



# The Silver Slug

Official Newsletter of the UCSC Retirees Association  
Volume 33, Issue #3, February 2023

## Join us for our Annual Speakers Event Thursday, March 2, 2023 2:00 – 3:30pm

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



Our guest speaker will be Bernard Le Boeuf, Professor Emeritus of Biology at UCSC. He will be giving a presentation on **“The Sleep Apnea Paradox: Problem for Humans; Benefit for Seals.”** Sleep apnea is a double-edged sword, being associated with negative or positive consequences. It is a life-threatening sleep disorder that plagues a billion humans, and on the flip side, it is a normal life-enriching sleep pattern in elephant seals. To understand why sleep apnea is pathological or beneficial requires examination of the breathing patterns of both humans and seals during sleep, sleep patterns and its disruptors, oxygen supply, and the evolution of breath-holding. Comparison of sleep apnea in humans and elephant seals suggests that we might diminish the sleep apnea disorder in humans by studying the physiological basis of sleep apnea in diving mammals.

### CRAFT AND SUCCULENT SALES ARE BACK!!

There will be tables selling a wonderful variety of crafts made by Retirees. They donate these items and all proceeds go to support the Silver Slug Award which provides scholarships to UCSC Staff and their dependents who are attending UCSC in pursuit of a degree. There will be familiar and new crafts - aprons, new colorful bags, table runners, a quilt, CPAP pads and many favorites retirees have been asking for again. In addition, there will be succulents for sale to support the Bruce Lane Memorial Scholarship for UCSC students who are military veterans. Don't forget to bring your checkbooks and support these worthy causes!



Attendance will be limited to 70 people. Please RSVP at the link below to reserve a spot. Coffee, tea, cold drinks and cookies will be provided.

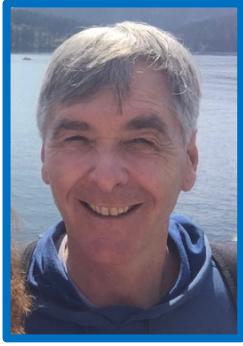
<https://forms.gle/gnPQsyMPUysdEEem76>

### SAVE THE DATE!

Annual Scholarship Luncheon  
Thursday, May 4<sup>th</sup>, 2023 at the UCSC Arboretum

### Welcome New Members!

Richard Apple - ITS  
Midjann & James Velzy –  
Division of Physical & Biological Science



## President's Message February 2023

Dear Silver Slugs,

It has been a wild winter. I hope that everyone has recovered from the deluge. Nature has certainly wreaked havoc on our corner of the world in the last few years. Thank you to all of the Silver Slugs who volunteer in a variety of capacities to help our community.

The Speakers Event on March 2 will be the third major event held in-person since the COVID pandemic began. It feels like we are back! Given this resumption of Silver Slug activities, the Board is planning to fine-tune our efforts to best meet the interests of our members. We are considering everything from membership trends and our budget, to meals and venues for our major events, to easier communications and streamlined event planning. We need your input to complete our plans, and I hope that you are willing to respond to a brief Silver Slug Survey. We also need more help. Please consider volunteering to help out with an event or become a member of the Retirees Association Board. It is fun and rewarding. You can contact me at [wcparro@ucsc.edu](mailto:wcparro@ucsc.edu) to learn more.

I also wanted to give a shout out to our Board Members that do so much that you may not even be aware of. Just to highlight one - Maxine Lane at 96 years of age, in addition to leading our Scholarship Committee and raising money for our scholarships, sends hand-written thank you notes to all of our donors. She also propagates and sells those adorable potted succulents to raise money for scholarships. Every Board member chips in to make all of the events happen. They plan and strategize as a group and do the work to make the events and services happen. I have been astonished at the talent, devotion and the delight that this Board brings to serving UCSC retirees.

I look forward to seeing you soon!

Bill Parro  
President, UCSC Retirees Association

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## Scholarship Committee Report

After a stay in the hospital and care center, I'm glad to be back writing thank-you letters and doing other things for the UCSC Retirees Association. We will soon be reviewing all the applications for the Silver Slug Award and Bruce Lane Memorial Scholarship and select recipients for the 2023-24 academic year. These students will be honored at our Annual Scholarship Luncheon on Thursday, May 4 at the UCSC Arboretum. I look forward to working with Jerry Cabilatazan, Program Coordinator for the UCSC Veteran's Resource Center and Sally Lester on this project.

I am also looking for 5" diameter dishes for my succulents. I have one variety that grows too wide for the smaller bowls and cups. If you have anything you can donate, please bring to the Speaker's Event on March 2 at the Seymour Marine Discovery Center and drop off at the succulent sales table. Thank you in advance, I really appreciate it.

Best wishes for a healthy and happy year. Stay safe.  
Maxine Lane  
Scholarship Chair



## 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](mailto:rec@ucsc.edu)

### December and January Atmospheric Rivers

A series of significant atmospheric river storms caused widespread damage throughout Santa Cruz County, including damage to homes, businesses, and public infrastructures. For more information and local resources, visit the Santa Cruz County Office of Response Recovery and Resilience.



<https://www.co.santa-cruz.ca.us/OR3.aspx>

#### Ways to volunteer for flood clean up in Santa Cruz County

- For a list of beach and river clean-up events with Save Our Shores, click here <https://saveourshores.org/eventscalendar/>.
- The Santa Cruz Volunteer Center will continue to post volunteer opportunities for clean-up efforts within the community. For more information, click on this link <https://www.scvolunteernow.org/>



#### Looking for ways to volunteer in other areas?

To learn more about disaster response volunteer opportunities with Habitat for Humanity, click on this link <https://www.habitat.org/>

Here you can find opportunities to volunteer throughout the US <https://www.volunteer.gov/s/>

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### In Memoriam - September 2022 to December 2022

*Word of the deaths of the following UCSC Staff and Faculty has been received.  
Condolences are extended to their families, friends and colleagues.*

Jody Croce  
Frank Drake  
Leslie Dumller  
John Gorman  
Marion Taylor





## McIvor's Corner – News from the UCSC Benefits Office

Marianne McIvor, Health Care Facilitator (she/her)

Voice: 831-459-3573, [memcivor@ucsc.edu](mailto:memcivor@ucsc.edu)

Greetings from the UC Santa Cruz Benefits Office. I sincerely hope that this new year is starting off well for everyone. This is the time when I share my annual reminder to ensure that your health care providers & pharmacists have your current medical information on file. If you received a new medical ID card for 2023, please ensure your health care providers get the new information. Another tradition in the new year is gathering tax information, so please find the following information about how retirees obtain tax their forms by mail and on-line.

1099-R statements - If you requested US mail delivery, 1099-R statements have been mailed out and will be received over the next few weeks, depending on the timing of USPS delivery. You also have the option to view forms via your UC Retirement At Your Service (UC RAYS). This link will take you to the login page:

<https://retirementatyourucsc.edu/UCRAYs/Account/LoginE?ReturnUrl=%2fUCRAYs>.

Once you are logged in, select “Tax Statements” on your UC RAYS dashboard to view or download your 2022 1099 or 1095-B tax statements.

If you need help logging in to your UC RAYS account, first follow the updated guidance here <https://ucnet.universityofcalifornia.edu/retirees/ucrays-how-to-guide.html>. If you still can't log-in call the UC Retirement Administration Service Center (RASC) at 1-800-888-8267 and select option 1 to get immediate help from a Unify HR representative. At this time, RASC phone line wait times 45-50 minutes or longer. UnifyHR (a trusted UC partner) is providing additional support for UC RAYS log-in issues and is available by selecting option 1 from RASC's phone menu.

### 1095-B forms

- UC Care, CORE and UC Health Savings Plan in 2022: The 1095-B form is now available via your UC RAYS portal. If you elected US mail delivery of 1095-B, forms have been mailed and will be received over the next few weeks, depending on the timing of USPS delivery.
  - If you opted-IN for electronic distribution of all tax documents, you will NOT receive a paper copy of your 1095-B form.
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- Kaiser Permanente and UC Blue & Gold HMO in 2022: You will receive a paper form directly from your health insurance carrier (Kaiser or Health Net).
- UC Medicare plans in 2022: The Centers for Medicare and Medicaid Services (CMS) is the responsible entity for issuing 1095 forms for all individuals on Medicare, including UC retirees enrolled in UC-sponsored Medicare plans or in Medicare plans through Via Benefits. If you had Medicare Part A coverage for part of 2022, you will have a 1095-B form mailed directly to you from CMS. At this time, it is unknown when the mailings are expected to be released. If you had Medicare Part A coverage for all of 2022, you will not receive 1095-B forms from CMS.

Please note: The Affordable Care Act (ACA) and certain jurisdictions require employers and/or health plans to send you these forms regarding your health insurance status, but you do not need to submit copies of any 1095-B and/or 1095-C form when you file your taxes. The form is for your information and records only.



UC Retirees Travel offers escorted group tours so that UC retirees, their friends, and their families can explore the world together. Trips are filling quickly, but space remains in several 2023 excursions, including a Rhine/Moselle River cruise, and land tours of Ireland, Iceland, Greece, Cuba, and America's music cities for the holidays. Five 2024 trips are available for registration now: Costa Rica, Australia/New Zealand, Japan, Sicily, and Morocco. Details are being finalized for additional

2024 adventures, including Tunisia, Morocco, Switzerland, Tuscany, Scotland, Vietnam/Laos/Cambodia/Thailand, Montreal & Quebec's Christmas markets and a Great Rivers of Europe river cruise. Travelers can register with just a deposit. By participating in UC Retirees Travel, you help support the Council of UC Retirees Associations (CUCRA). CUCRA's volunteer retirees meet with UC Office of the President representatives twice per year and advocate for retiree benefits and services, such as retiree healthcare and University support of retiree services. Visit the UC Retirees Travel website at <http://cucra.ucsd.edu/travel/> to see trip details or subscribe to the monthly travel e-newsletter. Questions? Email [UCRetireesTravel@gmail.com](mailto:UCRetireesTravel@gmail.com).

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### UC Retirees Travel to Egypt

A group of UC Retirees recently spent up to two weeks traveling through Egypt and Jordan (1-12-23 through 1-26-23) fulfilling, for many, a life-long desire to see the ancient pyramids. The group of 18 spent 10 days traveling in Egypt (five of those days cruising on the Nile) while visiting Cairo, Karnak, Luxor, Saqqara, The Temple of Queen Hatshepsut and the Valley of the Kings. Some of us got to visit Alexandria and/or Abu Simbel. Marvels and amazement at every turn. We were able to enter pyramids and tombs. Listen to expert Egyptologists, such as Ashraf Mohie El Din Mohamed, talk about his discoveries while sitting at the base of the Great Pyramid of Khufu, the last of the ancient Seven Wonders of the World still standing. We visited the Great Sphinx, the Temple of Philae and the Temple of Horus at Edfu. We sailed the Nile by felucca and motor boat, visiting Kom Ombo, Kitchener Island and a Nubian Village, where we were welcomed for tea and bread at a local home.

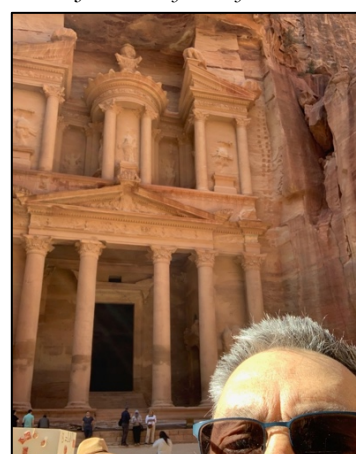
After Egypt, a number of us continued on to Jordan for another four days where among the places we visited were Madaba (the City of Mosaics) and Mt. Nebo. Of course, the highlight for many was visiting the ancient city of Petra with its famous gem, The Treasury Building. We also rode through Wadi Rum and trod the sands that T.E. Lawrence (Lawrence of Arabia) traveled through and were hosted for afternoon tea by a Bedouin camp. We capped off our last day with a visit to the Dead Sea. We were warmed by the sun and the people who welcomed us at every stop. For most of us it was a trip we had hoped for since we learned about the ancient Egyptian Pharaohs in grade school (or in the case of Petra, since we saw Indiana Jones and The Last Crusade). A bucket-list trip for sure!

If you have interest in seeing interesting parts of the world and experiencing different cultures check out the offerings from the UC CUCRA Travel Program at <http://cucra.ucsd.edu/travel/>. If anyone has any questions about my Egypt/Jordan trip or the UC Retirees Travel program, feel free to contact me at [frueba@ucsc.edu](mailto:frueba@ucsc.edu)

*On the Giza Plateau*



*Petra, Jordan in front of The Treasury*



## Things to Do!

### Brews, Beverages & Bites on March 7th

Happy 2023! Are you ready to gather over a beer or cider or YBOC (your beverage of choice) in south county? The plan is to meet at Watsonville Hangar on Tuesday, March 7th from noon to 2:00. Watsonville Hangar is located across the street from the airport at Aviation Way, Watsonville, 95076.

<https://www.santacruz.org/blog/south-county-buzz-the-watsonville-hangar/>

It houses Beer Thirty, a watering hole that has a wide assortment of the best beers from breweries throughout Santa Cruz and Monterey counties. There's also a variety of great food options, a spacious outdoor seating area, and outdoor games, e.g., ping pong and cornhole. There's no cost to this one though we're suggesting you sign up at the link below so we can get an idea of how much space to hold. Look forward to seeing you!

<https://forms.gle/DgRpyvSvU47svCdK9>

### Holiday Lunch December 2022

Seymour Marine Discovery Center.  
Nice to be back together in person!

