Brain Changers 365 with Alisha Solan
Thursday, Oct. 4, 2018 @ 11:45 AM - 1:15PM
at the 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 fellow Retirement Association members to learn more about Brain Changers 365, a book with a daily collection of activities to expand your brain’s potential. These exercises are designed to stimulate different mental functions. Readers will find a year’s worth of activities to support inspirational thinking, personal memory, and recall among other skills. Alisha Solan is a Communication professor and has a strong background in mind-body wellness, holistic workshops and fitness classes. Be sure to RSVP today!

September 2018
Volume 38, Issue 97

Retirement Association Gazette

UCSD Retirement Association Offers an Amazing Array of Programs for Members!

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 on the wall to help keep track of your activities.

1) SD, Agricultural Wonderland. With a wide variety of site visits and themed lectures around San Diego’s position as a powerhouse agricultural area of the country. Full details for this series are listed on the insert.

2) Hazards at Our Doorstop. This series includes amazing talks and visits around the theme of Hazards. More to come.

3) International Films: We’ve got an exciting line-up with international films and great presentations on the set for the entire year!

4) iPhonography Award-winning photographer, Kim Signoret-Paar will help you learn how to take terrific photos, with links to most pages.

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

Lectures on fascinating topics from the 150th Birthday Celebration for UC to Skin Grafts, Cancer, BREEX-IT, Nationalism, Theater, Altitude Sickness. 6) HEALTHY LIVING /HEALTHY EATING With Vicky Newman, long-time chefretirement of the UCSD Moores Cancer Center. This series also includes one free meditation session per quarter.

7) FOOD DEMOS Member presentations of interesting and exotic food demonstrations.

8) ACTIVE LIVES With Let’s Take a Walk, Social Dancing, Tai Chi, Martial Arts & Swimming!

9) We wrap it all up with our very important Educational Series for Seniors: With presenters on every critically-important and age-related topic.

First Camera Lucida Concert
Mon., 10/01, 7:30 PM, at publication, no program info yet.
We’ve got a block of discounted tickets (only $17 each!) just for our RA members, for the first Camera Lucida Concert. We’ll email program info once published. Mail your check by 9/15, to get one, or a pair of our discounted tickets (members only). Pick up tickets at the UCSD Retirement Assn. Will Call desk in the Prebys Music Center lobby on the night of the concert. Mail your check (payable: UCSD Retirement Assn) to: UCSD Retirement Assn, 9500 Gilman Dr., Dept. 0020, La Jolla, CA 92093-0020.

Art & Music
One of our member favorite social events are our Art & Music Soirées. The fall Art & Music Soirée is all set for 4 - 7 PM, on Wed., September 26th.

Don’t miss this very lovely event, where we celebrate our many talented RA/EA artists.

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Calling all Volunteers

Serve at the UCSD International Café
Friday, October 26

The UCSD Retirement Assn. is once again sponsoring this popular 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 moves to the Great Hall this fall. 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. Register online to volunteer. See reg site below:
https://hrweb.ucsd.edu/ra/

Be a Global Citizen right here at UCSD!

As local communities become increasingly internationalized, more opportunities exist to be a global citizen at home. The UC San Diego International Center’s American English in Action Tutor Program is one of many opportunities at the International Center for volunteers to meet with international students, scholars, post docs, researchers and their spouses to help improve their English conversation skills. No previous experience is necessary. The only requirement is your willingness to meet with a tutee once a week for an hour or two for one year.

The benefits of conversations with international guests are plentiful for both parties. Not only do the guests improve their English conversation skills, but both parties contribute to deepening the relationships of humanity thereby gaining a greater respect and appreciation for other cultures.

Take responsibility and become a member of the global society today! For more information, please contact the Program Coordinator: iprograma@ucsd.edu or by calling (858) 534-0603. Apply online at:
http://lapis.ucsd.edu/programs-events/iaa/index.html Want-to-be-a-tutor?

We need YOU!

Fall Art & Music Soirée
Wednesday, Sept. 26
4 - 7 PM

Please join us for our special evening event at which we celebrate a new group of Retirement and Emeriti Association artists, on Wednesday, September 26, from 4 to 7 PM at the UCSD Retirement Resource Center, located in 400 University Center.

This special event is free and open to the public, so please feel free to invite your friends to attend. This event is scheduled a day before fall quarter begins, so parking in the Gilman Parking structure should be readily available. All we ask is that you RSVP, letting us know how many are in your party. Please use the online RSVP system (see RSVP link at the bottom of this page), or call us at (858) 534-4724. Our fall artists include Elizabeth Refn (Oil paintings), Robert Clark (Paintings), Janene Farmer (Paintings), Joyce McHugh (Photography), and Peggy Magde (Handicrafts).

Jose Smith will entertain us at the Soirée with his Paraguayan Folk Harp and accordion on the music terrace.

Enjoy delicious hors d’oeuvres and refreshments, listen to the artist presentations, and enjoy the lively camaraderie with fellow members and guests.

Please RSVP by September 18, so that we can plan to have sufficient refreshments for everyone.

Open to the Public Free at the RRC

Fall Prevention and Helpful Solutions, Kimberly Bell

—

Three Wednesdays: Sept 12, Sept 19, and Sept 26
12:00 PM - 1:00 PM

Join Belinda Davie, RN, a UC San Diego health educator, as she discusses strategies to prevent falls and how to have a healthy balance of mobility and independence. This program is free and open to the public. For more information, please contact Belinda at (858) 534-4724.

Thulium Laser Prostate Treatment, Jody Hubbard

—

Tuesday, September 25
5:30 PM - 7:30 PM

Join David Whitmore, MD, as he discusses the benefits of the Thulium Laser Prostate Treatment. The Thulium Laser is the world’s leading treatment for enlarged prostate glands (benign prostatic hypertrophy) and is part of the RRC’s monthly educational series at the UCSD Retirement & Emeriti Association. The program is free and open to the public. For more information, please contact Jody at (858) 534-2377.

Thai Food Demo

Friday, October 19
11:45 AM - 1:15 PM

Join Sawanee Stubber as she presents a delicious and authentic Thai food demonstration. The cost for this event is $5.00, payable to the UCSD Retirement Assn. for all R & EA members. For more information, please contact Sawanee at (858) 534-4724.
Hazards at our Doorstep series  - Two events on tap in September

Insurance Coverage for When the Worst Happens What Coverages Should You Have?
Presented by Alexis Aldaz, Insurance Broker
Wednesday, Sept. 19 11:45 AM—1:15 PM

Proper insurance coverage is essential because life is full of unforeseen occurrences. Make sure you are not caught off guard and are properly insured with insurance coverage that best fits your needs. It is important to find an efficient insurance policy that will protect you in the event of a calamity. Alexis Aldaz, an Insurance Broker from Farmers Insurance, will lead a discussion on which coverage will best suit you and how to navigate the different types of insurance coverages. Be sure to RSVP today!

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.

Seismic Hazards in San Diego
Dr. James Gingery, PhD, PE
Mr. Alvaro Celestino, PE, SE,
and Dr. Tony Sanchez, PhD, PE
Thursday, Sept. 27, 11:45 AM—1:15 PM

What factors cause one building to stay intact in an earthquake while the one next door does not? Our presenters will explain what factors increase or decrease the risk of earthquakes damaging property. With topics ranging from construction to local geology, you will learn the risks and consequences of infrastructure breakdown. Moreover, you will see how vulnerable San Diego is with these risks in mind. See how you can prepare for the future.

New Face the Music Series
Presented by Professor Emeritus Henry Powell
First Presentation Date: Sept. 24th

Join Professor Emeritus Henry Powell in a discussion about an upcoming concert held by the San Diego Symphony. The discussion is to learn more about the history and nuances of the music before the concert in order to enjoy and appreciate the music more.

The goal is to incorporate each of these steps into your life each day. If you don’t get around to doing all steps every day, recognize the importance of the very first step. Gentleness. Be gentle and forgiving of yourself. Don’t beat yourself up for what you didn’t do. After all, as Scarlett O’Hara said at the end of Gone With The Wind “tomorrow is another day.”

Remember that you determine what constitutes completing any of these. You don’t need to climb mountains or run marathons to achieve accomplishment. You define accomplishment for you.

Another important thing to remember is that one activity can fulfill multiple categories. For example, the RA’s Let’s take a walk: it’s exercise, but it is also an accomplishment, provides a chance for social interaction, a sense of pleasure and afterward you’re ready to relax. Another example is coming to or presenting a food demo—definitely fulfills pleasure and social, possibly even accomplishment and exercise, depending on how far away you had to park. Want to learn to relax? Come to the meditation sessions offered in the healthy living series.

Put some grapes in your life. Explore the vast offerings in this issue of the Gazette, then bookmark and check the RSVP site, as new events are posted throughout the year https://hrweb.ucsd.edu/ra/
Enjoy your GRAPEs!

Sue Dreier, President
San Diego Retirement Association's two major series, "Hazards at Our Doorstep" and "Cultural Wonderland". In the agriculture series you will have the opportunity to gain a better understanding of the importance of agriculture to our local economy, you will also have a chance to pick some apples, taste some wine, visit a farm, visit a camel dairy, and tour a beehive and more. In the Hazards series, you can determine if you have enough insurance, prepare for wildfires, ascertain the dangers of extreme heat events, understand the seismic dangers in San Diego, recognize public health risks, understand the risks of nearby nuclear waste storage and more.

But let’s get back to grapes. Grapes are a wondrous fruit. They not only make wine, but they are sweet and juicy and whole grapes bring the added benefit of healthy fiber. They are also filled with nutrients, flavonoids, and polyphenol antioxidants. They purportedly reduce the risk of heart disease and support a healthy heart by relaxing blood vessels to maintain healthy blood flow. Grapes have even been shown to improve mood. Want to learn more about healthy eating? Be sure to attend the Health Living/Healthy Eating Seminars.

Now let me talk a little about the other GRAPEs, which are even more important. The acronym GRAPEs, a self-help tool to improve and maintain mental health. G—Gentleness be gentle and forgiving of yourself (don’t beat yourself up or be your own worst critic) R—Relaxation do at least one relaxing thing a day even if it is only taking a few deep cleansing breaths A—Accomplishment anything that makes you feel good about your abilities P—Pleasure do something each day that brings you pleasure E—Exercise get 30-60 minutes that gets your heart going S—Social interact with positive people (in person is best)

Join members for a joyful day of apple picking at Volcan Valley Apple Farm! One of the largest orchards in the region, the farm grows seven varieties of apple trees, ranging from popular favorites like Gala, Golden Delicious, Empire and Fuji to lesser known varieties such as Jonathans, Gravestein, and Pippin. All you need to start apple picking is a large multi pound bag, which comes at only $12 per person. Afterwards, we’ll lunch at Jeremy’s On the Hill, which is dedicated to serving Farm to Table cuisine at gourmet quality, using ingredients from local farms, ranches and wineries. Carpool to the event, with a departure time of 9:30 AM. Have $5 in cash on hand to give to your carpool driver. Return to the RRC expected to be about 2:45 PM. Please mail your check (payable to the UCSD Retirement Assn.) by Sept. 7, to: UCSD Retirement Assn., 8900 Gilman Dr., Dept. 0020, La Jolla, CA 92037-0020. Please include a note with your check to let us know if you plan to drive directly there, or if you prefer to carpool from the RRC. Tell us if you are willing to drive others as well.

Apple Picking at Volcan Valley Apple Farm and Lunch at Jeremy’s On the Hill Friday, September 21, 2018 10:30AM–2:45 PM
Group luncheon at Jeremy’s on the Hill 12:30 PM–1:45 PM
(Carpooling available from the UCSD RRC)

When the Worst Happens
Insurance Coverage for
What Coverages Should You Have?

President’s Message
September always make me think about grapes. Maybe it’s because of the summer I spent working in Sonoma, CA. It was September and the grapes were still on vine, almost ready to harvest, when the growers were confronted with two plagues; wildfire and then rain, which dilutes the sugar content of grapes, reducing their value. That experience makes me think about the UCSD Retirement Assn.’s two major series for this year, “San Diego, Agricultural Wonderland”, and “Hazards at Our Doorstep”. In the agriculture series you will have the opportunity to gain a better understanding of the importance of agriculture to our local economy, you will also have a chance to pick some apples, taste some wine, visit a farm, visit a camel dairy, and tour a beehive and more. In the Hazards series, you can determine if you have enough insurance, prepare for wildfires, ascertain the dangers of extreme heat events, understand the seismic dangers in San Diego, recognize public health risks, understand the risks of nearby nuclear waste storage and more.

But let’s get back to grapes. Grapes are a wondrous fruit. They not only make wine, but they are sweet and juicy and whole grapes bring the added benefit of healthy fiber. They are also filled with nutrients, flavonoids, and polyphenol antioxidants. They purportedly reduce the risk of heart disease and support a healthy heart by relaxing blood vessels to maintain healthy blood flow. Grapes have even been shown to improve mood. Want to learn more about healthy eating? Be sure to attend the Health Living/Healthy Eating Seminars.

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R—Relaxation do at least one relaxing thing a day even if it is only taking a few deep cleansing breaths
A—Accomplishment anything that makes you feel good about your abilities
P—Pleasure do something each day that brings you pleasure
E—Exercise get 30-60 minutes that gets your heart going
S—Social interact with positive people (in person is best)
Keeping up with our “Interest Groupies”

Fiction Book Club
Wed., September 26
12 - 2:00 PM – 94th Squadron

RA members, please join us for the Fiction Book Club. The RA Fiction Book Club meets for lunch and lively discussion on the last Wednesday of each month. The September book selection is “Falling to Earth” by Kate Southwood, and the group will meet at 12 PM at the 94th Squadron on Aero Drive. Please join us! Please sure to RSVP on line, for a head count.

RSVP on line, for a head count.

Photography Interest Group
Calling all RA Amateur Photographers: The Photography Interest Group (PhIG) will meet on the third Wednesday of each month at the RRC (UC400). The next meeting will be Sept. 19, 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.

Spanish Conversation
Join us at the RRC the 2nd Monday each month, 10 -11 AM, for Intermediate Spanish conversation group. (FREE for RA/EA members).

Investments Interest Grp.
Tuesday, September 25, from 12-1:15 PM, in the RRC (UC 400). Come hear fascinating presentations and gain insights into what’s going on in the markets now, and learn how to best grow and diversify your retirement nest egg. Our IIG Facilitator is Ryan Hyalog.

UCSD Retirement Association’s AG Wonderland Series
San Diego’s Development into a Small Farm Powerhouse
with more small farms than any other county in the country!
Eric Larson, San Diego Farm Bureau

UCSD RRC (UC 400)

Come join other RA members in kicking off the San Diego Agricultural Wonderland Series with a presentation from Eric Larson, Executive Director of the San Diego Farm Bureau. Working in San Diego County’s agricultural industry since 1971, Larson has also served as an administrator for the San Diego Regional Irrigated Lands Group and as a founding member to the San Diego Food Systems Alliance. Eric Larson has spent his entire career working in local agriculture, including 34 years at the helm of nonprofit organizations that assist local farmers and 13 years as a general manager for an agriculture cooperative. Join us to see how farming and agriculture form an intrinsic part of San Diego County’s identity. RVSP today at the link below.

Here is a special offer for RA members!
Fred Astaire Dance Classes

Get ready for holiday parties, your next cruise, or progeny’s wedding!

No partner needed! Learn three basic social dances:
- Rumba (slow tempo)
- Fox trot (medium tempo)
- Swing (fast tempo)

Every Wednesday - 2:00 - 2:45 PM,
Studio location: 8303 Clairemont Mesa Boulevard,
Suite 205 (Up one flight of stairs).
There is ample free parking available right outside the studio.

Special offer for Retirement Association members:
Only $10 per person or $15 per couple!
Pay at the studio, one session at a time, or for several sessions in advance.

This is a fun way to get your exercise in!

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

Developing Your Eating Plan
with Vicky Newman, MS, RD
Friday, October 5, 2018
11:45 AM - 1:15 PM at the RRC

This is an interactive workshop that will help participants evaluate their diet for key nutrients, and to design a personalized meal plan containing the right balance of foods to maximize their health and energy level. The focus will be on anti-inflammatory foods and low glycemic load eating plans. Tools will be provided to help participants determine if they are getting enough protein, fiber, and calcium. They will also learn to calculate their vegetable, fruit, and fat intake to see how they are doing as related to current guidelines. These seminars are FREE to Retirement and Emeritus Association members and current staff and faculty.

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Check out the new
UCSD Retirement Association
Website  http://retirement.ucsd.edu
With ALL NEW Program Information for 2018-2019!

Organization: Meet the UCSD Retirement Association’s Board of Directors on this page, and see previous Boards.

Activities: You can find here all of our year-long programs! Each year-long program can be downloaded on a single page.

Volunteer: You can find information about the Retirement Association’s Volunteer Program, and the Volunteer of the Year.

Interest Groups: Learn about the RA’s many Interest Groups from the Fiction Book Club, to the Investment Interest Group, Spanish Conversation Group, Walking Group, Photography Group, and more. Get involved and have some fun!

Newsletter: Archive of past issues of the RA Gazette.

Resources: You will find a wealth of resources on this page from parking and email forwarding to preparing for retirement (for current staff and faculty who are checking out our site, to UC San Diego cultural and educational resources.

Members: Information for members about member benefits such as discounts, UCSD ID Card and email forwarding, as well as information about how to become a member.

CUCRA: Council of UC Retirement Associations. Find out here what this vitally-important organization is all about, and its meetings and latest news.
UCSD Retirement Association's Program Offerings for 2018-2019

A. Themed series
   1. SD Agriculture Wonderland
   2. Hazards at Our Doorstep
      http://retirement.ucsd.edu/files/activities/Hazards_at_Our_Doorstep.pdf

B. Educational seminars and opportunities
   1. Educational Seminars
   2. RA Emeriti Faculty Lectures
   3. EA Faculty Lectures
   4. Investments Interest Group
      http://retire.ucsd.edu/pdf/ALL/InvestmentsIG.pdf
   5. Triton Investment Associates
      http://retire.ucsd.edu/pdf/ALL/TIA.pdf
   6. Fidelity One on Ones
      http://retire.ucsd.edu/pdf/18/Fidelity_Fall2018.pdf

C. Cultural Enrichment
   1. International Film Series
   2. Face the Music Series
   3. RA Book Club
      http://retire.ucsd.edu/pdf/ALL/RA_BookClub.pdf
   4. Food Demos
   5. Spanish Conversation Group
      http://retirement.ucsd.edu/files/interest-groups/SpanishConversationGroup.pdf
   6. Photography Interest Group
   7. iPhoneography with Kim Signoret-Paar
      http://retire.ucsd.edu/pdf/18/iPhoneography_Fall-2018.pdf

D. Healthy Living
   1. Healthy Living/Healthy Eating Seminars
   2. Meditation Class with UCSD Fitlife
   3. Let's Take a Walk
   4. Tai Chi for Retirees
      http://retire.ucsd.edu/pdf/18/TaiChi_RecClasses_Fall18.pdf
   5. Fitness Through Martial Arts for UCSD Retirees
      http://retire.ucsd.edu/pdf/18/MartialArtsRecClasses_Fall18.pdf
   6. Social Dancing
      http://retire.ucsd.edu/pdf/18/DanceDiscountClasses_Summer18.pdf
   7. Swim Conditioning for Retirees
      http://retire.ucsd.edu/pdf/18/SwimConditionRecClass_Fall18.pdf

E. Key Social Events
   1. List of Key Social Events
   2. Art & Music Soirée (Fall)

UCSD Retirement Resource Center, Suzan Cioffi, Director, RetireeLink@ucsd.edu, (858) 534-4724
The UCSD Retirement Association Presents

Hazards at Our Doorstep Series

2018-2019

**Wednesday, Sep. 19, 2018 ∞ 11:45AM—1:15PM**
“Insurance Coverage for When the Worst Happens, What Coverage Should You Have?”
Presented by Alexis Aldaz, Insurance Broker

**Wednesday, Sep. 27, 2018 ∞ 11:45AM—1:15PM**
“Seismic Hazards in San Diego”
Presented by Dr. James Gingery, Mr. Alvero Celestino, Dr. Tony Sanchez

**Wednesday, Oct. 11, 2018 ∞ 11:45AM—1:15PM**
“Extreme Heat Events”
Presented by Alex Tardy, Warming Coordination Meteorologist

**Oct. TBD, 2018 ∞ TBD**
“Emergency Preparedness and Evacuations”
Presented by Richard Belmontez

**Monday, Nov. 5, 2018 ∞ 11:45AM—1:15PM**
“Wildfires”
Presented by Isaac Sanchez, CAL FIRE/SD Fire

**Thursday, Nov. 8, 2018 ∞ 11:00AM—12:00PM**
Dealing with Burns Large and Small
Presented by Eli Strait, Burn Program Manager

**Monday, Jan. 28, 2019 ∞ 11:45AM—1:15PM**
“Tsunamis—What are the risks, and how does one prepare for one?”
Presented by Alex Tardy, Warming Coordination Meteorologist

**Tuesday, Feb. 5, 2019 ∞ 11:45AM—1:15PM**
“Public Health Hazards”
Presented by Wilma Wooten, County Public Health Officer

**Friday, Feb. 15, 2019 ∞ 11:45AM—1:15PM**
Nuclear Waste and Storage at San Onofre
Presented by Nina Barbiarz, PublicWatchDogs.org

**Feb. TBD, 2019 ∞ TBD**
“Wild Fires Data Tracking”
Presented by Christina Kirkpatrick

See page 2 for more events in March through May

*UCSD Retirement Resource Center, Suzan Cioffi, Director, RetireeLink@ucsd.edu, (858) 534-4724*
The UCSD Retirement Association Presents

Hazards at Our Doorstep Series
2018-2019

TBD, 2019 ∞ TBD
“FEMA/Civil Defense/Forms of Communication During a Disaster”
Presented by TBD

Mar. TBD, 2019 ∞ TBD
NHERI Shake Table Tour
With Lily Van Den Einde PhD

April. TBD, 2019 ∞ TBD
“Infrastructure Breakdowns” and Candice Site Visit
Presented by O.A.S. Office Emergency Services

April TBD, 2019 ∞ 10:00 AM—11:30AM
“Stop the Bleed” Program
Presented by Monique Imroth

May 29, 2019 ∞ 11:45 AM—1:15 PM
“The Saga of the San Diego DMAT”
Presented by Jake Jacoby, Professor Emeritus

UCSD Retirement Resource Center, Suzan Cioffi, Director, RetireeLink@ucsd.edu, (858) 534-4724
The UCSD Retirement Association Presents
San Diego, Agriculture Wonderland Series
2018-2019

Tuesday, Sep. 18, 2018 ∞ 11:45AM—1:15PM
“San Diego’s Development into a Small Farm Powerhouse”
Presented by Eric Larson, Executive Director of the San Diego Farm Bureau

Friday, Sep. 21, 2018 ∞ 10:30AM—2:45PM
Apple Harvest and Luncheon at Jeremy’s on the Hill

Wednesday, Oct. 17, 2018 ∞ 10:15AM—2:30PM
Wine Tasting and Al Fresco Luncheon at Rancho Bernardo Winery

Saturday, Oct. 27, 2018 ∞ 10:30AM—2:00PM
Antique Farming Equipment and Tractor Parade at The Antique Gas and Steam Engine Museum

Thursday, Nov. 1, 2018 ∞ 10:00AM—2:30PM
Oasis Camel Dairy Farm Group Guided Tour and Lunch at Marinade on Main

Monday, Nov. 12, 2018 ∞ 10:00AM—12:00PM
Tour of the San Diego State Community Garden

Nov 2018 ∞ 10:00AM—TBD
Resendiz Brothers Proteas Visit

Tuesday, Dec. 4 2018 ∞ 10:30AM—12:00PM
Bird Rock Tropica! Bromeliad Nursery Visit and Lecture with Pamela Koide Hyatt

Thursday, January 24, 2019 ∞ 12:00PM—2:00PM
Farm to Table Dining at The Palette
Prepared by students of the Culinary Arts School

For events from late January—May, please see next page

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

UCSD Retirement Resource Center, Suzan Cioffi, Director, RetireeLink@ucsd.edu, (858) 534-4724
The UCSD Retirement Association Presents

San Diego, Agriculture Wonderland Series
2018-2019

**Thursday, Jan 30, 2019 ∞ 10:00AM—12:00PM**
Docent-led Tour of Specialty Produce with
Optional Luncheon at Blue Water

Jan or Feb (TBD) 2019 ∞ TBD
SD Winery Production Presentation
Presented by TBD

**Wednesday, Feb. 20, 2019 ∞ 10:00AM—12:00PM**
Archi’s Acres Farm Site Visit

2019 ∞ TBD
Strawberry Picking Robots
Presented by Benjamin Shih

**Thursday, March 28, 2019 ∞ 10:00AM—12:00PM**
North County Flower Fields Tour and
Optional Luncheon

**Monday, April 8, 2019 ∞ 11:45AM—1:15PM**
OutCo Pot Farming Lecture/Discussion
Presented by TBD

**Thursday, April 18, 2019 ∞ 11:45AM—1:15PM**
The Buzz on Bees Lecture/Discussion
Presented by Leah Taylor, UC Cooperative Extension

**Monday, April 22, 2019 ∞ 10:30 AM—12:30PM**
“The Girl Next Door Honey” Beehive Tour
with Hillary Kearney

**Monday, May 6, 2019 ∞ 10:00 AM—12:00PM**
OutCo Pot Farming Tour

**Wednesday, May 22, 2019 ∞ 11:00AM—11:45PM**
Keys Creek Lavender Farm Visit with
Optional Luncheon at Yellow Deli

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

UCSD Retirement Resource Center, Suzan Cioffi, Director, RetireeLink@ucsd.edu, (858) 534-4724
The UCSD Retirement Association
Face the Music Series
Presented by Professor Emeritus Henry Powell
All times are from 11:45am-1:15pm at the Retirement Resource Center

Join Professor Emeritus Henry Powell in a discussion about an upcoming concert held by the San Diego Symphony. The discussion is to learn more about the history and nuances of the music before the concert in order to enjoy and appreciate the music more.

Discussion: September 24th
Beethoven Symphony No. 7
Concert Date: Oct. 6 & 7

Discussion: September 28th
Rachmanioff’s Rhapsody
Concert Date: Oct. 12 & 14

Discussion: November 29th
Vivaldi and Bach with Avi Avital
Concert Date: Dec. 7 & 8

Discussion: December 5th
Payare and Weilerstein
Concert Date: Jan. 11, 12, & 13

Discussion: February 14th
De Waart Conducts Mahler 4
Concert Date: Mar. 1 & 2

Discussion: February 21st
Beethoven Piano Concerto No. 2
Concert Date: Mar. 9 & 10

Discussion: April 19th
Saint-Saens’ Organ Symphony
Concert Date: May 3, 4, & 5
iPhoneography
Learn to use the camera you have with you all the time!

With your iPhone you can create spectacular photographs everywhere you go. You can easily practice and add to your visual memory and storytelling – every single day. This series of four classes will help you with the nuts and bolts: how to take a great shot on your iPhone, how to organize and store your photos, how to use editing apps, and how to share and print your images. Please bring your charged iPhone, Apple user ID and password with you for this hands-on class.

Kim SignoretPaar, Photographer
www.signoretpaar.com

October 22, 29, November 5, 13
2:00 – 3:30 pm
Attend one class or all of them
$60 for the series* or $20 per class

*Those who register and pay for the series will receive the notes in advance.

Taking better photos October 22
How to use the options on your iPhone native camera, plus an overview of other camera apps

Organizing your iPhone photos October 29
How and where to put your photos

Editing your iPhone photos November 5
iPhone camera editing, Snapseed and other apps

Sharing your photos November 13 (Tuesday)
Displaying online, sharing, printing, making cards/books and gifts

Email Kim with any questions kim@signoretpaar.com

Register online https://hrweb.ucsd.edu/ra/

iPhoneography is offered by the UCSD Retirement Association, and open to members of the Retirement and Emeriti Associations. If space is available, registration is open to UCSD faculty, staff, alumni and members of UCSD affiliated organizations. Email: RetireeLink@ucsd.edu Phone: (858) 534-4724.
Keeping up with our “Interest Groups”

Fiction Book Club
Wed., September 26
12 - 2:00 PM - 94th Squadron

RA members, please join us for the Fiction Book Club. The RA Fiction Book Club meets for lunch and lively discussion on the last Wednesday of each month. The September book selection is “Falling to Earth” by Kate Southwood, and the group will meet at 12 PM at the 94th Squadron on Aero Drive. Please join us! Please sure to RSVP on line, for a head count.

Spanish Conversation
Join us at the RRC the 2nd Monday each month, 10 -11 AM, for Intermediate Spanish conversation group. (FREE for RA/EA members).

Investments Interest Grp.
Tuesday, September 25, from 12:15-1:15 PM, in the RRC (UC 400). Come hear fascinating presentations and gain insights into what’s going on in the markets now, and learn how to best grow and diversify your retirement nest egg. Our IIG Facilitator is Byran Hyalog.

Photography Interest Group
Calling all RA Amateur Photographers: The Photography Interest Group (PhIG) will meet on the third Wednesday of each month at the RRC (UC400). The next meeting will be Sept. 19, 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.

Developing Your Eating Plan
with Vicky Newman, MS, RD
Friday, October 5, 2018
11:45 AM - 1:15 PM at the RRC

This is an interactive workshop that will help participants evaluate their diet for key nutrients, and to design a personalized meal plan containing the right balance of foods to maximize their health and energy level. The focus will be on anti-inflammatory foods and low glycemic load eating plans. Tools will be provided to help participants determine if they are getting enough protein, fiber, and calcium. They will also learn how to calculate their vegetable, fruit, and fat intake to see how they are doing as related to current guidelines. The seminars are FREE to Retirement and Emeritus Association members and current staff and faculty.

Here is a special offer for RA members!
Fred Astaire Dance Classes
Get ready for holiday parties, your next cruise, or progeny’s wedding!

No partner needed! Learn three basic social dances:
♦ Rumba (slow tempo)
♦ Fox trot (medium tempo)
♦ Swing (fast tempo)

Every Wednesday - 2:00 - 2:45 PM,
Studio location: 8303 Clairemont Mesa Boulevard, Suite 205 (Up one flight of stairs).
There is ample free parking available right outside the studio.

Special offer for Retirement association members:
Only $10 per person or $15 per couple!
Pay at the studio, one session at a time, or for several sessions in advance.

This is a fun way to get your exercise in!

UCSD Retirement Association’s AG Wonderland Series
San Diego’s Development into a Small Farm Powerhouse with more small farms than any other county in the country!
Eric Larson, San Diego Farm Bureau
Tuesday, September 18
11:45 AM -1:15 PM
UCSD RRC (UC 400)

Come join other RA members in kicking off the San Diego Agricultural Wonderland Series with a presentation from Eric Larson, Executive Director of the San Diego Farm Bureau. Working in San Diego County’s agricultural industry since 1971, Larson has also served as an administrator for the San Diego Regional Irrigated Lands Group and as a founding member to the San Diego Food Systems Alliance. Eric Larson has spent his entire career working in local agriculture, including 34 years at the helm of nonprofit organizations that assist local farmers and 13 years as a general manager for an agriculture cooperative. Join us to see how farming and agriculture form an intrinsic part of San Diego County’s identity.

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

Celebrating the Year-long 150th Birthday of the University of California
Presented by Henry Powell, Professor Emeritus
Thursday, September 20, 2018  Ω  11:45 AM – 1:15 PM

The University of California is celebrating its 150th anniversary this year. Over these 150 years, the UC campuses have accomplished great things that have changed California and the world for the better. As our resident University of California expert here at UCSD, Professor Emeritus Henry Powell will give a presentation on the 150 year history and accomplishments of the University of California. Professor Powell will bring books, photos, and memorabilia to look through and appreciate.

UC San Diego’s current and retired faculty and staff are invited to enjoy this special celebration of the university – and of our individual contributions to its many accomplishments. Attendees will share a sparkling toast to the University of California, and enjoy an anniversary cake. Mark your calendars to save the date, and please RSVP at: https://hrweb.ucsd.edu/ra/
Hazards at our Doorstep series - Two events on tap in September

Insurance Coverage for When the Worst Happens What Coverages Should You Have?
Presented by Alexis Aldaz, Insurance Broker
Wednesday, Sept. 19 ∞ 11:45 AM—1:15 PM

Seismic Hazards in San Diego
Dr. James Gingery, PhD, PE
Mr. Alvaro Celestino, PE, SE, and
Dr. Tony Sanchez, PhD, PE
Thursday, Sept. 27, 11:45 AM—1:15 PM

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.

Apple Picking at Volcan Valley Apple Farm and Lunch at Jeremy’s On the Hill
Friday, September 21, 2018 ∞ 10:30AM–2:45 PM
Group luncheon at Jeremy’s on the Hill ∞ 12:30 PM-1:45 PM
(Carpooling available from the UCSD RRC)

Join members for a joyful day of apple picking at Volcan Valley Apple Farm! One of the largest orchards in SD, Volcan Valley Apple Farm boasts a whopping 7,300 apple trees on its property. The farm grows seven varietals of apple trees, ranging from popular favorites like Gala, Golden Delicious, Empire and Fuji to lesser-known varietals such as Jonathans, Gravestein, and Pippin. All you need to start apple picking is a large multi-pound bag, which comes at only $12 per person. Afterwards, we’ll lunch at Jeremy’s On the Hill, which is renowned for its selection of wine, visit a farm, visit a camel dairy, and tour a beehive and more. In the Hazards series, you will see how vulnerable San Diego is with these risks in mind. See how you can prepare for the future.

Proper insurance coverage is essential because life is full of unforeseen occurrences. Make sure you are not caught off guard and are properly insured with insurance coverage that best fits your needs. It is important to find an efficient insurance policy that will protect you in the case of natural disasters. Alexis Aldaz, an Insurance Broker from Farmers Insurance, will explain what factors increase or decrease the risk of earthquakes damaging property. With topics ranging from construction to local geology, you will learn the risks and consequences of infrastructure breakdown. Moreover, you will see how vulnerable San Diego is with these risks in mind. See how you can prepare for the future.

President's Message
September always make me think about grapes. Maybe it’s because of the summer I spent working in Sonoma, CA. It was September and the grapes were still on vine, almost ready to harvest, when the growers were confronted with two plagues: wildfire and then rain, which dilutes the sugar content of grapes, reducing their value. That experience makes me think about the UCSD Retirement Asn’s, two major series for this year, “San Diego, Agricultural Wonderland”, and “Hazards at Our Doorstep”. In the agricultural sphere, you will have the opportunity to gain a better understanding of the importance of agriculture to our local economy. We will also have a chance to pick some apples, taste some wine, visit a farm, visit a camel dairy, and tour a beehive and more. In the Hazards series, you can determine if you have enough insurance, prepare for wildfires, ascertain the dangers of extreme heat events, understand the seismic dangers in San Diego, recognize public health risks, understand the risks of nearby nuclear waste storage and more. Let’s get back to grapes. Grapes are a wondrous fruit. They not only make wine, but they are steeped in antioxidants. They purportedly reduce the risk of heart disease and support a healthy heart by relaxing blood vessels to maintain healthy blood flow. Grapes have even been shown to improve mood. Want to learn more about healthy eating? Be sure to attend the Health Living! Healthy Eating Seminars.

Now let me talk a little about the other GRAPES, which are even more important. The acronym GRAPES, a self-help tool to improve and maintain mental health:

G – Gentleness – be gentle and forgiving of yourself (don’t beat yourself up or be your own worst critic)
R – Relaxation – do at least one relaxing thing a day even if it is only taking a few deep cleansing breaths
A – Accomplishment – anything that makes you feel good about your abilities
P – Pleasure – do something each day that brings you pleasure
E – Exercise – get 30-40 minutes that gets your heart going
S – Social – interact with positive people (in person is best)

Remember that any activity can fulfill multiple categories. For example, the RA’s Let’s take a walk: it’s exercise, but it is also an accomplishment, provides a chance for social interaction, a sense of pleasure and afterward you’re ready to relax. Another example is coming to or presenting a food demo—definitely fulfills pleasure and social, possibly even accomplishment and exercise, depending on how far away you had to park. Want to learn to relax? Come to the meditation sessions offered in the healthy living series.

The goal is to incorporate each of these steps into your life each day. If you don’t get around to doing all steps every day, recognize the importance of the very first step, Gentleness. Be gentle and forgiving of yourself. Don’t beat yourself up for what you didn’t do. After all, as Scarlett O’Hara said at the end of Gone With The Wind, “tomorrow is another day.”

New Face the Music Series

Presented by Professor Emeritus Henry Powell
First Presentation Date: Sept. 24th - 11:45 AM - 1:15 PM
Beethoven Symphony No. 7 ∞ Concert Date: Oct. 6 & 7

Join Professor Emeritus Henry Powell in a discussion about an upcoming concert held by the San Diego Symphony. The discussion is to learn more about the history and nuances of the music before the concert in order to enjoy and appreciate the music more.
Calling all Volunteers

Serve at the UCSD International Café
Friday, October 26

The UCSD Retirement Asn. is once again sponsoring this popular 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 moves to the Great Hall this fall. Over 200 students, faculty, researchers, and staff from around the world attend this informal lunch at UCSD’s International Café at the Great Hall.

Be a part of the fun and help out. Register online to volunteer. See reg

The benefits of conversations international guests are plentiful for both parties. Not only do the guests improve their English conversation skills, but both parties contribute to deepening the relationships of humanity thereby gaining a greater respect and appreciation for other cultures.

Take responsibility and become a member of the global society today! For more information, please contact the Program Coordinator: iprograma@ucsd.edu or by calling (888) 534-0063. Apply online at:

http://lapo.ucsd.edu/programs-events/eia/index.html

Want to be a tutor?

Serve at the UCSD Retirement Asn. to:

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

Fall Art & Music Soirée

Wednesday, Sept. 26
4 - 7 PM

Please join us for our special evening event at which we celebrate a new group of Retirement and Emeriti Association artists, on Wednesday, September 26, from 4 to 7 PM at the UCSD Retirement Resource Center, located in 400 University Center.

This special event is free and open to the public, so please feel free to invite your friends to attend. This event is scheduled a day before fall quarter begins, so parking in the Gilman Parking structure should be readily available. All we ask is that you RSVP, letting us know how many are in your party. Please use the online RSVP system (see RSVP link at the bottom of this page), or call us at (858) 534-4724. Our fall artists include Elizabeth Refn (Oil paintings), Robert Clark (Paintings), Janene Farmer (Paintings), Joyce McHugh (Photography), and Peggy Magde (Handicrafts).

Joe Smith will entertain us at the Soirée with his Paraguayan Folk Harp and accordion on the music terrace.

Enjoy delicious hors d’oeuvres and refreshments, listen to the artist presentations, and enjoy the lively camaraderie with fellow members and guests.

Please RSVP by September 18, so that we can plan to have sufficient refreshments for everyone.

We need YOU!

Be a Global Citizen
right here at UCSD!

As local communities become increasingly internationalized, more opportunities exist to be a global citizen at home. The UC San Diego International Center's American English in Action Tutor Program is one of many opportunities at the International Center for volunteers to meet with international students, scholars, post docs, researchers and their spouses to help improve their English conversation skills. No previous experience is necessary. The only requirement is your willingness to meet with a tutee once a week for an hour or two for one year.

The UCSD Retirement Assn. is once again sponsoring this popular event, thereby gaining a greater respect and appreciation for other cultures.

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The UCSD Retirement Assn. is once again sponsoring this popular event, thereby gaining a greater respect and appreciation for other cultures.
Be sure to RSVP today!

Alisha Solan is a Communication professor and has a year's worth of activities to support inspirational thinking, personal memory, and exercises are designed to stimulate different mental functions. Readers will find a wealth of activities that can help them keep their minds sharp and engaged.

Join fellow Retirement Association members to learn more about the fantastic array of programs offered by the UCSD Retirement Association. Here are some highlights:

**UCSD Retirement Association Offers an Amazing Array of Programs for Members!**

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. **SD, Agricultural Wonderland.** With a wide variety of site visits and themed lectures around San Diego’s position as a powerhouse agricultural area of the country. Full details for this series are listed on the insert.
2. **Hazards at Our Doorstep:** This series includes amazing talks and visits around the theme of Hazards we face. See insert!
3. **International Films:** We’ve got an exciting lineup with international films and great presenters set for the entire year!
4. **iPhonography Award-winning photographer, Kim Signoret-Paar will help you learn how to take terrific photographs with the camera you have in your pocket at all times!**
5. **FACE THE MUSIC** by Professor Henry Powell. Learn more about the history and nuances of the music before each concert in order to enjoy and appreciate them more.
6. **EMERITI FACULTY LECTURE SERIES**

**Art & Music**

One of our member favorite social events are our Art & Music Soirees. The fall Art & Music Soiree is all set for 4 - 7 PM, on Wed., September 26th.

Don’t miss this very lovely event, where we celebrate our many talented RA/EA artists.

**UCSD Retirement Association Gazette**

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9. Dance Classes for members
10. Center Insert pages: All events series, each it’s own separate pull-out sheet, with hyperlinks to most pages
11. SD—Small Farm Powerhouse
12. 150th Birthday of UC
13. Insurance/Seizmic Hazards
14. Apple Picking Excursions
15. Educational Seminars
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17. Calendar & Contacts
18. Brain Changers 365
19. **FOOD DEMOS**
20. Member presentations of interesting and exotic food demonstrations.
21. **ACTIVE LIVES**
22. Let’s Take a Walk, Social Dancing, Tai Chi, Martial Arts & Swimming!
23. We wrap it all up with our very important Educational Series for Seniors: With presenters on every critically-important -ant aging-related topic.

**Brain Changers 365 with Alisha Solan**

Thursday, Oct. 4, 2018 11:45 AM - 1:15PM

at the 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 fellow Retirement Association members to learn more about Brain Changers 365, a book with a daily collection of activities to expand your brain’s potential. These exercises are designed to stimulate different mental functions. Readers will find a year’s worth of activities to support inspirational thinking, personal memory, and recall among other skills. Alisha Solan is a Communication professor and has a strong background in mind-body wellness, holistic workshops and fitness classes. Be sure to RSVP today!