



October 2012

Volume 29, Issue #9

Retirement Association Gazette

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Insert - Featured Artists/Art Show

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Read Page 5**

*Artist: Do Ho Suh
"Fallen Star" 2012*



Visit the Gemological Institute of America Tuesday, November 6, Carpool at 9:30 a.m., Return at 3 p.m.



Join us for a fascinating docent-led tour Gemological Institute of America, right here in our own back yard (in Carlsbad).

We'll meet at the UCSD Retirement Association at 9:30 AM and carpool to the GIA in Carlsbad.

Our private 1 1/2 hour informative tour of the GIA, and its beautiful, special exhibitions, which feature the GIA's exquisite birthstone exhibit, and egg-shaped minerals. The Carlsbad offices of the

GIA are the World Headquarters of this important gemological training institution

After the GIA tour, you'll



continue down the street to enjoy a no-host luncheon together at the Kings Fish House. Members will return to the RRC by 3 PM.

There is no fee for the GIA docent-led tour, however, for GIA security, we must have an exact guest list, and all members must show a photo ID. RSVP to RetireeLink@ucsd.edu or call us at (858) 534-4724. Lunch is no-host, so you will pay at the restaurant on the day of the event. Bring change in small bills to pay your portion of the no-host luncheon.

Special Members-Only Stuart Collection Tour

Video Overview and Visit to "Fallen Star"

led by Stuart Collection Director Mary Beebe

Wednesday, October 31, 9:45 - 11:45 a.m. at the RRC

UCSD Retirement Association members are welcome to join us for a special Members-only Stuart Collection Video Presentation by Collection Director, Mary Beebe, followed by a guided walk to, and visit of "Fallen Star". The presentation will begin at 9:45 a.m. in the UCSD Retirement Resource Center, and the walking tour will commence at 10:45 a.m., beginning from the center. Please RSVP by email to: RetireeLink@ucsd.edu, or by calling the Retirement Association's office at (858) 534-4724 by October 24.

Calling all Volunteers

Serve at the UCSD International Café, Friday, October 19

(Erratum: date in September Gazette was incorrect.)

The UCSD Retirement Association is once again sponsoring this popular event. Volunteers are needed to work from 11:30 AM until approximately 1:30 PM. Volunteers greet café guests and help serve the food. Free parking and a free lunch are offered to all volunteers. The International Center is a multipurpose facility created to foster cross-cultural exchange and international education for the UCSD campus community. Over 200 students, faculty, researchers, and staff from all over the world attend this informal lunch at UCSD's International Center. Be a part of the fun! Email the RA at RetireeLink@ucsd.edu or call (858) 534-4724.



We need YOU !

Board Member Profile: Featuring Linda Firme, Volunteer Committee Chair



Linda Firme started her career as a registered midwife in the Philippines and migrated to Canada in 1968. She continued her studies at Algoma Regional School of Nursing (now known as Sault Ste Marie College) in Sault Ste Marie, Ontario, Canada, where she received her degree. Linda moved to San Diego, California in 1973 and became a Registered Nurse (RN) in 1974. Soon after, in 1975, Linda joined the University of California, San Diego as an RN in the Labor and Delivery Department. She remained with

UCSD until she retired in 2006. Her love of nursing brought her back to Labor and Delivery at UCSD and she continues to work to this day.

Linda is a Lifetime Member of the UCSD Retirement Association and currently serves on its Board of Directors. As a board member, she is participates in Association activities and serves as the Chair of the Volunteer Committee. She is looking forward to retiring again soon. In retirement, she plans to continue with her Board responsibilities, travel, and spend time with family.

Volunteers needed for **Annual Service Awards**

Monday, October 29
1:30 - 3:30 p.m.
Price Center Ballroom



We need six volunteers to staff the reg desk for this very special annual celebration of dedicated long-term employees. This event will take place in the Price Center. This is a great event to volunteer for; you'll see old friends, and make a few luncheon dates!

Let us know if you'd like to volunteer for this event by email: RetireeLink@ucsd.edu or call us at (858) 534-4724.

At a recent meeting with Chancellor Khosla, Vice Chancellor Relyea lauded UCSD Retirement Association volunteers for their generous donation of time and energy for so many campus events, such as the recent edition of Sharecase!
Your efforts ARE appreciated!

President's Message

A new month already, October; fall is in full swing. Days are getting shorter and it's dark when I wake in the morning. We have all month to get ready for November 4th when we set our clocks back an hour. To brighten up our days we have a featured artist's work exhibited in the RA office. Please stop by to admire it. We will continue to do this every month prior to our 2nd annual Art Show in the spring.

The UCSD Retirement Association has already had a number of events for the membership and guests. New this year is the Zumba Class. The Friday walking club is going strong and the healthy living series, that follows the Friday walk, is going gangbusters or weight busters. Seriously, it is wonderful to see people taking healthy living and eating so earnestly. I am glad we can offer a framework in which you feel motivated and safe to take on such endeavors for your well being.

Why is well being so important to me? When I reflect on that question I arrive at a



number of reasons. First, I am a nurse. I have spent my career helping others to help patients and families. I think one needs to be a role model if expecting the same or similar behavior from others. Second, as I am aging I do notice differences in my life. I can no longer eat what I used to eat without seeing its effects on some part of my body getting larger. I need to eat less or exercise more. I choose exercise. It helps keep my blood sugar and blood pressure in normal ranges, in addition to my size. Third, I am a grandma. I want to be a healthy grandma not some woman sitting in the rocking chair because I can't get up. In this case I model what I do after my granddaughter Eleanor. When she runs – I run, when she squats, I

squat – when she dances, I dance. All these behaviors help her, and me, to stay in good shape to enjoy the best life has to offer. Think you can't do it? It all begins with one step.

This month on October 24th there will be the "lunch bunch" at Tom Hams restaurant (the food will be healthy – portion size will be up to you) – see *advertisement inside*. For all of you who worked in the health sciences this is a great time to see people from the Medical Center. It's almost like a reunion.

And in closing here is this month's Harvard Nurse Study quote regarding Type 2 Diabetes: *"Each hour of brisk walking reduced risk of Diabetes by 34%. Standing or walking at home 2 hours per day was associated with a 12% reduction in risk of Diabetes. Sedentary behaviors such as sitting at work, driving, or prolonged TV watching were associated with an increase in diabetes risk."*

Enjoy!

Linda Levy

A Pair of Important Seminars for Our Members - Be Informed!

"Compassionate Real Estate Guidance for Seniors" Thurs., October 25, 11:45 a.m. - 1:15 p.m., at the RRC



Most older adults wish to stay in their homes as long as they can. However, in some cases, a move becomes necessary due to financial or health challenges. Others proactively choose to move as they age, downsizing to a smaller home or relocating to a residential community.

No matter the reasons for this transition, it can be an overwhelming experience for those involved. There are many things to consider – from disposing of unwanted personal property and preparing the property to sell, to dealing with various professionals and finding a new home.

In this seminar, San Diego-based Realtor® Ron Greenwald will discuss the many options and choices seniors are faced with as they age, as well as expert assistance and information about these choices. RSVP to RetireeLink@ucsd.edu, or call (858) 534-4724 by 10/22/12 to attend.



FREE EDUCATIONAL ESTATE PLANNING SEMINAR

You are invited to attend a complimentary educational seminar on estate planning. Please attend and learn how estate planning protects you, your family and your assets. **Did you know that Retirees with ARAG insurance are entitled to free trusts, wills and powers of attorney?**

Hosted by: The Law Offices of Heidi Klippel

When: Thursday, November 1

Time: 11:45 a.m. - 1:15 p.m.

Where: UCSD Retirement Resource Center, located in UC 400

RSVP: Pls respond by 10/26 to: RetireeLink@ucsd.edu or call: 858-534-4724

Your Health and Welfare

Open Enrollment Hands-on Assistance at the UCSD Benefits Office

The UCSD Benefits office is making benefits specialists available especially for **YOU**, at the Benefits Office, from 9:30 AM to 3 PM, Tuesdays and Thursdays, during Open Enrollment

At these free consultations, you will get hands-on assistance to make any changes to your health and benefit plans. Retirees will be served on a first come/first served basis.



Fall Benefits Fair

The Campus Fall Benefits Fair will be held for retirees **from 8:30 a.m. to 2:30 p.m. on Tuesday, November 13th**, in the Price Center. The UCSD Medical Center will NOT hold a Benefits Fair this year. At the Campus Benefits Fair, Plan Providers will have representatives on-hand to present information about all of the benefit plan changes. They will also have a variety of benefit plan literature available to give to retirees, and they'll be ready to answer retirees' questions. Come out to the campus **Benefits Fair** to get the critical information you need to make the best choices! **No RSVP is necessary.** Drop in whenever it is convenient for you.

Getting the Most out of Your Social Security Benefits

A Primer for Retirees - Special Educational Seminar offered

Thursday, October 18, 11:45 AM - 1:30 PM, RRC

Join us on Thursday, October 18, from 11:45 AM to 1:30 PM, in the UCSD Retirement Resource Center Conference Room (UC400) to learn all about how to get the most out of your social security benefits.

- ◆ When to apply for benefits
- ◆ Determining your eligibility
- ◆ Taxation issues
- ◆ Maximum Social Security Retirement Benefit
- ◆ Timing your enrollment for maximum benefits



- ◆ How work affects Social Security
- ◆ Qualifying for Divorced Spousal Benefits
- ◆ New rules for 2012.
- ◆ What is Medicare?
- ◆ How does it work?

- ◆ Learn how Medicare benefits are coordinated with your retirement benefits at UCSD.

Our presenter is Ryan Hyslop, AAMS, Financial Advisor, who also serves as the facilitator of the RA Investments Interest Group.

Please RSVP to save a seat for this informative seminar. RetireeLink@ucsd.edu or call (858) 534-4724 by October 15. See you there.

Keeping up with our "Interest Groupies"

Investment Interest Group

Join us for Season Nine of the most popular interest group: the *RA Investments Interest Group*.

We meet on the 4th Tuesday of each month (next is Oct. 23) to continue our study and discussion of hot current investment topics with our seasoned Investment Group Facilitator, Ryan Hyslop. In the RA Investments Interest Group our facilitator will give us the inside scoop about the stock market, investment analysis and broad market interpretation. Join us at our next meeting Tuesday, October 23rd, in UC 400 at **12 NOON to 1:15 PM**. Come early to find parking. This group is open to all members of the Retirement / Emeriti & Staff Associations. Please RSVP. Please RSVP by email: RetireeLink@ucsd.edu.



Fiction Book Club

Last Wed. of each month

Noon to 2 p.m. - October 31 meeting to be held in the RRC. Each month, Fiction Book Club members read a selected book, and then come together to discuss the story, characters, writing style, and more. This special October luncheon meeting will feature a presentation by the author of the selected novel for the month "Nightwalker", by Lisa Kessler. She will discuss the San Diego setting for her novel, the friction between Franciscan

missionaries and the native Kumeyaay Indians, as well as an introduction to "Getting Published". Please RSVP by email to RetireeLink@ucsd.edu, or call (858) 534-4724 to participate in this special event.

Writing Interest Group

Talented writer and Writing Group Facilitator, Sam Goldstein, helps participants learn to craft better stories, poems and memoirs. Contact Don Wilkie by email: dwilkie@ucsd.edu to express your interest in joining.

Spanish Conversation Group

2nd Monday of each Month

Join us at the RRC from **10:30 - 11:30 AM** for our Intermediate Spanish conversation group. Led by Irene Serrano. This is a free group. Email us to join in at RetireeLink@ucsd.edu.

"PICTURE PERFECT" - a "Hands-On" Photography Class

Members Only - Thursday, November 15 - 10 AM to 12:30 PM



Master photographer, Jerry Vaughn, will present a special photography class for RA members on Thursday, November 15, from 10 AM to 12:30 PM at the RRC, in UC400.

Look at what Jerry has in store for us: The science and art of photography, how to frame your pictures, plan shots and be creative, using critiques to improve your skills, and gadgets, gimmicks and other fun stuff – using your LCD to improve your photos, filters and other accessories, some fun creative techniques. In addition to great lectures, Jerry has LAB time built into each segment of the class, for students to go out and practice what they've just learned.

Space is limited, so don't hesitate to RSVP for this one-of-a-kind class. There is no fee to participate, but please be sure to come if you reserve a spot. All participants are asked to bring the manual for the camera they will be using in the class. RSVP by email to RetireeLink@ucsd.edu, or call (858)534-4724.

Fun Happenings

*Retirement is supposed to be about enjoying yourself!
Well, we have lots of great activities planned for the fall season.*

UCSD Medical Center Lunch Bunch, Wednesday, October 24

The fall edition of the UCSD Medical Center Lunch Bunch is scheduled for Wednesday, October 24 at **Tom Ham's Lighthouse (on Harbor Island) from 11:30 a.m. to 2:00 p.m.** upstairs in the Community Room. Come, bring a friend if you like, meet old friends, make new

friends, as you enjoy the company of UCSD Medical Center employees past and present.

In order to reserve yourself a place at the table, please be sure to mail **in your money by October 19. The price is \$18.** Make checks payable to UCSD Retirement Assn and mail it to: 9500 Gilman Dr., #0020

La Jolla, CA 92093-0020

We look forward to seeing you ALL.



Join us for an interesting visit to the *Oasis Camel Dairy & Lunch*

Wed., November 7, Meet at 9:30 AM at the RRC to Carpool

Join us for a fascinating visit to the Oasis Camel Dairy on Wednesday, November 7. We'll gather at the UCSD Retirement Association at 9:30 AM to carpool to the Oasis Camel Dairy in the east-county hamlet of Ramona.

The Oasis Camel Dairy is the first of its kind in the USA, and is dedicated to the production of pure camel products. Oasis is family farm. An unusual family; Gil, Nancy, a small handful of very dedicated animal caretakers and a huge family of camels, birds and other farm animals call the Oasis Camel Dairy home.

Located on thirty-four rolling acres, this unique family supports



the efforts of furthering the education of the public worldwide about the amazing nature of camels and their milk.

This tour will give our members an opportunity to learn more about camels and the exceptional healthful aspects of a variety of camel products from powdered camel milk, to camel milk soaps

and creams.

After the tour, members will mosey on down the road to Gil & Nancy's favorite local restaurant "El Michoacan", for some of the best "real, authentic Mexican food in the east county.

Return to the Retirement Assn. around 3 p.m. Please mail your check for only \$7 to the Retirement Assn. to cover the cost of the tour. Send it to: UCSD Retirement Association, 9500 Gilman Dr., #0020, La Jolla, CA 92093-0020. The luncheon is no-host. You'll simply pay for what you order the day of the event.

Next Publication deadline: November 16, 2012 Editor: Suzan Cioffi E-mail: RetireeLink@ucsd.edu
 The UCSD Retirement Association Office is located on the UCSD Campus in University Center Building 400
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**UCSD Retirement Association
 Retired Staff & Faculty Link to the University**

— Calendar —

Oct.	7	Sunday	2:00 PM - 5:00 PM	International Film: "I Wish I Knew"	UCSD-RRC Conf. Room
	9	Tuesday	9:45 AM - 10:15 AM	Volunteer Committee	UCSD-RRC Conf. Room
	9	Tuesday	10:30 AM - 11:30 AM	RA Board Meeting	UCSD-RRC Conf. Room
	9	Tuesday	12:30 PM - 1:30 PM	Program Committee	UCSD-RRC Conf. Room
	18	Thursday	11:45 AM - 1:30 PM	Social Security Seminar	UCSD-RRC Conf. Room
	19	Friday	11:30 AM - 2:00 PM	International Cafe	UCSD International Center
	23	Tuesday	12:00 PM - 2:00 PM	Investments Interest Group	UCSD-RRC Conf. Room
	24	Wednesday	11:45 AM - 1:15 PM	Med Center Lunch Bunch	Tom Ham's Lighthouse
	25	Thursday	11:45 AM - 1:15 PM	Real Estate Options for Seniors	UCSD-RRC Conf. Room
	31	Wednesday	9:45 AM - 11:45 AM	Stuart Collection Tour / "Fallen Star"	Starts at the RRC
	31	Wednesday	12:00 PM - 2:00 PM	Book Club and Author Presentation	UCSD-RRC Conf. Room
Nov.	1	Thursday	11:45 AM - 1:30 PM	Estate Planning Seminar	UCSD-RRC Conf. Room
	6	Tuesday	9:30 AM - 3:00 PM	Visit to the Gemological IA	Carpool from the RRC
	7	Wednesday	9:30 AM - 3:00 PM	Visit to the Oasis Camel Farm	Carpool from the RRC

Non-members website: <http://retirement.ucsd.edu>
 Members-only: <http://retirementassociation.ucsd.edu>

**Strong, Fit & Independent Programs
 at the
 UCSD Retirement Association**

Mondays	10:30 AM - 11:30 PM	Tai Chi - A Relaxing, low-impact hour of Tai Chi with Master Henry Cheng.	\$65 for 8 weeks
Thursdays	2:30 PM - 3:30 PM	Zumba Gold for Active Adults with Liz, featuring exotic rhythms set to high energy Latin music.	\$5 per session. Drop ins allowed.
Fridays	10:30 AM - 11:30 AM	Walking/Jogging Group , improve your physical fitness with this training program, led by RA President, Linda Levy.	Free for RA/EA members. Drop ins allowed.
3rd Friday Each Month	11:45 AM - 1:45 PM	Healthy Eating/ Healthy Living: Oct. 19 Vicky Powell "Preventing Heart Disease"	Free for RA/EA members Drop ins allowed.