TUESDAY, MARCH 5th, is the date for the annual Silver Slugs Soup Social. We’ll begin gathering about 11:30. Bring a crock-pot with your favorite recipe to share. Salads and breads also will be welcome additions to the glorious spread.

Again this year, thanks to your generous contributions to the Bruce Lane Memorial Scholarship Fund, book scholarships will be awarded to eight 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.

Invite a friend, bring your soup bowl and spoon, and look forward to a delicious lunch and rewarding program.
A Few Words from President Nancy

Greetings to all retirees and friends. Each day in the New Year is a welcome adventure, as we make new friends, greet old friends, and do good works on behalf of our community.

We are looking forward to the March 5th Soup Luncheon and meeting the student veterans who will be awarded one of the Bruce Lane Memorial Scholarships. This is your opportunity to hear first-hand how we are helping them reach their academic and career goals.

Your Board has devoted many hours working on matters of importance to you and future retirees. I’m particularly pleased to report that the President’s Office has decided to maintain the health care facilitator function at each UC campus, medical center, and lab. In concert with the other UC retiree and emeriti associations we have advocated for continuing support to maintain this program, especially in light of upcoming changes based on the Affordable Health Care Act of 2010.

Thanks to the generosity of members and friends, the effort to fund the Bruce Lane Memorial Scholarship Endowment is progressing at a remarkable pace. By the end of December 2012, your gifts of over $5,000 were matched 1 for 1 with a challenge grant. In 2013 we again have the opportunity for gifts to be matched up to $5,000. Gift forms will be available at the Soup Luncheon. We welcome your suggestions and referrals to groups and community members who might want to contribute to this worthwhile endeavor.

I look forward to seeing you at the March 5th Soup Luncheon and scholarship awards. Invite a retiree friend to join you.

Nancy

---

**2012-13 Board of Directors**

- **Jenny Anderson**, CUCRA Representative  
  [jka@cruzio.com](mailto:jka@cruzio.com)
- **Anita Diaz**, Treasurer  
  [ana8lucila@gmail.com](mailto:ana8lucila@gmail.com)
- **Barbara Dileanis**, Program and Events Committee  
  [dileanis3@cs.com](mailto:dileanis3@cs.com)
- **Dave Dodson**, Vice President and SAB Liaison  
  [davesteph@cruzio.com](mailto:davesteph@cruzio.com)
- **Lee Duffus**, Newsletter Editor  
  [duffus@cruzio.com](mailto:duffus@cruzio.com)
- **Dave Kirk**, Membership Chair  
  [davidkirk2221@sbcglobal.net](mailto:davidkirk2221@sbcglobal.net)
- **Maxine Lane**, Scholarship Chair  
  831-426-8353
- **Virginia Lee**, Program and Events Co-Chair  
  [virginialee@sallybookman.com](mailto:virginialee@sallybookman.com)
- **Brian O’Connor**, Program and Events Co-Chair  
  [btoconnor@cruzio.com](mailto:btoconnor@cruzio.com)
- **Nancy Pascal**, President  
  [nipascal@cruzio.com](mailto:nipascal@cruzio.com)
- **Janny Tang**, Program and Events Committee  
  [janny@att.net](mailto:janny@att.net)
- **Jan Tepper**, Electronic Communications Manager  
  [tepper@cruzio.com](mailto:tepper@cruzio.com)
- **Jerry Walters**, Benefits Office Liaison  
  [jwalters@cruzio.com](mailto:jwalters@cruzio.com)
- **Mary Wells**, University Relations Liaison  
  [mrwells@sbcglobal.net](mailto:mrwells@sbcglobal.net)
- **Byron Wheeler**, Secretary  
  [wheeler.byron87@gmail.com](mailto:wheeler.byron87@gmail.com)
- **Lynne Wolcott**, Telephone Coordinator  
  [lynewolcott@gmail.com](mailto:lynewolcott@gmail.com), 831-427-1941

**Hilde Rogers**, Honorary Director
In Memoriam

Word of the deaths of the following retirees has been received. Condolences are extended to their family and friends.

William “Bill” Brooks  December 6, 2012
  Staff Human Resources/Benefits (UC Davis)

Ruth Crook Blackwell  November 14, 2012
  Planning and Budget

Wendy D. Genesy  November 21, 2012
  Financial Aid

Lawrence S. Maxcy  December 22, 2012
  Natural Sciences Division

Wendelin Ann Montciel  January 1, 2013
  Seymour Marine Discovery Center

Mary L. Nordberg  December 6, 2012
  Admissions Office

Betty L. Rattie  December 17, 2012
  Accounting Office

Donald L. Rothman  November 28, 2012
  Oakes College/Writing Program

Blade C. Underwood  October 23, 2012
  Cowell College

In their honor, memorial gifts to the Retirees Association Bruce Lane Scholarship Fund or the Bruce Lane Memorial Endowment Fund may be sent to the UC Santa Cruz Foundation, 1156 High Street, Santa Cruz, CA 95064

Promoting the Retirees Association on Campus

The Association’s board is taking steps to promote our programs and activities among current campus staff and faculty. A liaison relationship has been established with the Staff Advisory Board, which represents all career staff employees. Issues arise from time to time that have implications for both active employees and retirees and this formalized connection will provide a means for both organizations to coordinate their responses to such matters as changes in health care benefits.

In March a panel of retirees will be participating in a pre-retirement workshop sponsored by the Benefits Office. This is an important outreach effort that helps current employees plan for and realize their dreams for retirement. Later in the spring the Association will be represented at the annual Staff Appreciation Picnic. If you have an interest in volunteering for these events, contact Nancy Pascal at 423-2422 or njpascal@cruzio.com.

Campus News and Updates

For the latest breaking news from the campus click here and add this link to your bookmarks so you can check in weekly. Alternatively, click here to subscribe to a monthly UCSC newsletter.

YOUR Association Needs YOU!

Have you considered volunteering for the Retirees Association? Fresh ideas and diverse perspectives are welcomed to assure that the Association’s programs and activities are relevant, meaningful, and successful. The full board meets about 6 times a year. The time commitment for the various committees and tasks varies. Current leadership roles are listed in the board box on page 2. Dave Dodson chairs the nominating committee and he will be happy to discuss possible opportunities with you. Contact Dave at 459-9968 or davesteph@cruzio.com.
Scholarship Funds Report

When the Association’s board initiated the scholarship endowment fundraising project last April — including a pledge from every director — a goal of $50,000 by 2017 was set. It is nothing short of amazing that in less than nine months dozens of retirees and friends have responded to the appeal and contributed over $21,000 to the Bruce Lane Memorial Endowment!

Another challenge grant has been pledged for 2013, which means all contributions to the fund will be matched dollar for dollar up to $5,000. If you haven’t already done so, please consider making a donation today. We want to take it over the top as soon as possible!

At the same time, many Association members also have continued to donate to the current year scholarship fund. Their generosity will enable the Association to award eight $500 scholarships to military veteran students this year. These scholarships will be presented at the March 5th Soup Social.

New Milestones for Silver Slugs!

The Association’s membership achieved a new record of 206 members as of the end of the 2012. Welcome our newest Silver Slugs:

Christine Brown, Admissions, and Lauren Ross, Information Technology Services

And we are pleased to recognize our first life member, Irene Calvert. The board recently approved a life membership category and set the lifetime dues at $150 for a single and $200 for a couple. You may want to follow Irene’s example when you renew your membership later this spring.
Join the Grey Bears and Receive a Weekly Bag of Free Food!

Did you know the Grey Bears Brown Bag Program is one of the most efficient and successful food distribution programs in the United States? Volunteers glean the fields, help collect donated food from local stores and supermarkets, assemble bags of food in their warehouse, and deliver it to a network of sites and medically homebound seniors throughout Santa Cruz County every week. For further details visit the [web site](http://retirees.ucsc.edu) or call 831-479-1055. For an annual fee of just $20 you can become a general member to support Grey Bears programs. Those 55 years and older are eligible to receive a free weekly bag of groceries. *There are no income requirements to participate.* An on-line membership application is available [here](http://retirees.ucsc.edu) or visit the office at 2710 Chanticleer Avenue, Santa Cruz.

As an added membership bonus, you also will be eligible for discounts at dozens of local businesses and service providers.

It’s Time to Pack Your Bags!

If you have an itch for some foreign travel, check out the programs that have been designed especially for UC retirees next fall. In addition to customized tours of Ireland and Italy, adventures have been planned in Croatia and Cuba. These tours are arranged through [Collette Vacations](http://retirees.ucsc.edu). Further information is available at the CUCRA (Council of UC Retiree Associations) [web site](http://retirees.ucsc.edu) or by calling Collette at 800-340-5158. Be certain to identify yourself as a UC retiree, as the customary agency fee is donated to CUCRA.

Vice President Dave Dodson and CUCRA Rep Jenny Anderson represent our interests at bi-annual CUCRA meetings. Together with CUCRA Chair Lee Duffus, they will attend the spring meeting at UC Riverside in late April.
This inaugurates a new column of news submitted by members, especially those we don’t see often because they have relocated away from the Santa Cruz area. Your contributions are encouraged at any time and may be addressed to the editor, at UCSC Retirees Association, University Relations, 1156 High Street, Santa Cruz, CA 95064 or silverslug@gmail.com.

Life after UCSC has been an adventure. I’m living in Phoenix, and the desert brings new discoveries every day. I’ve been traveling with friends and seeing parts of the world that I never thought I would see nor experience. I travel regularly to see my son and his family in New Zealand and my sister, nieces, and their children in London. I’ve been fortunate that my friends in Santa Cruz continue to visit me and I them. In short, life is good!

Patty Lease
Literature Department

I moved to Southern California in 2009, and now live in Indian Wells, near Palm Springs, CA. I read, swim and volunteer my time at Xavier Preparatory School in Palm Desert where I teach French with the “kids” for 3 or 4 hours every Friday morning. I have been attending classes on the Cal. State San Bernardino local campus... and I’m having a great time.

My e.mail is hlm92210@yahoo.com, and if you remember me... write me a note. I miss UCSC very much of course... but am enjoying life like never before.

Cordialement,
Hervé Le Mansec
Lecturer in French/Cowell, 1978-2007

On May 1 we will celebrate nine years in our home in Waikoloa Village on Hawaii Island (the “Big Island”). We moved here in 2004, immediately after my retirement. It is a very special place, and I’ve had no regrets about our decision to move here. I still marvel at where I am and what a wise choice it was to live in this particular community. On my morning walk yesterday I bumped into my friend and neighbor JoAnn Smiley (retired from Merrill College) and continued my catching up on our lives and the neighborhood happenings. Now JoAnn and Mike came to live just two streets over from me and Joe is another story. Later that morning I went down the street to dance hula on my friend Sharon’s lanai, a weekly class that I particularly love because it helps me get in touch with Hawaiian culture and language – and it’s good exercise. Yesterday we were a little distracted by the whales we could see out in the ocean. Not every day is quite so magical, but every day is a day to appreciate the beauty and specialness of this place I now call home. Hardly a day goes by that I don’t say thank you, and part of that “thank you” is for the contribution my UC retirement has made to our lives here.

The photo is a view from my office window where I sit writing this message.

Carol Douglas-Hammer
Student Housing Services, 1980-2004

Literature Department
Managing Your Savings Portfolio

The following workshops will be presented by a representative of Fidelity Retirement Services. The presentations are free, but please enroll by calling Fidelity at 1-800-642-7131 or enroll online.

Building a Portfolio for Any Weather: The role of asset allocation and diversification in choosing investments.
- **Monday, February 25, 1:00-2:00 pm**, Kerr Hall, Room 159
- **Monday, March 18, 2:00-3:00 pm**, 1201 Shaffer Road, SHR Conference Room

Accessing Your Account on-Line: On-line tools for managing your UC Retirement Savings Program Investments.
- **Wednesday, March 13, 2:00-3:00**, Kerr Hall, Room 159

Understanding Fund Menu Changes: Important changes are coming to UC’s Fund Menu. Attend this workshop to learn how you may be affected, when the changes will occur, and actions you may need to take.
- **Wednesday, March 13, 12:00-1:00 pm**, Kerr Hall, Room 159
- **Monday, March 18, 12:00-1:00 pm**, 1201 Shaffer Road, SHR Conference Room

A Fidelity Retirement Counselor also will be available on a drop-in basis on the following dates to answer general questions, distribute printed materials, and discuss upcoming workshops. No appointment is necessary.
- **Monday, February 25, 11:00 am-12:00 pm**, Kerr Hall, Room 159
- **Monday, March 11, 11:00 am-12:00 pm**, Kerr Hall, Room 159
- **Monday, March 18, 11:00 am-12:00 pm**, 1201 Shaffer Road,

---

Are these readily available foods a regular part of your diet?

**Dark chocolate’s** antioxidants, including flavonoids and polyphenols, may help prevent heart attacks by protecting arteries from becoming clogged. Some studies indicate that consuming small amounts of dark (at least 70 percent cacao) chocolate on a regular basis can lower blood pressure and decrease the rate of stroke in women by 20 percent.

The South American grain **quinoa** (pronounced keen-wah) is well-known to vegans and vegetarians because it’s a complete protein and filled with antioxidants, vitamins and minerals. Quinoa is full of fiber, gluten-free and easy to use in place of other grains, pastas or white rice.

**Low-fat, no-cholesterol fava (broad) beans** have plenty of fiber and B vitamins, including folate, thiamin and riboflavin. Minerals such as manganese, iron and potassium also make these beans a nutrient-rich choice.

**Greek yogurt** contains fewer carbohydrates, less sugar and salt, and more protein and digestive-friendly probiotics than American-style yogurt. A serving of low-fat or nonfat Greek yogurt may have twice the protein and half the sugar of its non-Greek counterpart.

**Leafy green kale** packs a nutritional wallop — cooked, raw, or juiced. It contains important omega-3 fatty acids and vitamin K, which promotes blood clotting. It is high in fiber and is a rich source of calcium for bone health. It also provides lutein, which is important for eye health.
Have You Completed Your 2013 Health Assessment?
Participants in UC health insurance programs (except Kaiser members) should have received the Health and Wellness Guide mailing from Stay Well Health Management. UC’s Living Well program is an important and valuable benefit for retirees. Two new features have been added this year: on-line classroom programs and campus-specific activities.
Don’t forget to initiate your annual health assessment. If you complete it and any prescribed follow-up activities, you'll be eligible for a $100 gift card!

DID YOU KNOW THAT…

UCSC’s computer game design major was a first in the UC system

Soup Luncheon and Scholarship Awards
Tuesday, March 5