



The Silver Slug

Official Newsletter of the UCSC Retirees Association
Volume 33, Issue #2, November 2022



Our Annual Holiday Party Is Back!

Tuesday, December 6, 2022 11:30am – 1:30pm

In person at the Seymour Marine Discovery Center
100 McAllister Way, Santa Cruz, CA 95060

Please join the Retirees Association for some good cheer and great conversation at our annual Holiday Party! With such a great turnout and many positive comments about the RA catered picnic lunch in September, a catered lunch for the Holiday Party will be a stress-free and enjoyable event for all. To continue to keep the Retirees Association Membership dues low, and to provide the funding needed for this event, we will be charging a nominal fee of \$10 for lunch. Please RSVP and then pay at the door when you arrive. Cash is preferred, but we can take a check (made out to UCSC Foundation). You will not be able to pay with a credit card or any other form of electronic payment. There will be meatless, gluten-free and dairy-free choices available on the RSVP form. Come join the fun, rekindle old acquaintances, and listen to some great music. The band Oban will regale our luncheon with Celtic harp music. Oban is our fellow Silverslug, Susan Willats, along with Cathy Jones.

Please RSVP using the link below by MONDAY, NOVEMBER 28

Our maximum occupancy is 70

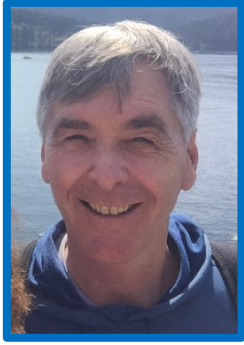
<https://forms.gle/4Mu5LTvgEyQsPos67>

PARKING - A valid UCSC parking permit or ParkMobile payment is required to park at the Seymour Center. If you don't have a UCSC permit, please consider carpooling with someone who has one. Or if you want to drive on your own, you will need to purchase a parking pass via ParkMobile at a kiosk in the lot.

PLAN AHEAD - If you are new to ParkMobile, you will need to download the ParkMobile App on the Google Play or Apple App Store website and set up your profile with your license plate and payment information.

Information and a video on how to use the mobile app can be found at

<https://taps.ucsc.edu/parking/hourly-daily-parking.html>



President's Message November 2022

Greetings Silverslugs,

It feels like the Retirees Association is rolling again. I think that the Fall Picnic in September was a great success. There was an energetic buzz of discussion between friends and colleagues who hadn't seen each other in far too long. It was great to see old friends and to welcome new retirees to our group.

There is a lot going on. Thanks to Frank Trueba for representing us on CUCRA, the system-wide Retirees Associations group that just had a semi-annual 2-day meeting. Improving service to retirees was a very prominent and pointed discussion topic with senior UCOP administrators in attendance. We just participated in UCSC Giving Day on November 2 to promote our scholarships. Thanks to Ilse Lopes for leading this effort. Next, we are planning to participate in the Second Harvest Food Drive again this year. Keep an eye out for an e-mail about that. We have also been talking about a lot of ideas for small activities for many months. I, for one, have not followed through, however things are starting to happen.

- **Pickleball** - 20 people took pickleball lessons in September. There is a lot of interest in playing pickleball. We have begun to send scouts to find less busy courts that we can play on. I purchased a couple of paddles and a net to use and share. We will keep you posted.
- **Local Microbreweries** - Thanks to Esther Sylvan and Frank Trueba, we have had several really fun micro-brewery tours and tastings (recently at the Santa Cruz Mountain Brewery). Esther is looking into a social type gathering at a Watsonville brewery. Stay tuned for details.
- **Wednesday Walks** - I have not gotten the ball rolling on group walks and hikes, so let's just try this and see if anyone shows up. I'll call them "Wednesday Walks". Let's start on **Wednesday November 16 at 10AM**, by meeting at Natural Bridges overlook for a Westcliff walk. Info will come in an email.
- **Holiday Baking Seminar** - Here is a new idea. Want to share tips, or learn about holiday baking? If a few bakers sign-up, maybe we can have a fun interactive baking discussion. Who needs Youtube, when we have so much talent among our members. (We could do it on Zoom, or in person depending on interest.) Send me an email wcparro@ucsc.edu if you are interested.

Thanks to the Retirees Association Board who make it all happen. Cori Houston, Lynne Wolcott, Ilse Lopes, Maurene Cato, Jean Fargo, Chris Attias, Maxine Lane, Frank Trueba, Nancy Pascal, Elaine Wedegaertner, and Christy Dawley (REC). Think about getting involved. It is fun and fulfilling.

Sincerely,

Bill Parro
President UCSC Retirees Association
wcparro@ucsc.edu

Get your Holiday Shopping done from the comfort of your own home!



The Retirees Association is using Zazzle to provide our Retirees with a great way to purchase specialty gifts with the Silver Slug logo while having the added advantage of part of the purchase price donated back to the Retiree Association Scholarship Funds. Zazzle is an on-demand marketplace where they connect customers with artists' beautiful designs on the world's best products so anything imaginable can be created. Click here to order:

<https://www.zazzle.com/store/silverslugs>

With the Holidays arriving soon, you can shop for gift items such as sweatshirts, t-shirts, coffee mugs, visors, key chains and many other items with the Silver Slug logo. Proceeds from the sale of these items will raise funds for scholarships for UCSC students through the Bruce Lane Memorial Scholarship for Military Veterans and the Silver Slug Scholarship for staff and their dependents who have financial need. Below you can see some of the items that are available.



If you have any questions or need Zazzle website help, please contact Maurene Catto at mom.catto@gmail.com or 831-278-0553.

Retirees Association Scholarship Committee Report

Thank you to everyone who donated to our scholarship funds on Giving Day, which was November 2. At the end of September, the Silver Slug Award Endowment totaled \$62,838.08, the UCSC Retirees Association Bruce Lane Memorial Scholarship Endowment totaled \$210,530.59 and the UCSC Retirees Association Bruce Lane Memorial Scholarship Current Year Fund totaled \$4,490.20. In preparation for the Holiday season, I am desperately in need of cereal bowls, cups, mugs, sugar bowls, creamers, etc. for planting succulents. I receive five plants every month from a nursery and need a place to put them. It is a birthday gift every year from my granddaughter. If you have anything to donate, please send an e-mail to ucscsilverslug@gmail.com and they will relay the message to me.



Also, I want to remind you that applications for the Silver Slug Award scholarship will be due soon. This scholarship is intended for UCSC career staff, or dependents of career staff (working or retired), and who are pursuing a degree with the university. If you know anyone who meets the criteria, please let them know they can find more information on our website: <https://retirees.ucsc.edu/scholarships/silverslugaward/index.html>

Stay safe and hope to see you soon,
Maxine Lane
Scholarship Chairperson

McIvor's Corner – News from the UCSC Benefits Office

Marianne McIvor, Health Care Facilitator (she/her)

memocivor@ucsc.edu



Open Enrollment is underway now and ends at 5:00 p.m. on Friday, November 18th. While there are not a lot of major plan changes this Open Enrollment, I always recommend that folks at least review the contents of their Open Enrollment mailing. Monthly premiums are increasing for a number of plans in 2023. The same medical, dental and legal plan options will continue to be offered into 2023, which means that if you are happy with your current plan, no action is necessary during the Open Enrollment period. Any applicable rate changes will be applied to pension income checks beginning in the new year, including adjustments to Medicare Part B reimbursements, if applicable. UC is hosting a virtual Open Enrollment Benefits Fair which runs continuously (24/7) until 11/18/2022 and is a great place to find 2023 plan details; how-to videos on using UC RAYS; and provides the opportunity to connect with health & insurance plan representatives to ask questions. If interested in attending or viewing recorded Open Enrollment presentations hosted by the UC Santa Cruz Benefits Office, please visit our website at <https://shr.ucsc.edu/benefits/open-enrollment/index.html> If you or a family member are covered by Medicare and you change your UC retiree medical plan during Open Enrollment, be advised that the deadline for submitting new Medicare coordination form(s) is November 21. Each person must complete their own form and submitting the Medicare coordination form via UC RAYS is the most efficient method. Speaking of Medicare, the 2023 Medicare Rates have been released by Centers for Medicare Services (CMS) and can be viewed at the CMS website. Some retired UC members will be getting new ID cards from the UC medical plans in 2023, regardless of Open Enrollment changes. Please see the chart below to learn if you should expect a new medical ID card.



2023 Member ID Cards

Medical Plan Name	Medical ID card issued for 2023?
UC Medicare PPO (Anthem Blue Cross) UC High Option Supplement (Anthem Blue Cross) UC Medicare PPO without RX (Anthem Blue Cross)	New members only; continuing members may use current Anthem ID card, and Navitus Rx ID card, as applicable
UC Medicare Choice (United Health Care)	All members receive new ID cards
UC Care UC Health Savings Plan (HSP) CORE	All members receive new ID cards (HSP members with expiring HSA debit card will receive new debit card)
Kaiser Permanente HMO Kaiser Permanente Senior Advantage	New members only; continuing members may use current ID card
UC Blue & Gold HMO (Health Net)	All members receive new ID cards



Open Enrollment
Oct. 27–Nov. 18, 2022

If you do not receive your ID card by January 1st, contact your medical plan directly. You may find your plan's phone number on UC Net. Please be sure to provide your new ID card at the doctor's office and pharmacy in the new year. Holiday greetings to you and best wishes for a peaceful 2023!



Christy's Corner - News from the Retiree and Emeriti Center

Christy Dawley, Coordinator, UC Santa Cruz Retiree & Emeriti Center
(831)502-8202 rec@ucsc.edu

Earthquake Preparedness

A few weeks ago, the San Francisco Bay Area was jolted by an earthquake centered near San Jose. Although the magnitude 5.1 earthquake rattled buildings and some nerves, no significant damage or injuries were reported. The U.S. Geological Survey (USGS), “Did you feel it” map shows that the earthquake was felt as far south as Salinas and as far north as Fairfield, California. If you haven’t done so lately, now is a great time to refresh your knowledge and take steps to prepare. Forty-five states and territories in the United States are at moderate to very high risk of earthquakes, located in every region of the country. The best time to prepare for a disaster is before it arrives.

An earthquake early warning system for the West Coast of the United States

ShakeAlert is the early warning system that detects significant earthquakes quickly in hopes of alerting people before the shaking arrives. Messages help to inform people that an earthquake has begun and shaking is imminent. The U.S. Geological Survey (USGS) along with a coalition of State and university partners implemented an earthquake early warning system for the West Coast of the United States. Several areas such as utilities, hospitals, transportation systems, and educational environments are actively utilizing ShakeAlert and more are being developed.

Watch this video to learn more about how ShakeAlert works:

<https://www.youtube.com/watch?v=bq7eQ6kBgxA>

Learn how to sign up for the ShakeAlert Earthquake Early Warning System:

<https://www.usgs.gov/faqs/how-do-i-sign-shakealertr-earthquake-early-warning-system>

What can I do to be prepared for an earthquake?

The Earthquake Country Alliance recommends four basic steps you can take to be more prepared for an earthquake:

Step 1: Secure your space by identifying hazards and securing moveable items.

Step 2: Create a disaster plan and consider ways to communicate and receive news in an emergency.

Step 3: Organize disaster supplies in convenient locations.

Step 4: Minimize financial hardship by organizing important documents, strengthening your residence, and considering insurance.

Additional resources

FEMA has a web page on Earthquake preparedness

<https://www.ready.gov/earthquakes>

Earthquake Safety Checklist

The American Red Cross has put together a printable, one-page earthquake safety checklist. You can find it on their website at <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/earthquake.html>



Slugs on the Go!

UCSC retirees find ways to be of service, stay active, and learn new things.

If you have photos or stories to share, please submit to ucscsilverslug@gmail.com

PAST EVENTS



It was a small but committed retiree group that met in September on the west side of Santa Cruz at the Santa Cruz Mountain Brewing for a tour and tasting. SC Mountain employee par excellence, Katie, led us through the operation where we were fortunate enough to be there on a day that the operation was in full swing as they were both brewing and canning that day. The beer was great and the company even better. We're thinking of heading to a south county brewery for the next tour and tasting. Look for the announcement! - Frank Trueba and Esther Sylvan



UPCOMING EVENTS



Stay Tuned! Some of the activities that we are planning in the coming months: Wilder Ranch hiking, beer & wine tasting, social gatherings, pickleball, Elkhorn Slough Safari and pedal/paddle boats. Check our website for information <https://retirees.ucsc.edu/calendar-events/index.html> And if you have any ideas of outings you would like to see, please let us know!

Thank you to Katie Savacool for sharing this story and photos!

One thing I have enjoyed about retirement is the flexibility in my schedule. I recently went on a 10-day cruise to Alaska on the Ruby Princess out of San Francisco. The trip was 10 days stopping in Juneau, Skagway, Ketchikan, and Prince Rupert Island in Canada. One day was spent sailing up the Tracy Arm outside of Glacier Bay. The endpoint is Dawes Glacier. Breathtaking! The crew was excited because it was the closest they had been. The boat did a couple of slow spins so everyone had a chance to see it. We even got to see it calf! The crack of the ice just before is a sound I hope never to forget. The food was great and they worked with my allergies. I could get used to stress-free eating! The activities are plentiful and diverse. The staff was diverse from a broad range of places, and passengers too. Overall, it was a great trip.





Check Out UC Retiree Travel

As you may be aware CUCRA (the Council of UC Retiree Associations) sponsors a travel program complete with UC retiree escorts. Recent trips have been included Portugal & Spain, Cuba, Chile & Argentina. Coming trips in 2023 include travel to Egypt, Ireland, South Africa, Japan, Iceland as well as a river cruise of the Rhine and Moselle.

These UC Retiree Travel trips are not only a good way to see the world, but also a way to re-enforce or create UC friendships. While the trips have a cross-section of retirees from throughout the UC system, if folks from one campus are interested in traveling together, that can usually be arranged. Having the common background of UC adds a level of familiarity helps break the ice when traveling with a group trip.

Each UC trip normally has a UC Travel Escort that helps facilitate pre-trip planning, answer questions and help out during the trip. I just returned from escorting a trip to Cuba, where all 28 of the UC participants had a great time (see below). Earlier in the year I participated in a trip to Portugal and Spain which was a more intimate size of 14. UC Retiree Travel works primarily with two travel companies, Overseas Adventure Travel (O.A.T.) and Collette. O.A.T. prides itself in small group travel from 12-16, averaging 14 so getting to know each other is not a problem.

I encourage people to look at the UC Retiree Travel offerings at <http://cucra.ucsd.edu/travel/> Currently I'm planning on escorting a January trip to Egypt and being a participant in a March trip to Japan. With any luck, if we get enough participants, I'll also be escorting a trip to Iceland in October. Please give a thought to joining one of these trips and making it a UCSC Retiree trip.

UC Retirees Travel to Cuba

A group of UC Retirees recently spent a week in Cuba and were both dazzled and illuminated by the sights and sounds of the island nation. The group of 28 was, according to the tour operators one of the earliest U.S. tour groups returning to Cuba after the COVID shut down and relaxing of the former administration's restrictions for U.S. citizens travel.

As a person who also visited Cuba five years ago, I found much unchanged as well as a resiliency among the Cuban people who are still dealing with the long-standing U.S. embargo and emerging from the lack of travel caused by COVID. We traveled under the classification of People-to-People/Support for the Cuban People, which is one of a dozen U.S.-approved travel categories allowing travel to Cuba. The group enjoyed visiting various historical sites dating back to the mid-1500s musical venues continuing the musical traditions made famous by the Buena Vista Social Club, riding in 1950s-era U.S. cars, learning about cigar and rum production (not to mention enjoying these products). However, it was the warmth of the Cuban people that left the largest impression. They welcomed us into their homes and restaurants, always with a quick smile and open heart. If you've ever had even the



smallest interest in knowing more about Cuba, I would heartily encourage you to consider going on the next UC Retirees Travel trip to Cuba in October, 2023. You can learn more about it at <http://cucra.ucsd.edu/travel/2023Travel/Cuba.pdf>

If anyone has any questions about my Cuba experience or the UC Retirees Travel program, feel free to contact me, Frank Trueba, at ftrueba@ucsc.edu