

Retirement Association Gazette

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NHERI Shake Table Tour

Presented by Professor Lelli Van Den Einde, PhD

Wednesday, March 6, 11:00 AM - 1:00 PM

Join us for a tour of the NHERI Shake Table led by Professor Lelli Van Den Einde. Professor Van Den Einde's expertise includes performance-based earthquake engineering and earthquake engineering data and management. Her experiments focus on large scale structures, particularly in the area of re-

inforced concrete, FRP composites, and hybrid bridges. Experiments such as these are made possible by the NHERI Shake Table, which was built as part of the Nation-

al Science Foundation's nationwide earthquake collaborative. Because of its size, being the largest shake table in the US, the NHERI shake table allows for landmark experiments, allowing for the testing of full-scale designs in near-source, severe ground motions.



RSVP at: <https://hrweb.ucsd.edu/ra/>

RSVP today!

Festive Spring Member Luncheon Come & Join Us at our "Spring Fling"

Tom Ham's Lighthouse, Wednesday, March 20



A fun part of being a member of the UCSD Retirement Association is the opportunity to continue learning by attending our fascinating faculty lectures. We've got one in March and April (page 5).

We hope that you'll join us at the Spring Lunch. This is the big fellowship event for spring, We hope to see you there!

All UCSD retirees, Association members and their guests are welcome to join us at our "Spring Fling", which serves as our Spring member luncheon, and an opportunity to celebrate the generous service to the university of our many volunteers.

Date: Wed., March 20

Where: Tom Ham's Lighthouse, Harbor Isl.

Social: 11:45 AM

Lunch: 12:30 PM

Cost: \$22 per person

Send check (payable to the Retirement Assn.) for \$22 per person to:

**UCSD Retirement Assn.
9500 Gilman Dr., 0020
La Jolla, CA 92093-0020**

We'll enjoy a delectable luncheon buffet, lively **Gershwin** tunes played by our favorite pianist, **Danny Green**, and a program honoring our many Retirement Assn. volunteers.

**Bring a friend!
Don't miss this
delightful event.**

Calling all Volunteers...

*Serve at the UCSD
International Café
Friday, May 17, 2019*

The UCSD Retirement Association is once again sponsoring this popular volunteer event, serving up a delicious international luncheon. Volunteers are needed to work from 11:30 AM until approximately 1:30 PM. Volunteers greet café guests and help serve the lunch. Free parking and a free lunch are offered to all volunteers. The International Café is now at the Great Hall. Over 200 students, faculty, researchers, and staff from all over the world attend this informal lunch at UCSD's International Café at the Great Hall. Be a part of the fun and help out. Please RSVP online at:

<https://hrweb.ucsd.edu/ra/>



We need YOU !

ENGLISH IN ACTION (EIA) TUTOR PROGRAM!

Be a global citizen right here at UC San Diego! Volunteer with the English in Action Program to:

- Help international students, scholars and spouses with conversational English
- Create long-lasting friendships.
- Learn about other cultures
- Develop skills needed for a successful transition into diverse and global communities



No previous experience necessary! We only ask that volunteers make a year-long commitment to meet with their students once a week.

To apply or for more information, visit our website: <http://icenter.ucsd.edu/ispo/programs/eia/index.html>

If you have any questions or comments, please send an email to: iprograms@ucsd.edu.

Get the right amount of Email Notices coming your way... Subscribe to the Listserv which best fits your needs.

UCSD Retirement Association has three listservs for you to choose from:

Listserv # 1 - You will receive one, and only one email per month ... a link to the newest issue of the UCSD Retirement Association Gazette. Usually our members who live outside of the area most often choose this listserv. They enjoy reading the Gazette, but live too far away to participate in our many program offerings.

Listserv # 2 - You will receive a link to the RA Gazette, plus all Benefits news, as well as e-flyers for all upcoming RA events, programs and activities. Subscribers to this listserv typically receive about 35 emails each month.

Listserv # 3 - You will receive a link to the RA Gazette, plus all Benefits news, all RA event and program e-flyers, as well as relevant campus e-flyers. Subscribers to this listserv typically receive between 200 and 300 emails each month.

Are you on the right listserv for your needs?

If you wish to change your listserv preference, please send an email to RetireeLink@ucsd.edu, and ask to be moved to the Listserv of your choice (1, 2 or 3, as defined above). **If you do not wish to change your listserv subscription, there is NO NEED to email us!**



President's Message

I recently read about “super-agers”, individuals who function and behave younger and healthier than you'd expect for their chronological years, sometimes in defiance of their objective medical tests.

Joel Kramer, PsyD, director of the neuropsychology program at UCSF's Memory and Aging Center gives an example of a “super-ager”. The man was an 80+ year old whose brain scan showed atrophy, with areas of dead patches riddled throughout, suggesting he had suffered mini-strokes associated with cognitive decline. Yet the man was thriving. His cognitive test scores were impeccable, and he was high functioning in everyday life. So why was this person, whose medical tests said he should be impaired, doing just fine? His attitude was keeping him alive and young at heart. He **volunteered** in his community, was busy with organizations and projects, was socially engaged with friends and family, he expressed gratitude for what he had, and really seemed to be enjoying his life. This ability to thrive and be vigorous and dynamic as we age, in part seems to be a function of attitude. Mind over matter. Here are some steps to become a “super-ager”.



Embrace aging and let your wisdom shine. Volunteering is a good way to accomplish this.

Quit the negativity. Just having a negative attitude makes us more stressed, which activates biochemical cascades that may accelerate aging.

Move more. My mantra: If you want to keep moving, you have to keep moving. Exercise not only promotes cardiovascular health, but leads to the production of more brain cells, and promotes a sense of wellbeing.

Meditate.

You can engage in all these steps with the UCSD RA, but the one I want to focus on is volunteering. We are an organization of volunteers. I can honestly tell you volunteering with the RA has been great fun and brought me a wealth of new activities and friends. You can volunteer with us, or you can get out and volunteer in your own

way in your community, but I encourage you to volunteer.

In a few weeks the RA's Annual Spring Fling will celebrate our volunteers. Even if you have not volunteered, come and show your thanks and support to those who have served the UCSD RA. Our board members, committee members, presenters (including the food demo cooks), and special interest leaders are volunteers. Volunteers staff our membership tables, represent us at campus events and help in many other ways. I want to offer a special thank you to **Marguerite Jackson, Ph.D.**, who has been our voice at the Council of University of California Retirement Associations (CUCRA) for the past 9 years. She fought for us on several important matters, including our healthcare premiums; and will soon be moving on to pursue other volunteer opportunities in the community. Be socially active and involved. You are welcome to bring a guest to our events, except for those events which are restricted to members only due to space constraints (food demos and international films) or restricted by the sponsor (some of our discounted tickets).

In the words of Wayne Dyer -- Attitude is everything, so pick a good one. Sue Dreier



For all events on these two pages, please RSVP online at: <http://www-hr.ucsd.edu/go/ra> or call (858) 534-4724, if no online access.

“The Bold, the Corrupt & The Beautiful” Chinese Film Presented by Professor Yingjin Zhang

**Saturday, March 2 ∞ 2 PM - 5 PM
at the UCSD Retirement Resource Center**

Join other RA and EA members for our next film, which will be a Chinese drama presented by Yingjin Zhang, Distinguished Professor of Modern Chinese Literature. “**The Bold, the Corrupt and the Beautiful**” is a 2017 Taiwanese crime drama. Madame Tang, the wife of a general, is an antique dealer who lives in a mansion with her two daughters. Dealing with high ranking government officials and the rich, their lives are disrupted when the family of their close friend is murdered. Soon, the murder escalates into a game of survival between those who are involved, in which the person with the last laugh is the winner. Bring a snack to share. Be sure to RSVP: <https://hrweb.ucsd.edu/ra/>.



As part of the San Diego Agricultural Wonderland Series:

California Spirits Company Tour (2 tours)

Friday, March 8

3:00 PM-4:30 PM and 5:30 - 7:00 PM

382 Enterprise St Ste 104, San Marcos, CA 92078

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

Come join fellow Retirement Association members for a group guided tour of the California Spirits Company which is a micro-distillery that makes whiskey, rum, vodka, gin, and other specialty products. Recently, the California Spirits Company has been contracted by Misadventure & Co. to make their famous vodka that is distilled from leftover baked goods such as breads and cakes. Learn all about alcohol production at this working distillery! Please note that there will be **two tours** given on this day: **one at 3:00 PM and another at 5:30 PM. Please do not register**



for both tours in order to ensure that others will be able to go. Be sure to RSVP today!



Sandy Lakoff, Professor Emeritus

Friday, March 8, 2019 Ω 11:45 AM–1:15 PM

UCSD Retirement Resource Center (UC 400)



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

Join other UCSD Retirement Association members for a lecture by Professor Sanford Lakoff as he discusses how modern or liberal democracy has become the model for most of the world. Based on universal suffrage, with guarantees for liberty, a strong civil society, and a regulated market economy, every country had its own version but they were alike enough to allow for increasing peaceful integration. Today, democracy is under assault here and elsewhere, divisive nationalism is a rising force, and authoritarian alternatives like the Chinese model are gaining influence. Why has this happened and how can democracy be reinvigorated?

Professor Emeritus Sandy Lakoff serves as the Editor of Chronicles, newsletter of the UCSD Emeriti Association. He is the recipient of the 2008 Dickson Award, of the 2018 (UC-wide) Constantine Panunzio Award, and of the 2018 Revelle Medal.



BREXIT, Crashing Out of the EU

Presented by Professor Henry Powell
Wednesday, April 17, 11:45 AM - 1:15 PM,
at the UCSD RRC (UC 400)

Please join other UCSD Retirement Association members for a lecture by Professor Emeritus Henry Powell as he discusses the initial aftermath of the UK's exit from the EU. After years of contention, the BREXIT movement had reached a critical turning point with the UK's official exit. However, the uncertainty caused by this separation has only been exacerbated by the insistence of a "hard exit", marked by a refusal to compromise on aspects such as borders, law, or money with the EU. Join Professor Powell as he discusses the consequences this approach has had on Britain's formative first few days after leaving the EU, as well as what the future will hold for both Britain and the EU as a result.

Investment Interest Group

Join us at the most popular interest group: the *Retirement Association Investments Interest Group*.

We meet on the fourth Tuesday of each month to continue our study and discussion of hot current investment topics with our Investment Group Facilitator, Ryan Hyslop, Certified Financial Planner, of Morgan Stanley. This month the topic will be "**Maximizing your Retirement Income**". Join us at our next meeting, Tue., March 26, in UC 400, from 11:45 AM to 1:15 PM. **Come early to find parking.**

This group is open to current staff and faculty, members of the UCSD Retirement and Emeriti Associations, and their guests. Please RSVP online to attend at: <http://www-hr.ucsd.edu/go/ra>



Investment Interest Group Meets Tue., March 26 11:45AM-1:15PM

Spanish Conversation Group

Join Maestra Irene Serrano at the RRC, 10—11AM each 2nd Monday of the month for an hour of Intermediate Spanish Conversation. New intermediate level members welcome. RSVP online at: <http://www-hr.ucsd.edu/go/ra> or call (858) 534-4724.

Photography Interest Group

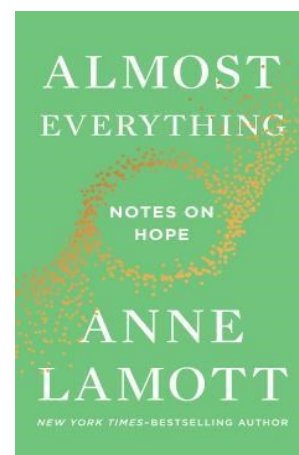
The next meeting is Wednesday, April 17, from 2PM-4PM at the RRC. Join other members who share your passion. **No March meeting.** RSVP: <http://www-hr.ucsd.edu/go/ra>

RA Fiction Book Club

The next book club meeting will be held on Wednesday, March 27, from noon to 2:00 PM at the 94th Squadron, located at 8885 Balboa Avenue. Join us, and join in the interesting discussions we hold. Please submit your RSVP online at:

<http://www-hr.ucsd.edu/go/ra> or call (858) 534-4724.

The March book selection for is: "**Almost Everything, Notes on Hope**", by Ann Lamott.



Let's Take a Walk

**Friday, March 29
9:15 - 11:30 AM**

**The Secret Stairs of La Mesa
(GPS 32.763575, -117.022720)**

Come join your fellow RA members as we take beautiful walks around San Diego. Ready to go up and down some stairs? Meet us at the Secret Stairs. Short walk, one loop (1.1 mile) 549 stairs. The walk provides nice views and a good aerobic workout. There is metered parking on La Mesa Blvd (75 cents/hour, bring quarters). There are no facilities. The nearest restroom is Starbucks in La Mesa Springs Shopping Center. Bring water, ID, hat, sunscreen and dress in layers. If you RSVP'd and won't be attending, please CANCEL so we don't wait for you.



Let's Take a Walk

**Sunday, April 7
9:15 - 11:30 AM**

**The Triton 5K Run/Walk
in support of our
Chancellor's Scholars!**

It's so easy to register online. To join the **UCSD Chancellor's Scholars team for the Triton 5K** go to: <https://5k.ucsd.edu/s/1170/bp17/home.aspx> Click on REGISTER NOW in the top of the page. Once you enter your personal registration information on this page, click NEXT at the bottom of the page. This will take you to the next page. There it will ask if you'd like to join a TEAM? Click on the drop-down box, and scroll down to select the **Chancellor's Scholars Team**. Complete your registration and pay. NOTE: You DON'T have to run or walk, if you'd rather not. You can still support the team, and student scholarships, by registering to participate for only \$40.

Since it was established in 1996, the Triton 5K (formerly the Chancellor's Challenge 5K Run/Walk for Scholars) has **raised more than \$ 4 million**, benefiting more than 1,000 motivated ambitious students.

UCSD Retirement Association Educational Seminars - for 2019

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

Please register on-line: <https://hrweb.ucsd.edu/ra/>

Tues., Mar. 5 — Military Aid and Attendance Benefits Presentation

Fri., Mar. 8 — “Challenges to Democracy” with Professor Sanford Lakoff

Wed., Mar. 13 — Five Keys to a Happy and Fulfilling Retirement

Fri., Mar. 15 — Social Security 101, Ryan Hyslop, CFP

Mon., Mar. 18— Medicare, Ryan Hyslop, CFP

Tues., Mar. 19 — Robots in Agriculture

Wed., Mar. 21 —Advanced Social Security with Ryan Hyslop, CFP

Tues., March 26 — Maximizing Your Retirement Income, with Ryan Hyslop, CFP

Wed., March 27 — Long Term Care 101 Seminar with Jody Hubbard

Thurs., March 28— Fall Prevention and Helpful Solutions with Kimberly Bell

Mental: Food is Mood - The Nutritional Connection with Vicky Newman, MS, RD

Friday, April 5 ∞ 11:45 AM to 1:15 PM

Your mood is affected by what, when, and how you eat. There's even a trendy, new term to describe the crankiness we feel when we haven't eaten all day – the word is hangry, and it perfectly sums up the connection between food and mood. What many of us might not be aware of, though, is the extent to which our emotional well-being is impacted by our dietary habits, often on a long term basis. It's not just about skipping meals. It's about the quality of the food we eat and the nourishment – both nutritional and emotional – we receive from it.



Join us and registered dietician Vicky Newman to learn more. All seminars are FREE to RA/EA members and their guests, and to current UCSD Staff & Faculty.

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

Advance Sale for the April 29 Camera Lucida Concert

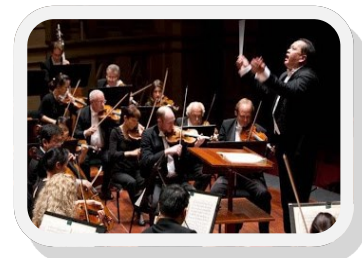
Concert Date: Monday, April 29, 7:30 PM,

Music: Mozart and Beethoven

We've got a block of discounted tickets (only \$17 each!) just for our members, for this fabulous Concert in the beautiful Prebys Music Hall. Please mail in your check (payable to the UCSD Retirement Assn.) by 4/15, to get these discounted tickets.

They will play the Mozart Piano Quartet in E-flat Major, Beethoven String Quartet in G Major, Opus 18, No. 2, and the Mozart Quintet for Clarinet and Strings in A Major, K-581.

Please mail your check to: UCSD Retirement Assn., 9500 Gilman Dr., Dept. 0020, La Jolla, CA 92093-0020.



The UCSD Retirement Association Office is located in the center of the UCSD Campus, in University Center Building 400

Mailing Address: UCSD Retirement Association, 9500 Gilman Drive, Dept. 0020, La Jolla, CA 92093-0020

Phones: Retirement Association Office: (858) 534-4724 FAX: (858) 534-3767

Annuitants' Benefits Information: (800) 888-8267 PERS Information: (888) CalPERS or (888) 225-7377

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Vice President Ann Skinner
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Mona Sonnenshein
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Equilla Luke
Harold J. Walker

Ex-Officio: Marguerite Jackson, CUCRA Representative and Suzan Cioffi, Director, UCSD Retirement Resource Center

UCSD Retirement Association Calendar

Mar.	1	Fri.	11:45AM - 1:15PM	Meditation Class with UCSD FitLife	UCSD-RRC Conf. Room
	2	Sat.	2:00PM - 5:00PM	Film "The Bold, the Corrupt, & the Beautiful"	UCSD RRC Conf. Room
	4	Mon.	9:00 AM - 3:00PM	Fidelity One on One Appointments	UCSD RRC Conf. Room
	5	Tues.	11:45AM - 1:15PM	Military Aid & Attendance Benefits	UCSD-RRC Conf. Room
	6	Wed.	11:00AM - 1:00PM	NHERI Shake Table Tour	Englekirk Structural Engineering Ctr.
	8	Fri.	11:45AM - 1:15PM	"Challenges to Democracy"	UCSD-RRC Conf. Room
	8	Fri.	3:00 PM - 4:30PM	CA Spirits Company Tour # 1	382 Enterprise St Ste 104, San Marcos
	8	Fri.	5:30PM - 7:00 PM	CA Spirits Company Tour #2	382 Enterprise St Ste 104, San Marcos
	11	Mon.	10:00AM - 11:00AM	Spanish Conversation Group	UCSD-RRC Conf. Room
	12	Tues.	9:45AM - 10:15AM	RA Volunteer Committee Meeting	UCSD-RRC Conf. Room
	12	Tues.	10:00AM - 11:30AM	RA Board Meeting	UCSD-RRC Conf. Room
	12	Tues.	11:30AM - 12:00PM	RA Nominating Committee Meeting	UCSD-RRC Conf. Room
	12	Tues.	12 noon - 1:00PM	RA Program Committee Meeting	UCSD-RRC Conf. Room
	13	Wed.	12 noon - 1:00PM	Five Keys to Happy & Fulfilling Retirement	UCSD-RRC Conf. Room
	13	Wed.	3:30PM - 5:00PM	"Understanding Nature Holistically with	Faculty Club
	15	Fri.	11:45AM - 1:15PM	Social Security 101 with Ryan Hyslop	UCSD-RRC Conf. Room
	18	Mon.	9:00AM - 3:00PM	Fidelity One-on-One Appointments	UCSD-RRC Conf. Room
	18	Mon.	11:45AM - 1:15PM	Medicare Seminar	UCSD-RRC Conf. Room
	19	Tues.	11:45AM - 1:15PM	Robots in Agriculture, Lecture	UCSD-RRC Conf. Room
	20	Wed.	11:30AM - 2:30 PM	Spring Fling Luncheon	Tom Ham's Lighthouse
	20	Wed.	2:00PM - 4:00PM	Photography Interest Group	UCSD-RRC Conf. Room
	21	Thurs.	11:45AM - 1:15PM	Advanced Social Security	UCSD-RRC Conf. Room
	22	Fri.	12 noon - 2:00PM	Classic Spanish Paella Food Demo	UCSD-RRC Conf. Room
	26	Tues.	11:45AM - 1:15PM	IIG: Maximizing Your Retirement Income	UCSD-RRC Conf. Room
	27	Wed.	11:45AM - 1:15PM	Long Term Care 101 Seminar	UCSD-RRC Conf. Room
	27	Wed.	12 noon - 2:00PM	RA Book Club "Almost Everything..."	94th Aero Squadron
	28	Thurs.	12 noon - 2:00PM	North County's Flower Fields	The Flower Fields
	28	Thurs.	11:45AM - 1:15PM	Fall Prevention and Helpful Solutions	UCSD-RRC Conf. Room
	29	Fri.	9:30AM - 11:30AM	Lets Take a Walk: Secret Stairs of La Mesa	La Mesa Blvd and Acacia Ave