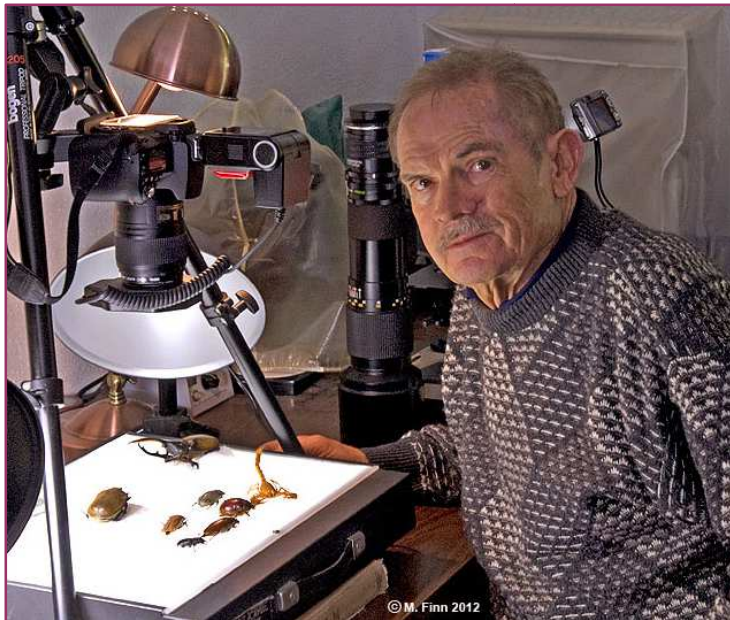


The **PACRA Pacer**

Where are they now?

WAYNE ARMSTRONG, San Marcos, CA



I have continued my botanical writing career since retiring from Palomar College. In 2016 I was asked by Dr. Nicola Ardenghi of the University of Pavia, Italy to verify the identification of *Wolffia columbiana* samples from the Po River of northern Italy. This noteworthy collection of a New World *Wolffia* species (world's smallest flowering plant) in southern Europe resulted in a peer reviewed scientific paper published in *Journal Botany Letters Volume 164, April 2017*.

When I am not travelling, most of my free time is spent on photography and my website Wayne's Word (<http://waynesword.palomar.edu/>). Since I started my website in the late 1990s, I have received thousands of e-mail messages from experts throughout the world commenting on my

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ELAINE ARMSTRONG, San Marcos, CA



I have been retired for 2 years after working for Palomar College for 43 years. I loved my career as a graphic artist, illustrator, photographer, web designer and online support person. I have worked in several departments in my 43 years including Grounds Services, Library, Instruction Office, Graphic Communications, and Academic Technology Resource Center. I am proud to have received my AA and 5 certificates from Palomar College.

I volunteer with the campus Police Department as a R.A.D. women's self-defense instructor. I serve on the Arboretum Committee and I have been a member of the Wellness Fitness Center since it was open. I "try" to work out 4 days a week.

I must admit that I love retirement! I have told friends that it's like the weekend every day. Sliding into retirement was so easy for me because I was actively doing many of my hobbies and interests before I retired. I was traveling to foreign countries and many amazing places in

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articles. In fact, everything I placed on blackboards and whiteboards during my forty-year career is available on-line. My wife Elaine created many of my professional illustrations. According to Google Analytical, Wayne's Word gets thousands of page views each day. I receive numerous requests for information, identifications, and images from students and colleagues from throughout the world.

I have been very active with the Palomar College Arboretum Committee, including botanical consultant and editor of the newsletter. Some of the seeds I collected at botanical gardens and tropical countries will one day be growing on campus. In fact, Tony Rangel, Grounds Supervisor and horticulturist extraordinaire has grown seeds I collected 30 years ago!

About five years ago I once again became interested in ants, my childhood passion. I added a new Wayne's Word section on the identification of ant species with many images. Several prominent entomologists have helped me with this endeavor. On my ant road trips I also enjoy photographing freight trains.

On Owens Peak north of campus I found 16 different ant species. I am also working on the "Ants of Daley Ranch" for the City Of Escondido.

I must say that I really enjoyed my career at Palomar College and I especially miss all of the dear colleagues that I worked with all these years. They were marvelous travel companions on trips that truly changed my life.



PACRA Mission
'Working on behalf of retirees'

ELAINE from page 1

the United States. Wayne and I enjoy road trips to botanic gardens, state and national parks. We frequently vacation in Maui. In fact, we were married at Kula Botanical Gardens on Haleakala. I also enjoy working on art projects, taking classes, gardening, kick boxing, and of course spending time with family and friends. I am so fortunate to be living near my terrific family. I have 3 daughters and 9 grandchildren.

My big passion has been teaching the women's self-defense classes with Palomar College Police Officer Monika Forrest. We teach the R.A.D. (Rape Aggression Defense) System of self-defense. <http://rad-systems.com/>

Monika has been teaching R.A.D. for 11 years and is an excellent instructor. Teaching self-defense to women is a rewarding and worthwhile endeavor. We teach female students of all ages, from 12 to 80+.

I am certified to teach the Basic Physical R.A.D. for Women, the Advanced Self Defense for Women, R.A.D. for Seniors, Keychain Defense Options for Women and the Weapons Defense System.

Since high school, I have been a martial artist. I have had 4 years of Judo, 4 years of Iiado, 4 years of Karate, 12 years of Kendo, 1 year of Aikido, and 2 years of Boxing.

I will be teaching my grandkids self-defense classes this summer. I believe that everyone should be able to protect and defend themselves.

In closing, I am so grateful to be able to continue doing all the things I love to do. My wonderful life and the people around me have helped me to grow on life's journey. I consider myself fortunate and blessed.



PALOMAR COLLEGE CAMPUS IS OFFICIALLY RECOGNIZED AS AN ARBORETUM



The following article and photos are from the *Friends of the Arboretum* Newsletter, Issue #11, April 10, 2017. printed with permission of Wayne Armstrong, editor. All plant photos by Wayne Armstrong

As Palomar College celebrates its 70th year, many would agree that the grounds of the San Marcos campus have never looked better. That impression was validated recently with the naming of the campus as a Level II Arboretum by The ArbNet Arboretum Accreditation Program. In California, Palomar is the only community college in California with this distinction, and along with UC Davis, one of only two college campuses in the state that are certified as Arboretums.

“The fact that the entire campus is recognized as an Arboretum, not only the Edwin and Francis Hunter Arboretum located on the northeast side of Palomar, is very exciting,” said Dr. Joi Lin Blake, Palomar College Superintendent/President. “This is a notable distinction that places Palomar as a leader in the county.”

The requirements for ArbNet’s Level II accreditation include having an up-to-date database with a minimum of 100 woody plants. Palomar now has more than 300 plants labeled. In addition, the accreditation requires that a plant collection policy must be in place and collections defined. Palomar’s roughly 200-acre campus currently houses 31 different garden themes, plus the *Endangered Coastal Sage Brush* community and the Edwin and Francis Hunter Arboretum. Some examples of the garden themes are as follows: a *Hardwood Garden* located near the Cabinet and Furniture Technology building displays trees often used in furniture and cabinet making; a *Polynesian Garden* near the Teaching and Learning Center

is home to a faux lava field and rainwater-filled water feature; a *Cactus and Succulent Garden* near Mission Road and Comet Circle features more than 3,000 species; plus many *California Native Gardens* and other gardens that are scattered throughout the campus.



This garden near the Performing Arts Complex is a mixed planting that includes the Brazilian Fern Tree (*Schizolobium parahyba*).

According to Tony Rangel, Palomar’s Grounds Services Supervisor, “Arguably Palomar College has one of the greatest concentrations of plant diversity on public display within a relatively small area in San Diego County, rivaled only by Balboa Park, the San Diego Zoo and Safari Park and San Diego Botanical Garden. Including the native coastal sage scrub north and east of campus, there are 3000-5,000 species spread throughout the campus property.”

Rangel, who is a certified arborist with the International Society of Arboriculture, said that Palomar’s arboretum certification contributes to the College’s Vision, *Learning for Success*. Arboretums display trees, shrubs and other woody plants from various locales around of the globe. “They are essentially living museums that allow for plant-based learning. Labeling and cataloging plant collections provides the public an opportunity to understand plant origins and

CONTINUED next page

how they fit into the global biodiversity of plants and animals,” he said. At Palomar the arboretum also offers workshops and classes on plant care, ecology and biology.

Rangel further stated, “The Arboretum certification allows the college to work more closely and efficiently on plant-based conservation and education projects with other like other like-minded institutions from across the country and the globe.

The certification demonstrates that the plants on campus are more than landscaping — they are part of a classroom, teaching visitors about the importance of landscaping responsibly with non-invasive plants, native plants and plants adapted to our climate. As the campus grows and diversifies over the coming years, Palomar will continue to show that we recognize and are committed to treating our botanical gems as ambassadors for conservation.



Plant photos by Wayne Armstrong



Spicebush (*Calycanthus occidentalis*): A fragrant California shrub native to the foothills of the Sierra Nevada. It belongs to its own North American family, the Calycanthaceae.



Alula (*Brighamia insignis*): A rare member of the lobelia family (*Campanulaceae*) endemic to steep sea cliffs on the island of Kauai. As of the year 2000, fewer than 100 of these remarkable plants grew in the wild. Like the California condor, this unique species has been brought back from the brink of extinction through breeding programs at botanical gardens. Tony Rangel’s crew created the very realistic volcanic lava for this Polynesian Garden.



Roxburgh Fig (*Ficus auriculata*): A cauliflorous species distributed from India to China with large syconia produced on the trunk and limbs. Like the other 800+ species of *Ficus*, it requires a minute, symbiotic wasp for pollination.



Sugar Cane (*Saccharum officinarum*): One of several colorful varieties of sugar cane planted in the Polynesian Garden.

BOARD APPOINTS DR. LISA NORMAN AS NEW VICE PRESIDENT, HUMAN RESOURCES



On Tuesday, October 10, 2017, the Palomar College Governing Board voted unanimously to appoint Dr. Lisa Norman as the new Assistant Superintendent/Vice President for Human Resources. Dr. Norman will begin her appointment on Monday, October 16, 2017.

of expertise in all aspects of human resources services and operations, including equal employment opportunity, negotiations, employee relations, and policy and procedure development.

Dr. Norman holds a Juris Doctor with an emphasis in Education Law from Taft Law School, a Doctorate in Educational Leadership from the University of Phoenix, a Master's in Educational Leadership from California State University, Los Angeles, and a Bachelor's Degree in Child Development from California State University, Los Angeles.

Dr. Norman has a breadth of experience as a human resources administrator in education, most recently having served as the Vice President of Human Resources at Pasadena City College and, prior to that position, the Vice Chancellor of Human Resources at San Bernardino Community College District. She has an extensive history



PALOMAR COLLEGE RETIREES ASSOCIATION SCHOLARSHIP



AMOUNT OF AWARD: \$1,000

FOR APPLICATION AND DEADLINE INFORMATION, please go to :

<https://www2.palomar.edu/pages/pacra/scholarship>.

QUESTIONS

If you have questions, please contact either:

Judy Dolan
judyldolan@gmail.com or (760) 743-7051

OR

Cynthia Poole
cpoole@palomar.edu or (760) 489-8894

From



<https://calrta.org/>

Current Bills: CalRTA is your voice in Sacramento and Washington, D.C. Professional staff partner with our passionate grassroots advocates to put a face to issues we care about the most! Once bills are introduced we analyze and take action on pertinent bills.

<https://calrta.org/current-bills/>

Repealing WEP/ GPO: CalRTA was one of the first organizations to begin pushing for repeal of these unfair penalties. From California to Wasington, D.C., we've given a voice to teachers and energized other organizations along the way. ere is now a coalition of states fighting for repeal!

<https://calrta.org/repealing-wepgpo>

Accomplishments: CalRTA has been around since 1929 so our list of accomplishments is long!

<https://calrta.org/accomplishments>

PALOMAR COLLEGE RETIREES' ASSOCIATION

1140 West Mission Road, San Marcos, CA 92069-1487



The **PACRA Pacer**

Check Your Blood Pressure Regularly

Fee: Free, no registration required

Palomar Medical Center, Poway
Lobby, 2nd Tuesday of each month
10 a.m. - Noon



Palomar Medical Center Escondido
Lobby, 4th Tuesday of each month
10 a.m. - Noon

PACRA Pacer

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June Rady, Ted Kilman

Communications Committee

junerady@cox.net | tkilman@cox.net

Printing Solutions

Layout & Design

Robert Larson

Mark Your Calendar

PACRA's Annual Luncheon Meeting

Thursday, May 17, 2018

11:30 am - 2:30 pm

Old Spaghetti Factory

111 N. Twin Oaks Valley Road

San Marcos, CA

Join us!