



The Silver Slug

The Official Newsletter of the UCSC Retirees Association

Volume 30, Issue #2, November 2019



UNIVERSITY OF CALIFORNIA
SANTA CRUZ

Annual Holiday Luncheon

Tuesday, December 3rd, 2019 11:30am – 2:00pm
Peace United Church, 900 High Street, Santa Cruz, CA 95060



We are thrilled to announce UC Santa Cruz Chancellor Cynthia Larive will be speaking at the luncheon. This is a great opportunity to meet our new Chancellor, so we encourage you to bring a guest. There will also be a performance of Holiday music by women's choir Fiat Musica, a group affiliated with the UCSC Women's Club. Please RSVP by filling out this online form <https://forms.gle/WdN7mTzy1q9QSz1f9>, so we have an idea how many people will be attending. If you forget to RSVP, or your plans change, please still attend! This is just to give us a head count, but the most important thing is to see you there. The event is a potluck, so bring your favorite dish to share - appetizers, entrées, salads, side dishes or desserts - and consider bringing your own plate & utensils to reduce the amount of waste generated by this event. Thank you!

Cold drinks and coffee will be provided courtesy of University Relations Office of Planned Giving.

NEED A RIDE, GIVE A RIDE

If you need transportation, or can give someone a ride, please indicate on the RSVP form,





President's Message November 2019

It's official! What's official you ask? Thanks to support by Chancellor Larive, the Retiree & Emeriti Center has been given permanent funding for full-time operation. The Chancellor recognizes the importance of retired staff and faculty as lifelong members of the UC Santa Cruz community, and we thank her. You might now ask, "What does the Retiree & Emeriti Center do, and how is it different than the Retiree Association"? I'll try to clarify for you.

The UC Santa Cruz Retiree & Emeriti Center serves all UCSC retirees, not just our association members. The Center's primary goal is to be a resource for all retirees while keeping them engaged with the university. The Center is operated by Coordinator, Christy Dawley who can be reached at (831) 502-8202.

The Retiree Association is a members only group whose volunteers plan events that provide a great way to stay involved and connected with former colleagues in addition to monitoring and advocating for retiree benefits. As part of the system-wide organization of the Council of UC Retiree Associations (CUCRA), we monitor, advocate for, and rally campus leadership in support of ongoing benefits for retirees.

To learn more about these organizations that support retirees visit their websites:

Retiree & Emeriti Center: <https://rec.ucsc.edu>

Retirees Association: <https://retirees.ucsc.edu>

CUCRA: <http://cucra.ucsd.edu>

We continue to organize events including our recent Fall picnic held at Harvey West Park, two beer tasting outings, a scenic hike at Wilder Ranch, a guided visit to the Museum of Art and History exhibit "We're Still Here" a moving exhibit highlighting what social isolation feels like and created by 186 seniors and advocates in our community, a photo workshop by our own award winning travel photographer, Dave Kirk, and a joint RA and Emeriti Association educational session on successful retirement. While most retirement talks are about money, this one was about your state of mind, happiness and satisfaction.

The video of the joint session by Jill Steinberg, Professor Emeriti Psychology, SJSU, "Successful Retirement: From Retiring to Rewiring" is now available for you to watch on YouTube, here is the link: <https://youtu.be/in6EzrTgqwQ>

Also, go to <https://emeriti.ucsc.edu/newsletters.html> for more news of interest in the Emeriti newsletter. Once you are on this page, select UCSCEA Newsletter 2-2.

Finally, I want to formally thank Board member, Frank Trueba, for his ongoing work to ensure we have the latest information about our health benefits. He spends many volunteer hours monitoring developments, answering questions, attending system-wide meetings, and offering local campus specific seminars to ensure our members have the most current information. When you see him, offer a well-deserved, "Thank You."

See you at our upcoming Holiday Luncheon on December 3,

Ilse Lopes, President



McIvor's Corner – News from the UCSC Benefits Office

Marianne McIvor, Health Care Facilitator

831-459-3573 memcivor@ucsc.edu

Office hours: 7:30 to 4:30 Mon-Friday (lunch Noon -1pm)

Office address:

UCSC Staff Human Resources, 100 Enterprise Way, Scotts Valley, CA 95066

Open Enrollment (OE) is the time of year to review current enrollments and elect changes for the following Plan Year, with changes becoming effective on January 1st. Open Enrollment changes can be made anytime between 8:00 am, Thursday October 31, 2019 through 5:00 pm SHARP, Tuesday, November 26, 2019. View all information on Open Enrollment on the UC Net website: <https://ucnet.universityofcalifornia.edu/oe>

Highlights:

- Continuing plans, no action required during Open Enrollment
- Introducing UC Medicare Choice
- Health Net Seniority Plus will end on 12/31/2019
- New! UC RAYS Retiree Information and Open Enrollment tool

Plans that require NO ACTION to continue into 2020

If you are currently enrolled in the following Anthem Blue Cross Plans, and wish to continue coverage in 2020, no action is required: UC Care, UC Health Savings Plan, CORE, UC Medicare PPO, UC High Option Supplement to Medicare, UC Medicare PPO without Rx. If you are currently enrolled in the following Kaiser plans and wish to continue coverage in 2020, no action is required during Open Enrollment: Kaiser Permanente HMO and Kaiser Senior Advantage.

UC Medicare Choice

New for 2020, UC Medicare Choice- a Medicare Advantage PPO- is a medical and prescription drug plan. The insurance carrier for UC Medicare Choice is United Healthcare. UC Medicare Choice will replace Health Net Seniority Plus Medicare Advantage HMO. You may call 1-866-887-9633 or visit <https://www.uhcretiree.com/uc> to ask if your current provider(s) accept the plan; look up pharmacy benefits; learn about foreign travel coverage and/or view a recorded Town Hall presentation, which goes over the plan benefits.

Health Net Seniority Plus will end on 12/31/2019

UC Medicare Choice will replace Health Net Seniority Plus Medicare Advantage HMO. Health Net Seniority Plus will no longer be offered by University of California, beginning 01/01/2020. UC Medicare Choice- a Medicare Advantage PPO (MA PPO) - a medical and prescription drug plan- will replace Health Net Seniority Plus HMO in UC's plan offerings for Medicare-eligible retirees. During this year's Open Enrollment (Oct. 31 – Nov. 26, 2019), retirees eligible for Medicare and UC retiree health coverage will have the option to enroll in the new MA PPO or in any of UC's other Medicare plans- UC Medicare PPO or UC High Option or Kaiser Senior Advantage. If you are enrolled in Health Net Seniority Plus and you do NOT take action during Open Enrollment, you and eligible family members enrolled in Medicare will be automatically enrolled into the UC Medicare Choice MA PPO on 01/01/2020. If you have family members who are not Medicare-eligible, they can remain in UC Blue & Gold HMO, which will be the "partner" plan for UC Medicare Choice MA PPO. Please see information more in September 2019 edition of New Dimensions at https://ucnet.universityofcalifornia.edu/retirees/new-dimensions/pdf/nd_36_3.pdf.

NEW! UC RAYS Retiree Information and Open Enrollment tool

UC Retirement At Your Service (UC RAYS) will replace At Your Service Online (AYSO) for retirees. Retiree Open Enrollment elections for 2020 will be made via the Open Enrollment tool on UCRAYS: <https://retirementatyourservice.ucop.edu/>. UCRAYS will provide greater security than AYSO and offer more ways to view and manage your retirement information. A step-by-step guide on getting started with UCRAYS is in the September 2019 edition of New Dimensions and a short video demonstration of how to use UC RAYS to make Open Enrollment changes is on the Open Enrollment website at <https://ucnet.universityofcalifornia.edu/oe/>. If you experience difficulty with access to UC RAYS, please contact UC Retirement Administration Service Center at 1-800-888-8267 for assistance. Also, retirees can now opt-in to share their email addresses with the retiree center using UCRAYS! When registering for UCRAYS, you can opt-in to share your contact information with the Retiree & Emeriti Center, which will allow the center to keep you informed about important news impacting UC retirees. Take a moment to confirm that all of your information is up to date in UCRAYS.

Scholarship Committee Report

As of the September 2019 ledgers, the Silver Slug Award Scholarship contributions now total \$48,588.08, the UCSC Retirees Association Bruce Lane Memorial Endowment Scholarship contributions now total \$193,345.78, and the UCSC Retirees Association Bruce Lane Memorial Current Year Scholarship Fund now totals \$1,254.75. In addition, we thank everyone who gave during the UCSC Friends and Support Groups Face Off fundraising challenge October 24-28. \$3,005 was donated to support both our scholarships (the Bruce Lane Memorial Scholarship for military veterans and the Silver Slug Award for staff and their dependents). These donations will be updated in the ledgers and reflected in the scholarship committee report in the next newsletter.

Our next task is to select the recipients of our 2020 scholarships. **The deadline to apply is February 3, 2020.**

Information and applications can be found on our website at:

<https://retirees.ucsc.edu/scholarships/index.html>

Please help to spread the word about our scholarships and encourage eligible candidates to submit an application.

Our Annual Scholarship Luncheon will be May 14, 2020 and we have some new things happening this year. We will be moving the location from the Arboretum to the Peace United Church on High Street. Also, we are planning some activities to encourage more participation. More to come in the next newsletter!

Maxine Lane

Scholarship Committee Chair



Succulents will be for sale at the Annual Holiday Luncheon on Dec. 3rd and all proceeds will benefit the UCSC Retirees Association Bruce Lane Memorial Scholarship Fund.

The Crafts Committee is taking a break and will not be selling items at the Holiday Luncheon. They will be back in 2020, so keep an eye out for when they will be setting up a table and you can buy items and all proceeds will go to support the Silver Slug Scholarship Award.



Welcome to New Members!

- Lisa Birney, Environmental Studies
- Pat Johnson, Natural Sciences

Slugs on the Go!



Past Events

LOMA PRIETA EARTHQUAKE EPICENTER HIKE - OCTOBER 15



Two days before the 30th anniversary of the Loma Prieta earthquake, a group of six retirees took off from the Nisene Marks State Park Porter Picnic Area to begin the 5.5 mile round trip hike to the earthquake epicenter. We were very pleased and surprised by the perfect weather conditions and enjoyed hiking at a leisurely pace while taking in the beautiful fall scenery and getting to know each other better. When we reached the epicenter, we recalled the October 17 earthquake that shook our lives and exchanged “where were you when the earthquake hit” stories. Having grown up in Aptos, Silver Slug and hike organizer Marilyn Chapin shared stories of hiking in the Park, how things used to be, and enlightened us with historical tidbits. Remnants of the old lumber mill and logging railway that ran through part of the Park are still visible. And the apres hike gathering at the Parish Publick House in Aptos Village was exactly what a few of us needed to relax, refuel and quench our thirst!



EIKHORN SLOUGH KAYAKING AUGUST 27

Calm water and warm August weather made for a perfect day kayaking at Elkhorn Slough for 19 members and guests. Kim Powell, of Blue Water Ventures and her co-instructor, Sam, were knowledgeable about kayak safety and protocol and were extremely well-informed guides. For many retirees, it was a first-time experience on a kayak and everyone felt safe and comfortable. Kim’s stories, particularly of her contact with UCSC faculty, were entertaining. It was interesting observing and hearing about the Slough wildlife! We learned that in addition to sleeping on land, seals sleep in the water at the surface with just their heads exposed and their bodies submerged in a behavior called bottling. Snowy egrets stand perfectly still in the water and use their bright feet to attract fish. When the fish come close, they grab them in their beaks. We saw a flock of beautiful elegant terns that had just arrived in the slough as well as an array of frolicking sea otters, harbor seals, marine mammals, and numerous birds. It was fun spending time with long-time Silver Slugs as well as getting to know new members. Judging from the comments heard during and after the trip, we all thoroughly enjoyed our kayak adventure with Kim & Sam.



HIKE AT WILDER RANCH
SEPTEMBER 18

It was a beautiful day for our coastal hike along the Ohlone Bluff Trail at Wilder Ranch State Park. 17 members were treated to a fun and informative walk led by our guide, Bill Perry (husband of Retirees Association member, Jutta Perry) who has been a docent at Wilder for 22 years. He was knowledgeable about the history, natural history, geology, and extensive trail system of the Ranch.



His intro to the flora & fauna of Wilder taught us how to tell the difference between a large crow and a raven, pointed out native plants in the area like coyote brush, buckwheat, wild radishes, and willows. Many of us mistook the poison hemlock for Queen Anne's Lace and we now know how to tell them apart. The plant diversity at Wilder is amazing. He mentioned the seven plant communities at Wilder: kelp forest, coastal strand, wetlands, riparian habitat, mixed evergreen forest, prairie grassland, and chaparral. A brief history lesson taught us that bootleggers came ashore during prohibition at Strawberry Beach at the northern end of our hike. He shared his knowledge of geology describing the seven marine terraces and how several of them have risen above sea level. Looking inland from the coast beyond Highway 1, you can see how erosion has worn away the once sharp cliff edges into rounded hills. It is hard to believe that these hills were once under water – now 800 feet above sea level. After our walk along the cliffs, he took us into the ranch area and shared information about the buildings and their history. Lunch under the oaks was a relaxing end to the morning. Bill has a sizeable list of walks on Wilder that we plan to do in the future!

BEER TASTING – Santa Cruz Mountain Brewery
OCTOBER 24



Our second beer tour was a very interesting and tasty time at the Santa Cruz Mountain Brewery. Brewing since 2005, the operation is an outgrowth of co-owner Chad's homebrewing. Chad and his Head Brewer, Taylor, gave us a tour of the Ingalls St. facility and then we adjourned to their Tap Room for a number of tastings from their long menu of beers. Many of their beers are available in local groceries—there's a new ginger and lemon beer that will hit the stores in a few weeks, look for it. If you are interested in beer tasting we'll be scheduling more tours of local breweries, keep an eye out for the sign-up announcements.

PICKLEBALL CLASS
OCTOBER 17



Six volunteer instructors from the Santa Cruz Pickleball Club met us at Sergeant Derby Park on the West Side of Santa Cruz and gave our 17 retirees very individualized attention and taught us the fundamentals of play. After a brief introduction, we were all on the court having a grand time! Most of us plan to continue playing at the various venues in the county. What is Pickleball? A 2 or 4-player racket sport played on a badminton-sized court, using rectangular paddles larger than ping pong paddles. The net is lower than one used in tennis and a perforated ball similar to a wiffle ball is used.



Silver Slug member Dave Kirk won two prizes for his photographs at the 2019 Santa Cruz County Fair. A First Prize for his "photo-journalism" category picture of a pedicab driver in Xian, China and an Honorable Mention for his photo of the colorful houses on the island of Burano -- near Venice, Italy in the architecture category.



UC Retirees Travel has partnered with Collette Travel and Overseas Adventure Travel (OAT) to offer a variety of trips for 2019-20. Let their expert trip planners take care of all the details, so you can relax and enjoy the opportunity to discover the world with like-minded travellers from all of the University of California locations. UC Retirees, family & friends can visit worldwide destinations featuring a mix of history, culture, arts and nature. **In addition, three new tours have**

been added in Canada and USA, for those who would like to stay closer to home. July 2020 - Nova Scotia & Canadian Maritimes, Sept. 2020 - Cape Cod & The Islands, and Dec. 2020 - San Antonio Holiday. For information on all trips to to <http://cucra.ucsd.edu/travel/>

Council of University of California Retiree Associations

An important benefit of membership in the Retirees Association is our participation with 12 sister associations throughout the UC system in the Council of UC Retiree Associations (CUCRA). One of the main purposes of the Council is advocacy on behalf of retirees with the Office of the President. It's easy to keep abreast of what's happening within the UC retiree community by visiting the CUCRA website: <http://cucra.ucsd.edu/>



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UCSC Retirees Association
University Relations
1156 High Street
Santa Cruz, CA 95064

UCSC Retirees Association – *aging gracefully like fine wine!*

DATES TO REMEMBER!

Tue. December 3rd, 2019 11:30am – 2:00pm

Annual Holiday Gathering

Peace United Church

Thu. March 5th, 2020 11:30am – 2:00pm

Annual Speakers Luncheon

Peace United Church

Thu. May 14, 2020 11:30am – 2:00pm

Annual Scholarship Luncheon

Peace United Church

For more information on events, go to our website <https://retirees.ucsc.edu/calendar-events/index.html>