Wildlife Habitat in Your Own Backyard

The thought of spring, summer and gardening on March 20 was still just a dream for local residents, but Emeritus Professor of Social Work and Master Gardener Bob Neubauer, PhD, had a hopeful message for retirees: You can have a year-round wildlife habitat in your own backyard!

Neubauer and his wife Karen have been enjoying gardening for years. He pointed out that coincidentally, “Neubauer” means “new gardener” in German.

Neubauer says throughout his life, he has learned to value the act of gardening. He grew up watching his neighbors and family members creating their victory gardens, and helping his father, who he says was a wonderful gardener.

In their first year of marriage, the Neubauers tried their hands at gardens but rarely thought about gardening. Their approach was more intuitive with a trial-and-error approach. They learned about natural woodland habitats in their New Hampshire and Michigan gardens. Like many, the Neubauers pour over the multitudes of gardening magazines and books, and they have come to realize that understanding personal identities leads to personal success in gardening.

Bob and Karen completed classes to become Master Gardeners after they retired, and their expertise, years of experience and understanding of their personal identities are evident in their garden on N. 8th Street in Cheney. In place of high-maintenance grass in their backyard and side yards, they have opted for many varieties of perennials. By design, a small patch of turf in their front yard never needs watering. Everything they have planted was assessed for sun, soil and watering needs.

“Something is blooming at our house in the fall, winter, spring and summer,” Neubauer says.

In addition to enjoying the blooms, the Neubauers have been rewarded for creating their own wildlife habitat as they delight in watching the squirrels, skunks, weasels, birds, bees and butterflies that call their garden home. Dr. Neubauer says their yard has become a “mini-flyway,” and he sets the birds’ table with just two seeds: black oil sunflower seeds and Nyjer thistle seeds – in squirrel-proof feeders, of course.
**“The Past is Prologue”**

**Annual Fund Campaign:** Enclosed with *The Golden Eagle Call* is information about the 2008 Faculty, Staff and Retirees Campaign being launched by the Office of Alumni Advancement. I consulted with the EWURA Board about this mailing, and the consensus was that distributing this material with the newsletter was in keeping with one of our “major goals” as an association: “To support the needs of Eastern Washington University in particular...” (Constitution, Section II, Goal 2). As contributors to one or several Eastern programs, many of you receive Eastern magazine. I have been impressed and feel very proud of the accomplishments of our alumni and faculty as reported in this magazine. I hope that a way can be found to enable all retirees to receive this important publication.

**President’s Breakfast for Retirees is May 30:** Please mark this date on your calendars. The 30th was the best date of those available, in part because the “Benefactors” dinner is scheduled for the evening of May 29. Many of you will be invited to that dinner. May 30 offered a two-for-one opportunity for those of you who will be traveling from a distance to attend the breakfast. I look forward to seeing many of you on the 30th of May.

**Washington State Coalition of Retired Higher Education Employees (CRHHE):** I have been in discussions with University of Washington Retiree Association representatives about how to reactivate CRHHE. The two immediate purposes for such a reactivation are to reorganize the fiscal affairs of CRHHE and to reconstitute the board of the coalition. I have suggested to the UW representatives that given the prospect of a budget shortfall in the next biennium or two, we may wish to be in position to protect the interests of retirees in the legislative budget process. A full status report on this proposal was presented to the EWURA Board on April 17.

**Final Sentiments:** This “Prologue” will be my last. It has been a privilege to serve you as your president this year. In addition to all of the usual presidential work, I was able over a six-week period last fall to organize the disparate groups of EWURA records in the University Archives into an ordered set of archival records. I did so in part to gain an understanding of CRHHE and a perspective on what has been done and by whom over the years. The list of my predecessors in this position is long and very distinguished. It has been an honor to follow in their path. Thank you.

Jay W. Rea
EWURA Acting President, 2007-2008

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**In Memory of Yoko Hoekendorf**

Yoko Hoekendorf, widow of retiree Bill Hoekendorf, died Nov. 10, 2007, in Seattle. She was 86.

Bill Hoekendorf retired in 1989 as Eastern’s dean of Language Arts and Social Sciences. He died in 2004.

**In Memory of Norman (Norm) W. Stone**

Norm Stone, who retired in January 1983 as EWU professor of mathematics, died Jan. 19 at the Cheney Care Center. He was 91.

Stone was born Oct. 27, 1916, in Oregon City, Ore. He attended Gooding College in Idaho and the College of Idaho before working in the Coeur d’Alene Mines and later for Boeing Aircraft. He served his country during World War II in the Army Air Corps, earning a Distinguished Flying Cross and an Air Medal with Oakleaf Clusters.

After the war, Stone met and married Marjorie (Marge) Sipes in 1947. He earned a BS degree in mathematics from Oregon State College and taught high school math and science in Oregon. He taught math at Eastern for 26 years. His interests included Eastern Washington Recreation Association swimming, gardening, tennis and poker.

Stone is survived by Marge at their home in Cheney, sons Tom Stone of Cheney and Bob (Debbie) Stone of Moscow, Idaho, and four grandchildren. Eastern has been a big part of the Stone family. In addition to Norm teaching at Eastern, Marge worked in the bookstore business office for years, Tom and Bob are Eastern alumni, and Bob’s wife, Debbie, is an alumnus.

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**In Memory of Evenell Johns**

Evenell Johns, widow of EWU retiree Fred Johns, died Feb. 15. She was residing in the Seattle area.

Fred retired Jan. 1, 1983, as EWU’s vice president of Business and Finance.

**In Memory of James (Jim) H. Goodwin**

Jim Goodwin, who retired from Eastern Washington University after working 22 years with the maintenance and paint crew, died March 12. He was 85.

He was born Sept. 17, 1922, in Crab Creek, Wash. He attended school at Amber, Wash., where he performed in plays, participated in athletics and graduated in 1942 as class salutatorian.

Goodwin served his country during World War II in France and Germany.

Goodwin was hired in 1963 as a groundskeeper at Eastern. He transferred in 1965 as a trades helper in maintenance. He was a full-time painter when he retired from EWU in 1985.

He married Marie Eloise Holt in 1947, and they had three boys. Survivors include Marie Eloise in Cheney; son, Richard (Carrie) Goodwin; daughter-in-law, Margaret Goodwin; six grandchildren; five step-grandchildren; nine great-grandchildren; and seven step-great-grandchildren.

**In Memory of Sally A. Wynd**

EWU retiree Sally A. Wynd died March 31 at the age of 71.

Born April 15, 1936, in San Antonio, Texas, she retired in July 1992 from the EWU Psychology Department after 15 years of service to the University.

Wynd is survived by her husband of 49 years, Bill, EWU professor of marketing emeritus, who resides in Cheney. Other survivors include their two children, Katherine and James, and four grandsons.

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“Create a diversified portfolio to protect your long-term investments” and “look before you leap” were among the messages TIAA-CREF representatives Carolyn Barbee and Malachy Moran had for retirees at the April 17 EWURA meeting. The presentation began with viewing the online video, 2008 Market Outlook by Brett Hammond, TIAA-CREF chief investment strategist. See it at www.tiaa-cref.org/land/hammond/bh_012908.htm. Barbee and Moran followed the video by discussing TIAA-CREF’s investments in developing countries where infrastructures, younger workforces and spending are growing. They also noted increased investments in agriculture that includes corn for fuel and vineyards that are producing grapes for China’s growing red wine imports.

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The February EWURA meeting featured Dr. John Mason, EWU’s new provost and vice president of Academic Affairs. He shared his impressions of Eastern and his vision for its future, and he answered retirees’ many questions.

“What distinguishes Eastern Washington University is our student-focused, quality academic experience,” Mason says.

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Publication and distribution of *The Golden Eagle Call* is supported by the Eastern Washington University Foundation, Michael Westfall, executive director.
**EWURA Board Nominations Announced**

EWU retirees Karen Raver and Don Wall have been nominated to fill positions on the EWURA Board in the 2008-09 academic year. If elected, Raver, retired from Disability Support Services, will replace David Kuo in a three-year board position, and Professor of English Emeritus Wall will take the vice president position, currently held by Bob Rich.

As vice president, Wall would be in charge of arranging programs for the year’s monthly EWURA meetings. Wall requests suggestions for program topics or people who would make interesting presentations. Contact him at 509.235.6678 or donwall@centurytel.net.

**Prekeges Induced into Hall of Fame**

EWU retiree Demetrios (Jim) Prekeges was elected in October 2007 to the Washington State Mathematics Council (WSMC) Hall of Fame for his many contributions to mathematics education in Washington and across the nation.

Announced at the 46th Northwest Mathematics Conference, Prekeges became the fifth Washingtonian to receive the honor. He was nominated by the WSMC Awards Committee and selected by the WSMC Board.

“Jim Prekeges has long been admired and respected by the mathematics community of Washington state,” says Jo Anne Robinson, WSMC president. “He has been a role model for us all through his teaching career, not only for his love of the subject but also in his teaching methods. His dedication to his profession, both in the classroom and as an active participant in the professional development of his colleagues, continues even in his retirement. He graciously chaired the exhibits committee (a vital component in the conference) for the Northwest Mathematics Conference in Bellevue this past fall. The WSMC Board is proud to add him to the WSMC Hall of Fame for outstanding achievement in serving the mathematics community of our state.”

Mathematics Professor Prekeges retired from EWU in 1983. He resides in Bothell, Wash.

**Health Browsings**

**Rebuild Yourself**

By Lee Swedberg

What makes a human fertilized egg special? Is it because it contains all the genes of a unique human being, while the egg and the sperm each contain only half of them? Or is it because it possesses the potential for making billions of different human cells? Biology? Philosophy? Theology?

The first stage of life after fertilization creates two identical cells. But as growth continues, cells differentiate into specialized structures. The organism saves out a few cells which continue to produce new differentiated ones but remain undifferentiated themselves for a long time, or even for life. These are the stem cells, cells which control and regulate growth, reproducing or regenerating body parts which go awry. An embryo, up to a certain stage, possesses the best source of not-yet-differentiated cells, including the precursors of all the body’s organs and tissues. The research community is dedicated to learning how to isolate and grow them, since they will have all the genetic instructions of the original embryo. Attempts to grow stem cells to treat type 1 diabetes, for example, have been intense since 2001. But the immune system of a recipient destroys transplanted tissue. So, back to the embryo. There are many steps between embryo and adult in a long, confusing journey, and to complicate matters, many citizens, including President Bush, see human embryo destruction as murder.

New steps have been made, though. In his state of the union message, the president seemed reassured that the work of two groups of researchers at Kyoto University in Japan and the University of Wisconsin at Madison had gotten around the “murder” problem. One group used skin cells from a woman’s face; the other used a newborn’s foreskin. In both cases, embryonic genes were injected into other tissues. They are grown from genes injected into skin cells, which convert the skin cells into embryonic stem cells, so no actual embryos are involved.

Viruses were used as carriers of these desired genes into the DNA of patients no longer making insulin-producing units. In each case, after 12-25 days, some of the skin cells were transformed by injected genes into embryonic stem cells that could make insulin producers.

We haven’t reached market with skin stem cells for organ and tissue replacement for humans yet, but techniques are in commercial operation for other animals, including horses, so we know it can be done. The leg of a horse is its most important and its most vulnerable feature. This project takes cells from fat or bone marrow from an adult horse and turns it into tendon tissue for repair of the equine’s most common leg injuries. Without it, the horse would not be salvageable.

So how will we judge this research? Is it philosophy or biology? There will be more to come from this story for sure.

**Devour Books**

Books of all kinds are good enough to eat when EWU’s JFK Library hosts the annual Books2Eat event. The fun and casual event accepts entries from all interested individuals, regardless of expertise in decorative baking. Each entry is an edible cake, cookie or pie with a literary theme identifiable to the observer. Everyone who attends the May 21 event has the opportunity to vote for his or her favorite before entries are sliced for all to enjoy. Entry viewing hours are 2-4 p.m. Prizes will be awarded at 4 p.m., and then the eating begins! Coffee and tea will be served.

More information and entry forms are at the JFK circulation desk and www.ewu.edu/x43059.xml.
Many students have returned year after year, due in great part to Mitchell and Cantlon’s leadership and passion for the program. Having no model to follow, they have created and molded it carefully and democratically, asking participants for suggestions. Most have told them not to change anything. Early on, however, they added a dance to the week, giving the camp what they considered a necessary social element.

Like Mitchell points out, in addition to the learning experiences Satori provides its campers, “Since they don’t have to worry about their test scores, they are able to challenge each other and participate in rather esoteric intellectual enterprises. Of course, they also have lots of fun, and for many of them, it’s the first time in their lives that they’ve been able to interact in a university environment.”

Cantlon adds that for many, it’s also the first time they meet kids who are like them. “In their schools, they may be very lonely,” he says. “Other kids don’t understand them and can’t relate to them. These (students who come to Satori Camp) are really bright kids. They love it. They really do.”

Mitchell was the one who came up with the name for the camp. According to Cantlon, Mitchell had spent time in Japan and learned the word satori, which has no identical English translation.

“It’s thought of to be like our ‘ah-ha,’” Cantlon says. “But it’s so much bigger than that. It’s what you work toward — in Zen Buddhism, it’s a term that means to achieve that one big thing, the insight you achieve after great exploration and imagination.”

According to the camp website, “Satori is the sense of joy that comes from learning.”

Mitchell and Cantlon try to spread the joy of learning beyond Satori Camp. According to Mitchell, Satori is an extension of an elementary summer camp he conducted at the Reid Lab School and the Met in Spokane (where Bing Crosby got his start). “I did that for about seven years before we started the Satori Camp,” Mitchell says.

After earning his BA in education at Eastern in 1975, Cantlon went on to teach in Kent, Wash. He started teaching gifted education there, and heard Mitchell was offering an EWU summer course in gifted education. Cantlon eventually earned his master’s in curriculum offering an EWU summer course in gifted education there, and heard Mitchell was teaching gifted education there, and heard Mitchell was teaching gifted education there, and heard Mitchell was teaching gifted education there, and heard Mitchell was teaching gifted education there, and heard Mitchell was teaching gifted education there, and heard Mitchell was teaching gifted education there, and heard Mitchell was teaching gifted education there, and heard Mitchell was teach

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After earning his BA in education at Eastern in 1975, Cantlon went on to teach in Kent, Wash. He started teaching gifted education there, and heard Mitchell was offering an EWU summer course in gifted education. Cantlon eventually earned his master’s in curriculum development for gifted students. He also used his knowledge to start a gifted student program in the Tri-Cities, and he now teaches gifted sixth- and eighth-graders in Spokane’s Odyssey Program at Libby Junior High School.

Cantlon says he owes much of his success with his students to his mentor, Bruce Mitchell. “My relationship with Bruce has been extraordinary,” Cantlon says. “He’s taught me so much. He’s taught me a lot about education, but more than anything else, there’s a real sensitivity about him. He slows things down and really works through things and thinks through things. It’s always been hard for me to slow things down, and what Bruce has done for me is show me how to think things through and listen and think bigger. That has really benefitted my students because when someone listens to you, you know they care. When they’re not listening to you, you know it, and you know they don’t care.”

Bruce knows how to have fun, and he has a great sense of humor,” Cantlon adds. “He knows how to stop you in your tracks and learn the great lessons. That’s the best thing I can do as a teacher, is pass that along to my students.”

Even in his retirement years, Mitchell is enthusiastic about returning to Cheney from his home in Oxnard, Calif, the last week in July to work with Cantlon and the students. And Cantlon is happy to continue his work with Mitchell.

“We were only going to do the camp for two years, but we kept it going,” Cantlon says with a chuckle. “And at 15 years, I said 25 years would be it, but I can’t think of anyone else to do it, so we’ll just keep it going.”

Not to worry, if Mitchell and Cantlon ever decide to “retire” from directing Satori, they’ve inspired a legion of camp alumni — who are now doctors, engineers and students pursuing advanced degrees at the country’s most prestigious universities — to also come back to camp to teach. One is Cantlon’s 25-year-old daughter, Ashley, an engineer. And his 29-year-old daughter, Erin, has two children who now attend the camp their grandpa and his mentor started 25 years ago.