



September 2020

Volume 36, Issue #7

Retirement Association Gazette

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Zooming into the Future with the RA

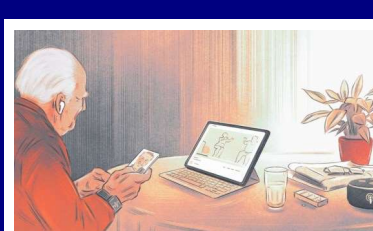
means having a whole world full of opportunities to learn more about our university and the world around you, right from the comfort of your own home. And the added bonus is you don't have to fight traffic and spend a half-hour looking for a parking spot!

Check out all we have to offer in these pages.

UCSD RA Zooms into the Future Offering a Rich Line-up of Remote Programs

Yes, we're still in lock-down. So, rather than having you all come out to campus, we're bringing our programs to your home. This fall we have outdone ourselves, hosting an amazing array of program series for our members! Each has a web link to its own page which you can view/print, to put it up at home to help keep track of your activities.

1) **Discovering UC San Diego:** In this series, UCSD Retirement Association members will have the opportunity to participate in a wide variety of behind-the-scenes tours and visits of various UC San Diego facilities and assets. These tours will be conducted via Zoom, and will include a personalized tour and presentation followed by Q & A. The Zoom link will be emailed to all who register for the event on [RA RSVP](#).



Many healthy studies show that the more you engage in new, mentally-stimulating activities, the longer rapid memory loss is delayed.

2) **Virtual Museum Tour Series** The Virtual Museum Tour Series involves docent-led site visits via Zoom to a wide variety of some of San Diego's most noteworthy museums from the Natural History Museum to the Air and Space Museum. We are even planning a virtual visit to the Smithsonian National Museum of African American History and Culture. [RSVP](#) in order to receive the Zoom link.

3) **Genealogy Series:** Check out our new Genealogy Series this year. This is a nine-part series presented via Zoom. Classes will be recorded if participants cannot attend a particular session.
4) **Let's Take a Walk** The Let's Take a Walk Series is back! To maintain social distancing, these events will not be group activities. Each walk is intended for our members to do individually.

5) **Faculty Series Lectures** on fascinating topics from the Mindfulness and Self-Compassion to Medicinal Cannabis Research.

6) We wrap it all up with our very important **Educational Series for Seniors:** The UCSD Retirement Association hosts a series of educational seminars designed to inform UCSD staff & faculty, and newer retirees, about essential aspects of retirement.

The UCSD Retirement Resource Center to move in the coming year— This time for real!

We would like to give RA members advance notice of a big change coming for the RRC. We are set to move into a new center in the coming year. The exact move date has not been set yet, but it looks it is going happen sometime before July 2021. We will move directly into our new location— which for the time being is still being kept a secret. All we can say now is that it is highly accessible, convenient, larger and much more modern than is our current space.

Knit some cute little NICU Preemie Caps

What: NICU Needs for Infant Caps and Blankets

Deliver completed items (no contact drop offs) any

Wednesday between 12:00-2:00 PM

Where: UCSD Retirement Resource Center (UC 400)

Map: <http://blink.ucsd.edu/files/HR-tab/retirement/RRCmap.pdf>



Calling all volunteers to help make knitted caps and blankets for the babies in NICU at Jacobs and Hillcrest Medical Centers. Please help us make their stay in the hospital more cozy and comfortable! Specific instructions are included in the flyer below. The caps and blankets can be dropped off (no contact drop off) every Wednesday from 12-2 PM. Please email retireelink@ucsd.edu to let us know which Wednesday you will be dropping off items so that we may place a donation box outside the front door.



We need YOU !

Click [here](#) for an informative flyer,

Free Beginner Knit Preemie Hat Pattern

<https://www.youtube.com/watch?v=ev3UkRsQu9U&t=1234s>

The babies will appreciate their lovely new warm cap.

Become a Preuss School Mentor

The Preuss School UC San Diego The Preuss School UC San Diego is designed as an intensive college preparatory educational environment for low-income students who represent the first generation in their families who would graduate from a four-year college or university. Through the application of a single-track college preparatory curriculum, small classes, tutor-assisted teaching, and a number of student supports, the Preuss School UC San Diego mission is to create a highly enriched middle and high school instructional environment. It will prepare graduates to distinguish themselves academically, in order to be competitive for admission to the University of California and other select institutions of higher learning.

What is the Mentor Program? The mentor program consists of one-on-one meetings between a Preuss student and a caring adult. Both make a one-year minimum commitment to meet weekly for 30 to 45 minutes on the school campus. Mentors and mentees are paired by shared career interest, activities, and hobbies. E-mentoring is an additional component of the Preuss mentoring program. This allows mentors and mentees to communicate via email, Skype or FaceTime, and phone calls or text when they are not able to meet on campus, during vacation periods, and potentially following graduation. Quarterly mentor meetings are held to provide ongoing mentor training, networking, and a forum to discuss and exchange ideas.

Who are Mentors? Mentors are caring adults who have a willingness to listen, encourage, guide, and inspire. They are committed to developing a supportive relationship to help Preuss students with personal and academic goals. "Come into it with an open mind and understanding that it isn't about knowing everything or even giving great advice. It's about listening, asking good questions, and seeing where things are meant to go from there." –Mentor

Logistics • Meet with mentee(s) once a week for 30-45 minutes • Minimum one-year commitment • Serve as a role model for mentees **Knowledge & Skills** • Ability to communicate with students openly and comfortably • Strong listening skills • Interest in the concerns of first-generation college-bound students • Knowledge of the college preparation process • Practical problem-solving skills and ability to suggest options and alternatives • Sensitivity to persons of different educational, economic, cultural or racial backgrounds.

Next Step: If you are interested in learning more, or in applying to become a mentor, please follow the steps listed at: <https://preuss.ucsd.edu/about-preuss/volunteer-opportunities.html#Mentors>.

President's Message

From the Cottonfields to the Academy - A Moment of Reflection

As I sat down to write my first message for our September edition of the UCSD Retirement Association Gazette, many memories began to surface. In July, I began my 2020-2021 term as the President of one of the largest Retirement Associations in the UC system. What a testament to Suzan Cioffi, her team, and the RA Board. As evident from the growth in membership, and your participation in our programs and services, we take great pride in the progress that has been made.

As I reflected on this moment, and why and how I have found myself in this space, my foundation started years ago. I grew up in the segregated South. My parents were sharecroppers. My siblings and I learned early in life about the importance of hard work, whether in the cottonfields, the classroom or board rooms. This work ethic contributed to my career mobility. Prior to retirement, I served in numerous positions. My first position was that of a Senior Clerk Typist A in the Office of Undergraduate Admissions.

While I started my career as a Senior Clerk Typist in 1972, I retired in June of 2016 as Assistant Vice Chancellor



Mae Brown, President

for Admissions and Enrollment Services. During more than forty years of service, I worked as an Academic Counselor and Co-Coordinator of New Student Orientation programs at Warren College and served as Director of Academic Advising at Thurgood Marshall College. In 1995, I was hired as the Director of Undergraduate Admissions. And, in 2003, I was appointed Assistant Vice Chancellor.

I took full advantage of campus resources, while continuing to advance professionally. I completed my undergraduate and advanced degrees while working full time. I appreciate the many role models, mentors, and the wide range of campus programs which allowed me to flourish and grow.

While I joined the UCSD Retirement Association in June 2016, my goal was to take some time off, travel and enjoy my new retirement lifestyle. However, I have

been an active member of the Retirement Association since 2018. As I assume my responsibility as President, I will work hard to bring the same level of dedication and commitment to the Retirement Association.

When the COVID19 pandemic changed the world as we knew it, I am delighted to say that it took courageous leadership, agility, innovation, the embrace of technology, and the ability to think “outside of the box” to shift all of our in-house programs and services online using the Zoom platform.

I commend the Board and the RA leadership for understanding the needs of our population, and the willingness to pursue change. This forward thinking has continued as we planned programs for the new academic year.

I encourage you to visit our Retirement Association [website](#) and look at a sampling of new programs such as Discovering UC San Diego, Virtual Museum Tours, including the National Museum of African American History and Culture in Washington, DC, hear from Manuelita Brown, renowned sculptress, participate in a Genealogy Series conducted by Matthew Xavier, Cooking Demonstrations, and Garden & Nursery tours. I encourage you to join us on this journey. We look forward to seeing you soon.

Mae Brown

UCSD Retirement Association
President, 2020-2021

See UCSD Retirement Association Fall Program Offerings at: <https://hrweb.ucsd.edu/ra/>

See an Overview of UCSD RA new Year-round Programs at: <https://retirement.ucsd.edu/activities/index.html>

Keeping up with our "Interest Groupies"

Fiction Book Club

Wed., September 30

12 PM- 2PM - via Zoom

RA members, please join us for the Fiction Book Club. The RA Fiction Book Club meets for lively discussion on the last Wednesday of each month. The September book selection is "**Hag-Seed**" by Margaret Atwood. A modern retelling of William Shakespeare's *The Tempest*, the novel centres on theatre director Felix who loses his job with Makeshiweg Theatre and is exiled from his position in society, following his betrayal by a trusted colleague.



Beginning Spanish Conversation Group



Join us via Zoom on the 2nd Monday each month, 11:30 AM-12:30 PM, for Beginner Spanish conversation group, open to RA/EA members (FREE). Do you speak Spanish? Would you like to learn? Do you need a group to expand your learning past a classroom environment or Rosetta Stone? Join our Beginning Spanish Conversation group, led by RRC staff members Vania Bailon and Ixchel Rivas Torres, to sharpen your Spanish skills and work your way towards proficiency.

Photography Interest Group

Calling all RA Amateur Photographers: The Photography Interest Group (PhIG) will meet on the third Wednesday of each month via Zoom. The next meeting will be Sept. 16, from 2 - 4 PM, to discuss and plan future PhIG photo shoots, in the San Diego area and beyond. Please join in the discussion and review members' photos, and discuss photography techniques and best practices. The PhIG is open to RA and EA members and guests.



For all Interest Groups, please register online at: <https://hrweb.ucsd.edu/ra/> or call us at (858) 534-4724.

Learning to Best Manage your Money - Two Great Learning Opportunities for You

Investments Interest Group On the 4th Tuesday of Each Month

Tuesday, September 22, from 12 PM—1:15 PM, via Zoom. Come hear fascinating presentations and gain insights into starting retirement and what to do. Our Investment Interest Group Facilitator is **Ryan Hyslop**. Ryan's kick off presentation in September will be focused on "Starting Retirement—What do I do now?"

Ryan Hyslop: CERTIFIED FINANCIAL PLANNER, Retirement Planning, Strategic Financial Planning, Investments, Risk Management, Business Exit Strategies, Estate Planning Strategies, Asset Allocation, Wealth Management, Life Insurance, Disability Insurance, Long Term Care Insurance, Series 7, Series 66.

Member Financial Forum On the 3rd Tuesday of Each Month

Tuesday, September 15, from 11 AM—12 PM
Join us in our monthly meeting occurring every third Tuesday of the month. In these meetings we will attempt to better understand our personal financial world. All participants are encouraged to introduce economic and financial subjects for group discussion. We will share opinions, insights, and concerns. The organization of the Financial Forum is member-determined and intended to give each person an opportunity to participate in the discussion, or just to listen, if they prefer. Members will discuss the current stock investing environment and other investment issues and opportunities.

Please register at <http://hrweb.ucsd.edu/ra/> or email RetireeLink@ucsd.edu, if you are having any issues. The Zoom Link will be emailed to participants the morning of each event.

UCSD Retirement Association Educational Seminars

2020-2021 * 11:45 am —1:15pm

Venue: UCSD Retirement Resource Center, in UC 400

All seminars are FREE and open to:

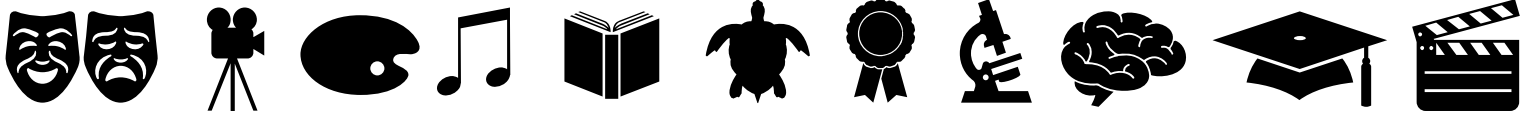
RA/EA members and current UCSD Staff & Faculty

DATE	SEMINAR	SPEAKER
Thursday, Sep. 10. 2020	Fall Prevention & Helpful Solutions	Dr. Kim Bell
Monday, Oct. 5. 2020	California's New "Right to Die" Law	Cindy Wilson
Tuesday, Oct. 6, 2020	Social Security 101	Ryan Hyslop
Monday, Oct. 12, 2020	Medicare Seminar	Ryan Hyslop
Friday, Oct. 16, 2020	Advanced Social Security	Ryan Hyslop
Thursday, Oct. 22, 2020	Estate Planning	Heidi Klippel
Wednesday, Oct. 28, 2020	Fiduciary Services Seminar	Frank Fiorito
Thursday, Oct. 29, 2020	Long Term Care 101	Jody Hubbard
Thursday, Nov. 5, 2020	Elder Abuse	Heidi Klippel
Wednesday, Nov. 11 , 2020	Home Care Challenges & Solutions	Cindy Wilson
Wednesday, Nov. 18, 2020	Senior Real Estate Options	Ron Greenwald
Wednesday, Jan. 13, 2021	Long Term Care—Policy Review	Jody Hubbard
Thursday, Jan. 21, 2021	Probate Seminar	Heidi Klippel
Friday, Mar. 19, 2021	Social Security 101	Ryan Hyslop
Monday, Mar. 22, 2021	Medicare Seminar	Ryan Hyslop
Thursday, Mar. 25, 2021	Advanced Social Security	Ryan Hyslop
Wednesday, Mar. 31, 2021	Long Term Care 101	Jody Hubbard
Thursday, Apr. 1 2021	Fall Prevention & Helpful Solutions	Dr. Kim Bell
Wednesday, Apr. 7, 2021	Home Care Challenges & Solutions	Cindy Wilson
Thursday, Apr. 8, 2021	Estate Planning Seminar	Heidi Klippel
Wednesday, Apr. 14, 2021	Senior Real Estate Options	Ron Greenwald

**UCSD Retirement Resource Center, Suzan Cioffi, Director
9500 Gilman Dr., Dept. 0020, La Jolla, CA 92093-0020**

(858) 534-4724 Email: RetireeLink@ucsd.edu Web: <http://retirement.ucsd.edu>

Discovering UCSD



September 2020—Sixth College North Torrey Pines
Living & Learning

October 8, 2020—UCSD Marijuana Research Center

October 2020—Behind the Scenes - La Jolla Playhouse

November 2020—Underground Tunnels

January 14, 2021—UCSD's Move to Division 1

January 2021—Center for Future of Surgery



February 2021—Life Sharing-Transplantation

March 2021—Supercomputer Center

March 2021—Shake Table

April 2021—Design Lab

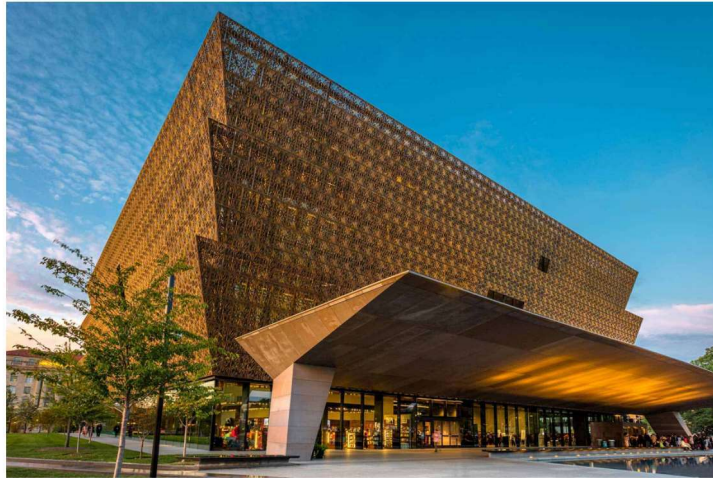
May 2021—Seventh College Presentation

May 2021—SIO Pier Tour



The UCSD Retirement Association presents

Virtual Museum Tours Series



- Sept. 2020– Natural History Museum
- Oct. 2020– Art Museum (Modern Art or Timken)
- Oct. 2020–Smithsonian National Museum of African American History and Culture
- Nov. 2020– Air & Space Museum
- Feb. 2021– Manuelita Brown’s Art
- Feb. 2021- African Museum, D.C.
- Mar. 2021– Mingei Museum
- Apr. 2021– Spanish Village (Studio Walkthroughs)
- TBD– Gemelological Society Carlsbad
- TBD– Museum of Photographic Arts
- TBD– Maritime Museum

The UCSD Retirement Association invites you to attend:

Healthy Living/ Healthy Eating Seminar with UCSD Fit Life



Join us for presentations by UCSD Recreation's Registered Dietitian, Erin Kukura, regarding healthy living and healthy eating. In these presentations Erin Kukura will discuss how to eat to help you feel your best, how to establish structure to your daily eating habits, the many factors that affect our eating habits, and how to improve your relationship with food.

Please RSVP at <http://hrweb.ucsd.edu/ra/> - You must RSVP in order to receive the Zoom link

Another great tool for healthy living is meditation. Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. It can also reduce the areas of anxiety, chronic pain, depression, heart disease and high blood pressure. The UCSD Center for Mindfulness offers free [20 minute sessions](#).

Meal Prep

Wednesday, October 14, 2020 ∞ 12:30 PM – 1:30 PM

Healthy for the Holidays

Wednesday, December 9, 2020 ∞ 12:30 PM – 1:30 PM

The Psychology of Eating

Wednesday, February 3, 2021 ∞ 12:30 PM – 1:30 PM

Nutrition Mythbusters

Wednesday, March 3, 2021 ∞ 12:30 PM – 1:30 PM

Digestive Health

Wednesday, April 21, 2021 ∞ 12:30 PM – 1:30 PM

Fuel Your Day

Wednesday, May 12, 2021 ∞ 12:30 PM – 1:30 PM

UCSD Retirement Resource Center, Suzan Cioffi, Director, retireelink@ucsd.edu

Free Meditation Sessions with the UCSD Center for Mindfulness



A great tool for healthy living is meditation. Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. It can also reduce the areas of anxiety, chronic pain, depression, heart disease and high blood pressure. The UCSD Center for Mindfulness offers free guided meditation sessions that range from 20 to 45 minutes.

You can access these sessions [here](#).

UCSD Emeriti Association

Programs for Academic Year 2020-2021

Professor Emeritus Steven Adler, Chair, Program Committee

Emeriti website: <http://emeriti.ucsd.edu/>

To attend, please [RSVP here](#)

Once you have RSVP'd, you will receive the link to the Zoom seminar.

Wed., September 9, 2020	General Meeting: "Bending the Global Warming Curve: The New Alliance Between Science, Education, Religion, and Policy" V. Ramanathan Distinguished Professor, SIO
Wed., October 14, 2020	General Meeting: "Everything is Design" Robert Brill Professor, Theatre & Dance
Wed., November 18, 2020	General Meeting: "Perspectives on Public Health: Past, Present, and Future" Cheryl Anderson Dean, Family Medicine & Public Health
Sat., December 12, 2020 12:00 PM—2:00 PM	Emeriti / Retirement Associations Annual Holiday Party
Wed., January 13, 2021	General Meeting: "Property, Psychology, and the Environment in a Warming World" Cathy Gere Associate Professor, History
Wed., February 10, 2021	General Meeting: "Artificially Intelligent Models of Cancer for Diagnosis and Treatment" Trey Ideker Professor, Medicine
Wed., March 10, 2021	General Meeting: "How (and Why) the Jerboa Got Its Long Feet" Kim Cooper Associate Professor, Biology
Wed., April 14, 2021	General Meeting: "Songs in Dark Times: Yiddish Poetry of Struggle from Scottsboro to Palestine" Amelia Glaser Associate Professor, Literature
Wed., May 19, 2021	Emeriti Association Annual Meeting "Restoring the Rule of Law Post-Trump" Harry Litman

All events are to be held via Zoom unless otherwise noted

UCSD Retirement Association Faculty Lecture Series

2020-2021 * 12:00 PM-1:30 PM

To attend, please [RSVP HERE](#)
The Zoom meeting link will be shared in
the reminder emails

All events are to be held via Zoom unless otherwise noted



Monday, September 28, 2020

"Mindfulness and Self-Compassion"

Presented by Marta Patterson, Certified MSBR
Teacher

Thursday, October 8, 2020

"Medicinal Cannabis Research"

Presented by Dr. Igor Grant, Director of CMCR

Thursday, October 15, 2020

"Music and Film"

Presented by Henry Powell, Professor Emeritus,
Pathology

Wednesday, November 4, 2020

"Betting Like a Pro: Good Bets & Bad Bets"

Presented by Rick Ord, Professor Emeritus, CSE

Friday, February 12, 2021

"The Role of race in 2020 Presidential Election"

Presented by Marisa Abrajano, Professor, Political
Science

Thursday, April 22, 2021

"Musical Theatre"

Presented by Steven Adler, Professor Emeritus, Theatre

Thursday, May 6, 2021

"Abortion and Women's Health"

Presented by Mark Appelbaum, Professor Emeritus,
Psychology

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Let's Take a Walk:

The Let's Take a Walk Series is back! To maintain social distancing, these events will not be a group activity and is intended for our members to do individually.

Please register at <https://hrweb.ucsd.edu/ra/> or email retireelink@ucsd.edu, if you have any questions

Batiquitos Lagoon Trail

August 2020

7380 Gabbiano Ln, Carlsbad, CA 92011

Out and Back, 3 miles on dirt trail

GPS (33.093701, -117.301456)

The Batiquitos Lagoon Trail hike is easy and peaceful, offering a great way to experience one of the few remaining tidal wetlands in Southern California. There's lots of wildlife, a nice mix of sun and shade, and a family and stroller-friendly path that's great for everyone



San Dieguito Lagoon – Coast to Crest Trail

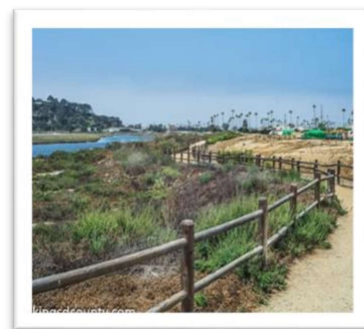
September 2020

15699-15749 San Andres Dr, Del Mar, CA 92014

Out and Back, Possible distance: 6+ miles on dirt trail

GPS (32.978398, -117.247521)

Coast to Crest Trail at the San Dieguito Lagoon is a heavily trafficked out and back trail located near Solana Beach, California that features a river and is good for all skill levels. The trail offers a number of activity options and is accessible year-round.



Rolando Village Catwalks (East County)

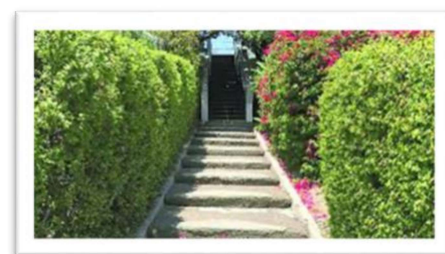
October 2020

6600 Vigo Dr, La Mesa, CA 91942

Out and Back, 2.4 miles

GPS (32.757252, -117.053019)

The Rolando Village area of San Diego, adjacent to La Mesa, also has walkways and stairways, called “catwalks” by area residents. There are 256 steps in eight segments, with more walkways than stairways. This walk is Moderate to difficult (because of the steps and rolling hills).



Batiquitos Lagoon Trail



The Batiquitos Lagoon Trail is right off of Interstate 5 in Carlsbad, making it a convenient place to connect with nature amidst interstates, tourist attractions, and other development. If you want to add a little challenge, at the end of the trail (turn back point), you can head up the hill to an overlook to get a higher-level view of the lagoon. The link to the trail description with turn by turn directions:

<https://hikingguy.com/hiking-trails/hiking-san-diego/hike-batiquitos-lagoon-trail/>

San Dieguito Lagoon – Coast to Crest Trail



Dogs are also able to use this trail but must be kept on leash. The road is flat, hard pack dirt, NO SHADE, expect other walker/bikers so have your mask at hand.

For Parking:

Option 1 – San Dieguito Lagoon Staging Area (managed by San Dieguito River Park) is open 6:00 am – 7:30 pm (this area is often frequented by transients). To arrive from I-5, exit on Via de la Valle – go EAST on Via de la Valle. Turn Right on San Andres Dr. Turn Left at the wooden sign into the staging area driveway just past the California Bank and Trust.

For trail access: Enter at the southeast corner of the staging area next to the portable toilet.

Option 2 – Street Parking To arrive turn Left on San Andres Dr. and park on the street along San Andres Dr. **For trail access:** At the interpretive kiosk at the southeast end of the street. A Portable Toilet available.

Route: Follow trail west, then south, then west again until you reach the bridge at Jimmy Durante Blvd. You can turn back here, but first make a 270 degree turn and visit the wildlife viewing

Rolando Village Catwalks (East County)



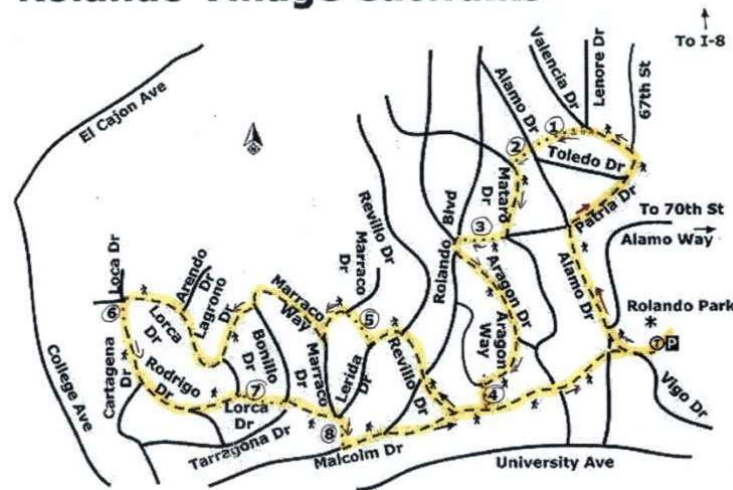
A double loop, like butterfly wings, begins at Rolando Park on Vigo Drive. The body of this butterfly is the fourth “catwalk.” Walking fast or running this route would provide a major workout. Do the walk in reverse for more uphill stairs. Highest elevation over 1000 feet; lowest elevation less than 400 feet. Dogs on leashes allowed on city streets. Facilities in Rolando Park.

To begin the walk: Begin the walk by heading north on Alamo Drive from Vigo Drive, turning right on Patria Drive and then left on Valencia Drive. At the intersection of Valencia and Lenore Drive, look left for the first “catwalk” at 0.5 mile next to the streetlight. This “catwalk” consists of four sets of stairs with a total of 45 steps. Directly across Alamo Drive is the second “catwalk,” which has no steps but heads uphill. Turn left and head down/south Mataro Drive to where Patria Drive intersects and look left to see the third “catwalk” at mile 0.7. There are only 7 steps, but it climbs uphill to Rolando Boulevard. Take an immediate left on Aragon Drive following it down to Aragon Way. Turn right on Aragon Way at 0.8 mile and look for a yellow fire hydrant. The fourth “catwalk” is here and has two sections of steps for a total of 37 steps. This completes one-half of the butterfly loop with the

fourth “catwalk” as the connecting body. This part of the butterfly wing will be complete when you head back to Rolando Park after finishing the second wing-loop.

From Malcolm Drive after passing through the fourth “catwalk” at mile 1.0, head west and then north on Revillo Drive and cross Rolando Boulevard. Head downhill and then go left on Lerida Drive and look to the right for the fifth “catwalk” at 1.2 miles. This “catwalk” is all uphill, with four sets of stairs for a total of 30 steps. At Marraco Drive at the top of the stairway, turn left onto Marraco Way, walking uphill where Bonillo Drive joins in on the left. At this point Marraco Way changes its name to Lagrono Drive. Follow it around to the right where it merges with Lorca Drive. Pass Arendo Drive on the right and at the corner of Lorca Drive and Loca Drive, look south where Loca Drive would head if it were not the sixth “catwalk” at mile 1.6.

Rolando Village Catwalks





Genealogy for Beginners

Please mail your check (payable to the Retirement Association) to: 9500 Gilman Drive, Dept. 0020, La Jolla, CA 92093-0020. Or you may also pay for this class online via the UCSD RA Online Payment Link below (Debit card payment preferred. MC and Visa both accepted): [RA Event Payment Link](#)

UCSD Retirement Resource Center, Suzan Cioffi, Director, retireelink@ucsd.edu

The UCSD Retirement Association Presents The Solar Experience

Insights into Going Solar

Thursday, September 24 12 - 1 PM Via Zoom



Sullivan Solar Power is named the “Top Southern California Residential Solar Installer” by the Panasonic Solar Partner Program and aims to lead a solar energy revolution and change the way this world generates electricity. Come join us as Sullivan Solar representative Peter Kennelly discusses the latest solar technologies, financing, and policy changes! This free seminar will cover how solar works, solar storage, and the most recent updates on energy policy and state and federal incentives. [RSVP](#) today online. This seminar will be offered via Zoom. The Zoom link will be sent to everyone who has RSVP'd by the morning of the presentation. Don't miss out.

Did you know?

If one state leads the rest of the country in setting the bar for solar, it's California: the Golden State consistently tops the Solar Energy Industries Association's list for the [best states for solar](#), having more than four times the installed capacity than the runner up (North Carolina).

The CA Solar Mandate is a new building code that requires [new construction homes](#) to have a solar photovoltaic (PV) system as an electricity source. This code, which went into effect on 1/1/2020, applies to both single-family homes and multi-family homes that are up to three stories high. The solar panel system needs to be large enough to meet the annual electricity usage of the building; given that electricity usage can be difficult to determine in new construction projects, builders use an estimate for each property that's based on the building's floor space and the climate zone in which it's located.

Please register at <http://hrweb.ucsd.edu/ra/> or email RetireeLink@ucsd.edu, if you are having any issues. The Zoom Link will be emailed to participants the morning of each event.

UCSD Center for Mindfulness: “Finding Calm in the Storm” with Marta Patterson

Friday, October 4, 2020 12:00 PM—1:30 PM via Zoom



Dealing with the coronavirus has brought on anxieties and stress but as the situation is rapidly evolving, so are the ways we learn to adapt. Join us and Marta Patterson on a session of Mindfulness and Self-Compassion, learning to find a place of rest in times of uncertainty (Finding Calm in the Storm), Mindfulness and Self-Compassion practices, and overview of all of the many classes at the UCSD Center for Mindfulness. Join us to learn more!

Keep Learning in Retirement with these new Lectures

Dr. Igor Grant—UCSD Cannabis Research Center

Thursday, Oct. 8, 2020

12:00 PM – 1:15PM

via Zoom

Please register online at <https://hrweb.ucsd.edu/ra/>
or call (858) 534-4724, if you have no online access.

Join us to hear Dr. Igor Grant introduce the research being pursued at the UCSD Cannabis Research Center. The mission of the CMCR is to accelerate high quality scientific studies intended to ascertain the medical safety and efficacy of cannabis and cannabinoid products and examine alternative forms of administration.

Igor Grant, M.D., is Distinguished Professor in the Department of Psychiatry at the University of California, San Diego School of Medicine. Dr. Grant is a neuropsychiatrist who trained at the University of British Columbia and the University of Pennsylvania before joining UCSD. As Director for the Center for Medicinal Cannabis Research (CMCR), he is also interested in the possible benefits and limitations of cannabis as a medicine. You must [RSVP here](#) to receive the Zoom Link. The link will be emailed to you the morning of the event.



Dr. Igor Grant

For all events in this newsletter, please register online at:
<https://hrweb.ucsd.edu/ra/> or call (858) 534-4724 if you do not have online access.

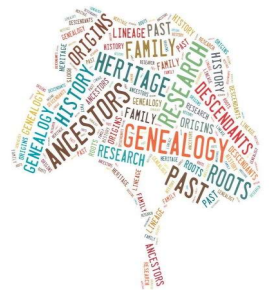
"Bending the Global Warming Curve: The New Alliance Between Science, Education, Religion & Policy" Professor Veerabhadran Ramanathan

Wednesday, September 9, 2020 ∞ 3:30 PM-5:00 PM

Join us for a presentation on the global warming curve by Professor Veerabhadran Ramanathan from the Scripps Institution of Oceanography. Professor Ramanathan discovered the greenhouse effect of CFCs in 1975 and showed that a ton each of CFC-11 and CFC-12 has more global warming effect than 10000 tons of CO₂. This discovery established the now accepted fact that non-CO₂ gases are a major contributor to planet warming and also enabled the Montreal protocol to become the first successful climate mitigation policy. For this work, he was awarded the Tyler Prize by Nobel Laureate Sherwood Rowland in 2009. He was named the UN Climate Champion in 2013; has been elected to the US National Academy and the Royal Swedish Academy which awards the Nobel prizes. Foreign Policy named him a thought leader in 2014; In 2018, he (with James Hansen) was named the Tang Laureate for sustainability science. You must [RSVP here](#) to receive the Zoom Link, which will then be emailed to you the morning of the event.



*Dr. Veerabhadran
Ramanathan*



Next Publication deadline: September 14, 2020 Editor: Suzan Cioffi E-mail: RetireeLink@ucsd.edu
The UCSD Retirement Association Office is located on the UCSD Campus in University Center Building 400
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Interest Groups : Investments IG - call (858) 534-4724

Photography Interest Group: call (858) 534-4724

Fiction Book Club: call (858) 534-4724

Spanish Conversation Group - call (858) 534-4724

— UCSD Retirement Association Calendar —

All meetings and events are conducted via Zoom

Sept.	7	Monday	12:00 PM—2:00 PM	North Coast Rep Theatre: Necessary Sacrifices
	9	Wednesday	3:30 PM—5:00 PM	"Bending the Global Warming Curve" with Prof. Veerabhadran Ramanathan
	10	Thursday	11:45 AM—1:15 PM	"Fall Prevention & Helpful solutions" with Dr. Kim Bell, DPT
	15	Tuesday	11:00 AM—12:00 PM	Financial Forum: All Things Economic and Financial
	16	Wednesday	2:00 PM—4:00 PM	Photography Interest Group
	18	Friday	12:00 PM—1:30 PM	Food Demo: "Do you know the Muffin Maid?" with Donna Mulcahy
	21	Monday	11:30 AM—12:30 PM	Beginning Spanish Conversation Group
	22	Tuesday	12:00 PM—1:00 PM	Investment Interest Group: "Starting Retirement...What do I do now?"
	28	Monday	12:00 PM—1:30 PM	UCSD Center for Mindfulness: Finding Calm in the Storm
	29	Tuesday	12:00 PM—1:00 PM	Genealogy for Beginners: Intro, Part I—Guiding Principles & Resources
	30	Wednesday	12:00 PM—2:00 PM	RA Fiction Book Club: "Hag-Seed" by Margaret Atwood
Oct.	5	Monday	11:45 AM - 1:15 PM	"California's New Right to Die Law" with Cindy Wilson
	6	Tuesday	11:45 AM—1:15 PM	"Social Security 101" with Ryan Hyslop
	8	Thursday	12:00 PM—1:15 PM	Dr. Igor Grant, UCSD Center for Medicinal Cannabis Research
	9	Friday	12:00 PM—1:00 PM	Food Demo: "Enchiladas Rapias de Queso" with Ann Skinner
	12	Monday	11:30 AM—12:30 PM	Beginning Spanish Conversation Group
	12	Monday	11:45 AM—1:15 PM	"Medicare" with Ryan Hyslop
	14	Wednesday	3:30 PM—5:00 PM	"Everything is Design" presented by Professor Robert Brill
	15	Thursday	12:00 PM—1:30 PM	"Music and Film" with Professor Emeritus Henry Powell

Non-members website: <http://retirement.ucsd.edu> / Members-only: <http://retirementassociation.ucsd.edu>

Schedule your FREE One-on-One Consultation with the UCSD Fidelity Representative

Our UCSD Fidelity Representative, Mr. Ron Appling, is available to schedule a private forty-five minute appointment via telephone or Zoom (your choice) to review your Fidelity accounts and provide investment guidance. Please send an email with subject line: **Request an Appointment** to Ron Appling at Ron.Appling@FMR.com to schedule your free, private consultation. In the email, please provide your availability.

