Retirees Potluck!
UCSC Arboretum 11:30 AM Tuesday, May 3, 2011

A while back, a young boy caught his grandfather yelling at his television set—not over some umpire’s blown call at second base or a ‘blind side’ football offensive tackle’s inability to pick up a blinding safety, leading to a sack of the quarterback— but at some particularly outrageous lie from a politician. “Does Grandpa know that the people in the TV set can’t hear him?” he asked his grandmother with earnest concern.

If you have been left with your mouth agape, sputtering or openly yelling at your television set at one politician or another as the political election season heats up two years early, boy does the Retiree Association have a program for you!

UCSC alum and ex-Community Studies Lecturer, Geoffrey Dunn will be our guest speaker at our May 3rd potluck. Geoffrey is an award-winning writer and filmmaker. His forthcoming book The Lies of Sarah Palin: The Untold Story Behind Her Relentless Quest for Power is scheduled to be released by St. Martin's Press on May 10th.

He has produced and directed more than a dozen award-winning documentary films, including Dollar a Day, 10¢ a Dance: A Historic Portrait of Filipino Farm Workers in America; Miss...or Myth?, and the recently completed Calypso Dreams.

Geoffrey is the author of Santa Cruz is in the Heart and Chinatown Dreams: The Life and Photographs of George Lee. He also wrote the original screenplay for the feature film Maddalena Z. He earned his Ph. D. in Sociology from UCSC, where he was later the recipient of an Excellence in Teaching award in 2001. He is dedicating his talk to the memory of UCSC Politics Professor Grant McConnell and Literature Professor Joseph Silverman.

We are very happy and excited to have him available to give us an advance sneak peek at his provocative new book.

We are sure that you will find his talk informative, interesting and provocative. We invite you to read some of these materials in advance of his talk:


http://www.huffingtonpost.com/geoffrey-dunn

http://articles.sfgate.com/2009-09-06/opinion/17205906_1_

We are inviting our friends with the UCSC Emeriti Association and expect a very large and interested turnout, so we ask that you RSVP to: ucscsilverslug@gmail.com by Friday, April 29, 2011, so that we can more accurately judge our attendance. We also ask you to carpool to the event as parking at the Arboretum is very limited.

The event is our last for this academic year and it occupies the place in our schedule that we used to reserve for our ‘Dessert Social’ in years past. However, some in the group felt that it might be a little healthier to have a potluck rather than to start eating just desserts at 11:30 in the morning. So bring a dish to share (desserts are still welcome) and join in the fun and fellowship of the day while enjoying Geoffrey Dunn’s talk. While this is definitely not a ‘Tea Party’ event, beverages, including tea, will be provided.

See you there!
Greetings fellow “Silver Slugs” – once again I would like to thank our members for attending the Soup Social and Scholarship Luncheon on March 10th and providing a sampling of delicious homemade soups to share. I also want to thank our event planning crew and everyone who helped make this occasion so successful and especially our guest speaker, Bruce Lyon, Professor of Ecology and Evolutionary Biology at UCSC for his outstanding presentation.

Due to your generosity The Silver Slugs were once again able to present six $500 scholarships this year to worthy UCSC students, all military service veterans.

In these troubling economic times for the State of California in general, and for the University of California and UCSC in particular, your continued support for this organization is heartening.

Please check out the following website: www.interact@ucop.edu

“Together our 3 public higher education systems are taking a $1.4 billion cut in the 2011-12 state budget.

More than 200 higher education supporters turned out for the advocacy day to carry this important message to legislators: Avoid further cuts to UC, CSU and CCC and find a long-term budget solution to protect the quality of California's colleges and universities.

Now our legislators need to hear this message from you. **Send a letter telling them that $1.4 billion in higher education cuts is enough.** An "all-cuts" budget is a bad alternative and will have enormous negative impacts on the University of California's education and research missions. And if you haven't already [send an email to your legislators]

Join the Stand up for UC campaign on our UC for California Facebook page >>

See what other UC alumni, students and friends are saying about why the university is important to California's future.

Also, encourage your friends and family to sign up to become a UC Advocate:”

http://www.ucforcalifornia.org/uc4ca/mlm/signup  -- Dave Kirk

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**Traveler’s Corner- Still Trying To Get Off The Ground**

In previous surveys, members have expressed the desire for travel discussion groups and information. We are still interested in establishing a forum where travel information can be shared with our membership. If you are willing to share your knowledge on/about a geographical area or are seeking information about a specific area for a potential trip let Dave Kirk know.

We are also looking for people with travel books to share and those who would like to participate in a travel discussion group where members can share their recent travel experiences and/or slides with other interested members. If you are interested, please contact: davidkirk2221@sbcglobal.net

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**And Now, Dave’s Other Hat: A Word From Membership Chair Kirk**

**MEMBERSHIP RENEWAL TIME IS JUST AROUND THE CORNER OR NOW!**

Once again the time to RENEW your membership in the UCSC Retirees Association (the Silver Slugs) is fast approaching. Our membership year is based on the fiscal year, which runs from July 1 to June 30.

You will find enclosed with this newsletter your renewal envelope. Please write that check now (so that we don’t have to remind you later) and put in the mail. Please make note of any changes in name, address, email, phone number, etc. We want to keep our records up to date!

If you are planning to attend our May 3rd event you can pay at that time and save postage!
Have you ever wondered if our lives are preplanned, self directed or serendipitous?

Graduating from Santa Cruz High in 1957 and looking forward to college I didn’t think my association with the University of California would go beyond graduating from UC Santa Barbara. A couple of events may have provided the groundwork for my future without my realizing it. It may have come from being a student employee first in the Campus Architects and Engineers office and second working in the Chancellors Office. Possibly it was when I got a call from my father saying that he and others were working on a proposal to have a UC campus in Santa Cruz. Could I pick up the group at the airport and get them to the Regents meeting scheduled the following month at UCSB where they would make a presentation? Later watching the presentation I certainly didn’t think I’d be starting work at UCSC (fall of 1964) and retiring 2000!

In early 1964 in preparation for the end of my military service, I began the process of job hunting. Having heard of the campus’ pending opening, I sent in my resume. My interview by Hal Hyde was at Cabrillo College and I received a job offer to begin in the fall. We were in the Carriage, Stone and Cook Houses recently remodeled but still with remembrances of past occupants - one task was to chase the cows out of the parking lot a couple of times each day!

The next thirty-five years certainly went by fast often with interesting and exciting challenges. I first worked in the Business Office establishing most of the initial units’ including the Housing Office. Over the years I was mainly involved with housing and food service which were eventually assigned to Student Services. In the last years Child Care was added to the units I supervised. It has not been the development of so many buildings and programs I miss so much it is the students, staff and faculty with whom I worked and those who lived in our facilities.

Of all the events which occurred over the years the one I most cherish happened in the beginning years. One day I was leaving a meeting with Don Clark, Campus Librarian, and his Secretary, Aileen Sanders, introduced me to a new member of their staff, Robynn Conelly. We were married two years later and Aileen became a life-long friend. We bought a home in Soquel, where we still live, and raised two sons. One still lives in Soquel in the home I grew up in and the other in Willow Glen with his wife and two children (the greatest grandchildren on earth of course). Our time is spent with family, friends, gardening, travel and attempts at genealogy. Oh yes, you will find us at Retirees Association events, the Gardeners’ Club, the Natural History Museum, the Arboretum, the Farm and Garden, Longs Marine Lab and events at Cabrillo to name a few of our interests.

Retirees Board of Directors Changes

At its April meeting the Association's board of directors elected four new directors: David Dodson (Oakes College), Ilse Kolbus Lopes (Physical Plant), Nancy Pascal (Office of the Registrar), and Byron Wheeler (Education Abroad Program). They will replace Fay Levinson, Judith Martin-Hoyt, Jeffrey Powell, and Esperanza Nee, who are taking leaves from the board effective June 30.

New officers for 2011-12 will be elected at the board's June meeting.

The board depends upon volunteer support for its programs and projects. If you have an interest in assisting, please contact any member of the board (listed on the back page).
**Springing into Wellness:** Life is so unpredictable! Sometimes it's nice to know what's next. Fortunately, the Prediction Walk/Run Relay is back this year! On **Friday, May 13**, speed is merely a state of mind, since the team with the closest actual time to their predicted time wins. *Very* slow and steady really can win the race! AND, all participants will receive a free sustainable water bottle. Bet you didn't predict that! (With predictability comes great rewards.) For more info and to register a team by May 1, visit [http://wellness.ucsc.edu](http://wellness.ucsc.edu) or contact Lizzie at 502-7375. Winners will be hired as Santa Cruz meteorologists.

Join us after the race for some stress-free fun, food, and games at Carnival Cruz! We’ll have nutrition demos, acupressure, temporary tattoos to impress your grandkids, and much, much more. There will even be a real live goat to hug! Can’t beat that! All of these Friday the 13th events are eerily free.

**Remembering Well:** The following article is an abbreviated version of the article “7 ways to keep your memory sharp at any age” from Harvard HEALTHbeat: [http://www.health.harvard.edu/healthbeat/7-ways-to-keep-your-memory-sharp-at-any-age](http://www.health.harvard.edu/healthbeat/7-ways-to-keep-your-memory-sharp-at-any-age). If you remember, check it out!

As we grow older, we all start to notice some changes in our ability to remember things. Maybe you’ve gone into the kitchen and can’t remember why, or can’t recall a familiar name during a conversation. Memory lapses can occur at any age, but we tend to get more upset by them as we get older because we fear they’re a sign of dementia, or loss of intellectual function. Thanks to decades of research, there are various strategies we can use to protect and sharpen our minds. Here are some you might try.

1. **Keep learning**
   Experts think that advanced education may help keep memory strong by getting a person into the habit of being mentally active. Read; join a book group; play chess or bridge; write your life story; do crossword or jigsaw puzzles; take a class; pursue music or art; design a new garden layout. Building and preserving brain connections is an ongoing process, so make lifelong learning a priority.

2. **Use all your senses**
   The more senses you use in learning something, the more of your brain will be involved in retaining the memory. So challenge all your senses as you venture into the unfamiliar. For example, try to guess the ingredients as you smell and taste a new restaurant dish.

3. **Believe in yourself**
   People who believe that they are not in control of their memory function are less likely to work at maintaining or improving their memory skills and therefore are more likely to experience cognitive decline. If you believe you can improve and you translate that belief into practice, you have a better chance of keeping your mind sharp.

4. **Economize your brain use**
   If you don’t need to use mental energy remembering where you laid your keys, you’ll be better able to concentrate on learning and remembering new and important things. Take advantage of calendars and planners, maps, shopping lists, file folders, and address books to keep routine information accessible. Designate a place at home for your glasses, purse, keys, and other items you use often.

Stay on top of the free wellness offerings by visiting [http://wellness.ucsc.edu](http://wellness.ucsc.edu) and clicking on “Employee/Retiree Wellness.” If you have any questions or would like to have a hard copy of the quarterly wellness calendar mailed to you, please contact Lizzie Yasser, Wellness Coordinator, at eyasser@ucsc.edu or 502-7375.

Be well!
On March 18, 2011 *At Your Service* posted the following note:

The health and financial information of nearly two million Health Net members is missing from its data center, including information from about 54,000 former and current UC Health Net members.

Health Net began mailing letters, notifying affected members of the security breach on March 14.

Health Net has offered affected members two years of identity protection at no cost to effected members.

Information about the security breach is available on the Health Net website: [https://www.healthnet.com/uc](https://www.healthnet.com/uc)

**This prompts the following comment on the Health Net Letter from HCF Frank Trueba:**

Over the last few weeks, I have received a number of calls from Health Net members (or former members) about a letter sent from Health Net about an “information security incident.” The first question most people ask is: *“Is this a legitimate letter?”* The answer unfortunately is: “Yes, this is a legitimate letter.” The letter is actually a joint communication by Health Net and the company they have engaged to perform fraud monitoring for those affected, Debix. Included with the letter is an application for fraud alert monitoring by Debix, which asks for personal information, including your Social Security number. This last request seems to be, quite rightly, the question that raises a red flag. However, in order to monitor your information, the company needs to have the identity particulars, including your Social Security number. If you rather not send it via mail, you can sign-up by phone (855-434-8081) or on-line at: [www.debix.com/healthnet](http://www.debix.com/healthnet)

“How serious is this?” This is a bit harder to answer, while it is a legitimate situation and of concern, it is hard to assess the actual risk of the incident. Identity theft laws passed over the last few years prompt companies to provide certain services if databases with personal client information are hacked into or go missing. The fact that the information is missing doesn’t necessarily mean that somebody has stolen it, just as the letter states; “IBM informed us [Health Net] that the company could not locate several hard disk drives that had been used in Health Net’s corporate servers…” Potentially, they could just be misfiled.

“I got a letter but my spouse did not?” Since this is system-wide mailing, it is quite possible the letters are arriving in a staggered fashion, so it doesn't mean your spouse won't get one. However, membership records are kept in a variety of databases and it is quite possible that one only person's information was contained in the missing disks. However, you can contact Health Net’s Customer Service (800-539-4072) and they can verify whether you or spouse is on the list of affected members. [They might refer you to Debix, 855-434-8081, for that information as well].

Some of the letters include that among the possibly compromised data is “your financial information” and I’ve been asked *“What personal financial information of mine would Health Net have?”* I have inquired of Health Net for clarification and it that the likelihood of any UC member having had provided Health Net financial information is very slim. For example, if a member had been enrolled with Health Net via COBRA coverage before CONEXIS automated payments were in place, the member would have sent Health Net financial info. Another way Health Net might have received member’s financial info would be if a member had submitted a claim for reimbursement and sent a bank statement showing proof of payment for said reimbursement.

“Should I sign up for this service?” I can't really give you an answer, whether you sign up for not is entirely up to you. Keep in mind this is at no cost to you; Health Net is paying for two years of identity protection and as letter states; "Health Net has arranged for you to be reimbursed for any fees associated with applying or thawing a credit freeze for a two year period."

In closing, I have also been asked *“Would you sign up?”* So, I will let you know that I received one of these letters myself, and yes, I did sign up.
Celebrate Reunion Weekend at UC Santa Cruz at the Second Annual Day by the Bay
Saturday, April 30
Noon – 3 p.m.
FREE EVENT at UCSC’s East Field FREE PARKING In East Remote Parking Lot
Reconnect at the Staff & Faculty Lounge and Alumni Tent
Visit booths showcasing projects from around the campus
Enjoy family-friendly fun including a climbing wall, bounce house, face painting and more

Free Intellectual Forum: Game Changers: Green Chemistry & Social Change Philanthropy
Oakes Provost Kimberly Lau moderates a conversation between alumni Michael Wilson, "green" chemistry research pioneer & Drummond Pike, founder of Tides/Co-Founder of Working Assets

On-Stage Entertainment Performances by:
Breakdance Club; Ballroom Dance Club and Team; Acquire – a cappella group; Juggling Club: Sabrosura – Latin America dance troupe; Grupo Folklorico Los Mejicas – Mexican dance group; Hightones – a capella group: Djiin – acoustic folk, funk band; Tangroupe – Argentine Tango Club

Food Court:
Pelican Ranch; Polar Bear Ice Cream; Uncommon Brewers; Betty’s Burgers; Burrell School Winery; Nite Owl Cookies; Pacific Cookie Company; Pizza Gypsy; Santa Cruz Mountain Brewery; Saturn Cafe

Event link: [http://events.ucsc.edu/daybythebay/index.html](http://events.ucsc.edu/daybythebay/index.html)

Turning Your Silver Into Green
(Or- A Penny Saved Is A Penny Earned- But Without State or Federal Withholding)

Most Retirees probably know about ‘senior’ discounts at movie theaters, museums & many performing arts programs but here a few more places (with age & sale restrictions). If you wish to share others send them to: retir_ng@mac.com

Staff of Life: (65) 10% on Tu/W/Th, 5% other days; excludes sale, meat and liquor
New Leaf: (62) 10% anytime, no exclusions
Aptos Natural Foods: (62) 10% regular non-sale items
Deluxe Market, Aptos (60) 10% First Tuesday of the month
National Parks: (62) America the Beautiful Senior Pass- $10 for lifetime- free admission for yourself & all in your car
State Parks: (62) $10/yr Limited Use Golden Bear Pass- free for you/spouse to all parks except summer high use time
Ross Department Store: (55) 10% on Tuesdays, no other restrictions, including sale items
Kohl’s Department Store: (60) 15% on Wednesdays, can’t combine with other discounts
Santa Cruz Diner: (55) 15% excludes liquor and already discounted ‘senior menu,’ no other restrictions
Chilli’s: ("Just say you’re a senior, we’ll believe you.") 10% alcohol excluded, applies to whole party
Fresh Choice: (60) 15%; IHOP: (50) 20%; Denny’s and others have reduced cost (and portion size!) ‘Senior Menus’

See also: [http://frugalliving.about.com/od/frugalseniors/a/Senior_Discount.htm](http://frugalliving.about.com/od/frugalseniors/a/Senior_Discount.htm) Or just ask! Age has its privileges!
From Silver Slug Scholarship Chair Maxine Lane:

Six student scholarships of $500 each were presented at our March Soup Social to UCSC students who have served in the United States military.

Silver Slug Scholarships were given to Mary Catherine Hayes, Psychology; Peter Raymond Izzo, Molecular Biology/Biochemistry; and Christopher Paul Morrow, Biology/Biochemistry.

Scholarships in the memory of Bruce Lane were given to Andrea Victoria Moreland, Psychology; Daniel Stuart Wilson, Health Sciences; and Aaron Michael Hart, Electrical Engineering/Computer Science/Physics.

All scholarship recipients in attendance were additionally given credit certificates for books at Logos Books. Each then spoke about their military and educational background and how they would use the scholarship money.

Many thanks go to the retirees, friends and family for the generous contributions that made this all possible.

Welcome Retirees Who Have Recently Joined the UCSC Retirees Association

Nancy Degnan - Academic Personnel
Beverly Jaeger Norleen - Financial Information Systems

Announcement From At Your Service: “-$?”

April benefit checks may have been different

UC retirees may have seen a slight difference in their April 1 benefit checks. The university recently updated the tax tables for calculating 2011 federal taxes, and this could affect a retiree's federal tax withholding.

California tax withholding did not change.

In Memoriam

We sadly note the passing of these friends and former colleagues:

Delynn D. Davis 2/16/11  Shirley R. Eisley 1/26/11
Joan A. Houston 2/15/11  Michael J. Mehlman 2/11/11
Ellen L. Morrison 7/10/09  William F. Shipley 1/20/11
Truus Van Gent 2/1/11
Upcoming Staff Human Resources Classes (All in HR Rm 171, FREE with RSVP, 459-2009):

<table>
<thead>
<tr>
<th>Class</th>
<th>Date</th>
<th>Time</th>
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<tr>
<td>Creating a Plan for Lifetime Income in Retirement</td>
<td>Monday April 18, 2011</td>
<td>12:00 p.m. - 1:00 p.m.</td>
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<tr>
<td>Accessing Your Account Online- NetBenefits</td>
<td>Monday April 18, 2011</td>
<td>1:15 p.m. - 2:15 p.m.</td>
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<tr>
<td>Introduction to UC Retirement System (UCRS)</td>
<td>Friday April 29, 2011</td>
<td>12:00 p.m. - 1:00 p.m.</td>
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<td>UC Retirement System (UCRS): Beyond the Basics</td>
<td>Friday May 6, 2011</td>
<td>12:00 p.m. - 1:30 p.m.</td>
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**UCSC Retirees Association- There’s Strength- And Power- In Numbers**

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UCSC Retirees Association
University Relations
1156 High St.
Santa Cruz, CA 95064
http://ucsc/retirees.edu

Your UCSC Retirees Association Board is:

- President/Membership Chair: Dave Kirk- davidkirk2221@sbcglobal.net
- Immed. Past/Co-President: Jerry Walters- jwalters@cruzio.com
- Vice President: Under Recruitment
- Treasurer/Electronic Commun: Anita Diaz- ana8lucila@yahoo.com
- Secretary: Judith Martin-Hoyt- martinhoyt@cruzio.com
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- Telephone Tree Chair: Hilde Rogers- 438-3256
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- Staff Adv. Brd./CUCRA VP: Lee Duffus- duffus@cruzio.com
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- Health Care Benefits Coord: Mary Wells- mwells@sbcglobal.net
- Newsletter Editor: David Ng- retir_ng@mac.com

nodessertforyouseeyouatthepotluck........