Soup’s on at the Arboretum!

All Silver Slugs are invited to attend the annual Soup Social and Scholarship Luncheon on Tuesday, March 6. We’ll begin gathering about 11:30. Bring a crock-pot with your favorite recipe to share (or a dessert instead, if you must!). Salads and breads also will be welcome additions to the glorious spread.

This year, due to generous contributions to the Silver Slug and Bruce Lane Memorial scholarship funds, book scholarships will be awarded to a dozen military veteran students. Most recipients are expected to be present to accept their scholarship award and tell us about how important the recognition is to them.

Following the scholarship awards, Emeritus Professor Bill Doyle, one of UCSC’s founding faculty members, will share fascinating stories about the early years of the campus, based on his recently published book, “UC Santa Cruz, 1960-1991.”

Remember to bring your soup bowl and spoon, and look forward to a delicious lunch and exciting program.
PRESIDENT’S MESSAGE

Greetings and happy New Year! I’m sure you are enjoying these unusually warm, dry winter days, while at the same time hoping for the needed rains.

The December holiday luncheon was a huge success. The potluck dishes were tasty, the table decorations were festive and the Fiat Musica group from the UCSC Women's Club was fabulous. We are so very fortunate that these talented musicians shared their holiday songs with us.

The March Soup Luncheon will be equally festive and fun. Our guest speaker will be Professor Emeritus William Doyle who will review his recent book about the early history of the campus. We also will have the honor of awarding the Retirees’ Silver Slug and Bruce Lane Memorial Scholarships to 12 student veterans — made possible by your generous support. Be sure to bring a recent or long-time UCSC retiree to join us for this happy, “soupy” event.

Members of the Retirees Board continue to work on your behalf. In collaboration with the Benefits Office, board members are preparing a pre-retirement workshop to share “life after work” tips and advice with prospective retirees. We also are working on the plans to host the fall 2012 CUCRA-CUCEA meetings. We expect about 60 guests from the other UC Retiree and Emeriti groups and UCOP. Save the dates — October 31-November 1, as we will be asking for volunteers to assist with our hosting duties.

You are making a lasting impact by your volunteer services on campus and in the community, your generous scholarship donations, and your continuing interest in the well being of your fellow retirees. It is obvious that your activities are keeping you young in mind and spirit. Keep up the good works!

Nancy Pascal

2011-12 Board of Directors

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Add These Dates to Your Calendar!

February 25, Saturday
Annual Scholarship Benefit Dinner
February 28, Tuesday
Annual Faculty Research Lecture -- Steve Vogt
March 6, Tuesday
Soup Social and Scholarship Awards + Bill Doyle
May 1, Tuesday
Potluck Luncheon

Don’t miss out!
**Meet Mary Wells**

In late 1978, with one field experience and a thesis to complete for a master's in counseling psychology from CSU, Long Beach, Mary Wells visited Santa Cruz, and fell in love with Santa Cruz and UCSC. Scouting around the campus for a place to complete her field experience requirement, Mary found one in what was then called Handicapped Student Services. Her newly acquired campus knowledge and contacts led her to a paid position with the Summer Conference Office, and that experience, along with her educational and teaching background, helped her to land a position in the fall, as an Admissions Outreach Officer. Her work creating and managing programs utilizing parents of current students and alumni to represent UCSC at college recruitment functions morphed into a position with University Relations where she remained employed until her retirement in 2007.

Originally Mary intended to retire in 2005, along with her husband (Gary Love, Cowell '67) who worked in Campus Facilities, but plans changed when he became ill with cancer in 2004. After he died, friends encouraged her to organize a fundraising team in his honor for the American Cancer Society's annual Relay For Life. Since 2007 the Love Boat Team has ranked either 1st or 2nd in the amount of funds raised.

Mary now spends most Thursdays serving people who come to pick up groceries at the Society of St. Vincent de Paul (SVdP) Pantry located at Our Lady Star of the Sea Church, and treasures the friends and acquaintances she has made among her fellow volunteers and regular pantry clients. She reports that “the experience has brought home to me how fortunate I am to have a pension, health benefits, and good health.” She also coordinates the local SVdP “Friends of the Poor Walk” fundraiser for Santa Cruz County and serves as the president of the organization's county-wide council.

A long-time member of the UCSC Women's Club, Mary served on its board until this past year. She currently serves on the Retirees Association board and is the liaison with the University Relations Office.

Mary is delighted to have more time to travel and to ski, and has combined the two interests on trips to Switzerland, Italy, and Bulgaria the past four years. Summers, she hangs out whenever it's possible at the cabin her grandfather built on the eastern shores of Lake Tahoe. To stay in good physical condition, you will find Mary Jazzercising at the Santa Cruz Roller Palladium 3 to 5 mornings of the weeks she is in town.

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**THANKS to all who have contributed, a record number of scholarships—7 Silver Slugs and 5 Bruce Lane Memorials—will be awarded to veteran students at the March 7th Soup Social. The success of this program also depends on the efforts of the scholarship committee—Barbara Collins, Barbara Dileanis, Sharon Dirnberger, Nancy Pascal, and Mary Joan Rodriguez—ably chaired by Maxine Lane, and staff support by Kathy Rouhier, development assistant for Student Affairs, and Corinne Miller, director of Services to Transfer and Re-entry Students.**

**THANK YOU FOR YOUR CONTINUED SUPPORT OF THIS VITAL PROGRAM.**
Planned Giving

We recently visited with UCSC’s director of gift planning, Virginia Rivera, to discuss planned giving and how it may be of interest to retirees who are considering a gift to UCSC or other charitable causes for which they are passionate.

Silver Slug: So, just what does planned giving entail? Is it complicated?

Virginia Rivera: Planned giving is a great way to make a charitable contribution to an organization about which you care deeply. For example, by integrating a planned gift to UCSC into your overall financial, tax, and estate planning, you can realize significant financial gains in the form of a charitable tax deduction and an income stream for the rest of your life. In addition, a planned gift made with appreciated property can save you capital gains taxes. Some retirees might be interested in directing gifts to the UCSC Retirees Association operating budget, or its scholarship fund, or both. Of course, you can designate your gift for any other program or activity at UCSC or other charitable organizations. It really isn’t difficult to make a planned gift and we have resources to assist.

SS: Can anyone make a planned gift, or does it require a minimum estate value?

VR: Virtually everyone can make a planned gift. The most common vehicle is a bequest whereby the donor designates a fixed amount or percentage of their estate. No minimum value is required. Life-income gifts such as charitable gift annuity require a minimum of only $20,000, and charitable remainder trusts require a minimum of $100,000.

SS: How can your office assist retirees who would like to explore the possibility of making a planned gift?

VR: We recently prepared a new Guide to Planned Giving that is available by contacting me. It provides information about your funding and legacy planning options. It also includes sample bequest language. A new planned giving website has been launched at http://giving.ucsc.edu/plannedgifts. This resource contains more in-depth information and videos about your legacy planning options, donor stories, and up-to-date news about any pending legislation that might have an affect on planned giving. More importantly, it includes an on-line Will Planner that enables you to gather the information needed to create, revise, or update your estate and charitable gift plans. Forms to disclose your charitable gift plans for UCSC and to join the 21st Century Club (legacy society) are also available.

SS: Speaking of wills, isn’t it necessary to also consult with an attorney to set up an estate plan?

VR: Yes, it is important to consult with an attorney to make certain that your will or living trust document meets legal requirements and accomplishes your wishes. On that note, I’m excited to announce that Grace Robinson, an estate planning attorney and former director of planned giving at San Francisco State, will be joining UCSC’s Office of Gift Planning on February 29. Grace is a native Santa Cruzan, and she has several family ties to the campus. Retirees can consult with either of us without fee, and we will be able to assist them prepare for a more cost-efficient visit with an estate planning attorney.

SS: UCSC is a relatively young institution. Just how successful is the Planned Giving Program?

VR: Almost weekly we learn that someone has made a planned gift or added to an already established gift. Earlier this month I was notified about a $40,000 bequest from a planned gift. It is, of course, helpful to know the details as that ensures that the University can honor the donor’s wishes and helps the University plan for the future, but there is no requirement to notify us of your intention to make a planned gift. To date we are aware of the plans of 230 people, most of whom are retired staff and faculty. During the past two fiscal years, we have been informed of bequest intentions and planned gifts totaling nearly $17 million!

You are invited to contact Virginia Rivera at (831) 459-5227, or via email at vrivera@ucsc.edu to request additional information and discuss your legacy planning options.
VOLUNTEER OPPORTUNITIES

Sign Up to Serve as an Election Poll Worker

Can you set aside just a day or two to perform a public service? Are you interested in supporting the Association's Scholarship Program? Here’s the perfect situation! For the past several years teams of retirees have helped staff Santa Cruz County election precincts and donated their stipends to the Silver Slugs Scholarship Fund. Two elections are planned this year: the June 5th California Primary and the November 6th Presidential General. More workers always are needed, and who better than you? More information is available from the Elections Department at 454-2416 or http://www.votescount.com/pollwork.htm.

Consider Mentoring a Special UCSC Student

Do you miss the interesting interactions with students? Would you like to be in a position to make a significant positive difference in the life of a UCSC student with an unusual life story? Then you might be the perfect candidate to develop a mentoring relationship. Mentoring opportunities have been organized for two special groups of UCSC students:

Smith Collegiate Fellows, independent students who are current or former foster youth, runaways, juvenile offenders, orphans, or homeless youths;

Dreamweavers, students from families of undocumented immigrants.

Despite their atypical backgrounds and the resulting unfavorable odds of success these young people have worked hard to earn admission to the University and now are in full pursuit of their educational dreams and future careers.

Mentors are recruited from among active and retired staff and faculty and the general Santa Cruz community to provide emotional support and practical guidance and assistance for these special students. Every mentor relationship is unique. Some grow into deep and lasting friendships; others remain somewhat tenuous. Even a tenuous relationship, however, may be of significant value to the student; it may be enough for him or her simply to know that there is a responsible adult out there who cares, someone to turn to should the need ever arise. The chief responsibility of a mentor is to make contact with his or her student and see that this contact is sustained.

If you wish further information or want to explore the possibility of serving as a mentor for either of these programs, contact:

Smith Collegiate Fellows — Gary Miles (emeritus history professor)
miles@ucsc.edu Also refer to http://smithsociety.ucsc.edu/mentors.html

Dreamweavers — Esperanza Nee (former director of financial aid)
esperanza@crusio.com

What’s in a mentorship? Quite possibly, you!

A few words about this newsletter....The Silver Slug is published more or less quarterly: August, November, February, and April, and is available electronically (in glorious color with enabled web links) and in print (plain black and white). Recipients are encouraged to “go green” and request electronic versions to save printing and mailing expenses. Comments and suggestions are welcomed by the editor, who is solely responsible for the content, at leeduffus@gmail.com. Please keep us informed of any changes in your postal address, email address, or phone number.
Remembering Wayne Ove

Wayne S. Ove, hired in 1964 from UC Berkeley to inaugurate the purchasing activities of the Santa Cruz campus, passed away at his home in Walnut Creek last September 16 within days of his 82nd birthday. He succumbed after a long battle with Shy Drégar’s Syndrome, a rare and debilitating disease which causes multiple system atrophy.

Ove is survived by his wife, Elaine, and three daughters: Celeste, Annette, Paulette and her son, Wayne’s grandson, Bryce Bechtel. Wayne met his wife Elaine in an advanced Spanish class at Berkeley. Their first date was at the Cal campus Botanical Garden. Wayne and Elaine built a home on an apple ranch in the Soquel area where their daughters were born and grew up attending Soquel schools.

Wayne served at UCSC for 17 years, followed by service in the UC Office of the President where he oversaw purchasing for the entire UC system. After thirty years of service he retired in the mid 1990s as UC’s emeritus director of material management. Founding vice chancellor Hal Hyde, who hired Wayne, recalls, “Wayne opened an office in the historic Carriage House and promptly and efficiently staffed up and started ordering all of the equipment, supplies, and furnishings for the campus, from electron microscopes to beds and sofas for the colleges. It was a key role. Wayne was known as a tough negotiator who treated the taxpayer’s dollars as if they were his own.”

You’re invited to share a memory of someone you admire, or a description of an important event in your own or UCSC’s history. If you’d like some editing help, Don Rothman, for 35 years a member of UCSC’s writing faculty, has offered his assistance. Send your draft to Don c/o Dave Dodson at davesteph@cruzio.com.

IN MEMORIAM

Word of the deaths of the following retired staff and faculty has been received. Condolences are extended to their families and friends.

THERESA Y. BEASLEY
College Eight
December 24, 2011

EVA L. FOSSELIUS
Library
December 11, 2011

H. HARDEMAN (“HARDY”) HANSON
Art
January 25, 2012

WALLIE H. ROMIG
Services to Academic Staff / Cowell College
December 10, 2011

JOHN H. (“JACK”) SCHAAR
Politics
December 26, 2011

KAREN J. TURINIA
Student Affairs
January 19, 2012

In their honor, memorial gifts to the Silver Slugs Scholarship Fund may be sent to the UC Santa Cruz Foundation, 1156 High Street, Santa Cruz, CA 95064

WELCOME NEW MEMBERS!

Joan Anderson  Admissions and Academic Senate Office
Kimberly Cox  Student Business Services – Cashier
Evelyn Day  Arts Division – Music
Georgia Hamel  SC Institute for Particle Physics
Laurel Jarnagan  Student Affairs
Wanda Moody  Office of Research

The Association’s membership now stands at 196. Who’s missing? Who among your former colleagues should you invite to join us?
New Wellness Coordinator. Greetings! My name is Colleen Thompson and I am so excited to be in the beautiful city of Santa Cruz working for UCSC! Previously, I was the wellness coordinator for the school district in Reno, Nevada, with a population of 8000. My original roots are in the Midwest, growing up in Stillwater, Oklahoma, and then spending 7 years in Indiana at Purdue University. The past two months at UCSC have been wonderful. Every time I walk from OPERS down Hagar Drive to my office in Barn H and take in the amazing view of the Monterey Bay I’m reminded how lucky we all are to live in such a beautiful place.

Introduction to Meditation Class. The Employee/Retiree Wellness Program has added a new meditation class this term. No experience is necessary and you may come at any time. Join Aura and Marshall as they lead the group through a different type of meditation each week. This class meets at 2300 Delaware (lots of free parking!) on Wednesdays from 12:10 – 12:50 p.m. in room B290. We’d love to have you join us!

View our entire class schedule online at http://wellness.ucsc.edu. Follow the Employee/Retiree tab and click on Fitness Classes to see all the classes available for you for FREE! Class locations include Long Marine Lab and 2300 Delaware, and on the main campus at OPERS, Namaste Lounge at College 9, Porter College I-Lounge, Graduate Student Commons, and McHenry Library.

UCSC’s Wellness Newsletter. Want to hear more about UCSC Wellness? To sign up send an email message to cthomps2@ucsc.edu.

StayWell Health Assessment. Don’t forget to complete your annual Health Assessment and Follow-up Program. Log onto the StayWell website at https://uclivingwell.online.staywell.com/includes/login/index.aspx. As an added incentive, you’ll earn a $100 gift card! (If you are enrolled with Kaiser Permanente, you may access the Healthy Lifestyle wellness initiative at http://uclivingwell.ucop.edu.)

Arthritis. Cartilage is needed between our bones to act as protection from the bones rubbing together. As the cartilage breaks down and we lose this protection we start to experience pain, inflammation, and stiffness known as arthritis. Whether we have it or not, we all know what it means to experience arthritis. What we need to know is how to avoid it and how to treat it to keep it from getting worse.

Signs of arthritis include: fluid around a joint; warm, red, tender joints; difficulty moving a joint; joint swelling; and stiffness. Eat a healthy diet to avoid arthritis. Check with your doctor to make sure you are getting all the vitamins and minerals your body needs, and ask if you should be taking a supplement. Don’t forget the importance of Vitamin D! Vitamin D is necessary for our bodies to absorb calcium. If you are low in Vitamin D, you also could be low in calcium even if you are eating the recommended amount. Avoid smoking and limit alcohol consumption, both of which weaken bone structure. Exercise! Exercise increases bone density and helps to strengthen the muscles around the joints for better support. Visit the Wellness website at http://wellness.ucsc.edu to view our current exercise class schedule.

Treatments for Arthritis include: low-impact aerobic activity (walking, water aerobics, etc.); stretching and range of motion (ROM) movements to maintain flexibility; and strength training to build muscle tone (it’s never too late to start!). Sleeping 8-10 hours a night can help prevent flare-ups and assists with faster recovery. Eat plenty of fruits and vegetables to give your body the nutrients it needs. Maintain a healthy weight; added weight is added stress to your joints. Try to not stay in the same position for very long. Keep moving!
MANAGING YOUR RETIREMENT FINANCES

The following presentations are free for retirees. Please enroll online or by calling 1-800-642-7131. These workshops will be presented by Nancy Pargot, Senior Retirement Counselor, Fidelity Retirement Services.

**Building a Portfolio for Any Weather**  
**Tuesday, March 6, 2012, 1:15 - 2:15 pm**  
1201 Shaffer Road, SHR Conference Room 171  
This class explains the role of asset allocation and diversification when you are choosing investments for your UC Retirement Savings Program accounts. After the class you should be able to recognize the characteristics of the three asset classes, identify an appropriate target asset mix based on your situation, and understand how and when to adjust your mix.

**Shifting From Saving to Spending**  
**Thursday, March 15, 2012, 1:15 – 2:15 pm**  
Kerr Hall, Mac Lab Room 159  
This class will help you understand the importance of asset allocation in retirement and identify the elements you need to build your investment strategy. You’ll also learn about portfolio withdrawal rates and strategies for turning your retirement assets into income.

**Remaining Confident in a Challenging Market**  
**Thursday February 23, 2012, 2:30 - 3:30 pm**  
1201 Shaffer Road, SHR Conference Room 171  
This class will help you understand how market conditions affect investment performance and how to put market events in perspective.

**Establishing and Maintaining Your Estate Plan**  
**Monday, February 27, 2012, 1:15 – 2:15 pm**  
Kerr Hall, Mac Lab Room 159  
This class will help you understand key tools for estate planning. You’ll learn the importance of preparing an estate plan and be able to recognize the benefits of planning and the dangers of waiting. You’ll also learn about tools and resources that can help you take the next step.

**Preserving Your Savings for Future Generations**  
**Thursday March 15, 2012, 2:30 – 3:30 pm**  
Kerr Hall, Mac Lab Room 159  
This class will help you understand key tools for estate planning. You’ll also learn about strategies for gifting and insurance replacement, see what you need to consider when you’re designating your beneficiaries, and get tools and resources that can help you take the next step.