UCSD Retirement Association Calendar

Feb.
2 Fri. 9:00 AM—11:00 AM Tour of the Center for the Future of Surgery Center for the Future of Surgery
2 Fri. 11:45 AM—1:15 PM Nutrition Class with Vicky Newman UCSD RRC Conference Room
7 Wed. 10:30 AM—11:30 AM Docent-led History Stroll at Balboa Park Balboa Park’s History Center
8 Thur. 11:45 AM—1:15 PM “Impact of Rising Seas on the IB Community” with Imperial Beach Mayor Serge Dedina UCSD RRC Conference Room
9 Fri. 12:00 AM—2:00 PM Southern Food Demo: Cajun Jambalaya with Sue Dreier UCSD RRC Conference Room
10 Sat. 2:00 PM—5:00 PM Iranian Film: “Hamoun” with Prof. Rahimi UCSD RRC Conference Room
12 Mon. 9:00 AM—3:00PM Fidelity One-On-One Appointments UCSD RRC Conference Room
12 Mon. 10:00 AM—11:00 AM Spanish Conversation Group UCSD RRC
13 Tue. 9:45 AM—10:15 AM RA Volunteer Committee Meeting UCSD RRC Conference Room
13 Tue. 10:30 AM—11:30 AM RA Board Meeting UCSD RRC Conference Room
13 Tue. 11:45 AM—12:15 PM RA Program Committee UCSD RRC Conference Room
15 Thur. 9:30 AM—11:30 AM Let’s Take a Walk: Mission Bay Park Mission Bay Park
16 Fri. 12:00 PM—2:00 PM RA Ethnic Feast Godfather Restaurant
20 Tue. 11:30AM—1:30PM Triton Investment Associates UCSD RRC Conference Room
21 Wed. 2:00 PM—4:00 PM Photography Interest Group UCSD RRC Conference Room
22 Thurs. 11:45 AM—1:15 PM “The Evolution of Libraries” with Phyllis Mirsky, Librarian Emerita UCSD RRC Conference Room
23 Fri. 11:30 AM—1:30 PM Volunteer: International Friendship Cafe UCSD Great Hall
23 Fri. 12:00 PM—2:00 PM RA Craft Brewery Crawl San Diego Brewing Company
26 Mon. 11:45 AM—1:15 PM Travel Interest Group: Colors of India UCSD RRC Conference Room
27 Tues. 11:45 AM—1:15 PM Investment Interest Group UCSD RRC Conference Room
28 Wed. 12:00 PM—2:00 PM RA Fiction Book Club 94th Aero Squadron
Mar
1 Thu. 9:45 AM—1:15 PM Intro to Cybersecurity with UCSD IT Policy Coordinator Ronie Zenon UCSD RRC Conference Room
2 Fri. 9:45 AM—1:15 PM Meditation Class with UCSD Fiddle UCSD RRC Conference Room
5 Mon. 11:45 AM—1:15 PM Confidential Data Handling UCSD RRC Conference Room

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

History of the School of Medicine
Presented by Dr. David Bailey
Tuesday, March 6, 2018, 11:45AM - 1:15PM
UCSD RRC, located in UC 400

Join fellow RA members for a special presentation by Dr. David Bailey. Dr. Bailey has recently published a book entitled Catching the Wave: A History of the University of California, San Diego School of Medicine in preparation of the school’s 50th anniversary celebration.

Dr. Bailey joined UC San Diego faculty in 1977 and has served in various positions including Director of the Toxicology Laboratory of UC San Diego Medical Center, Director of the Pathology Residency Program, Dean of the UC San Diego School of Medicine, Deputy VC Health Sciences, and Dean for Faculty & Student Matters in UC San Diego School of Medicine, among many others. RSVP today

Please RSVP online at: https://hrweb.ucsd.edu/ra/
Calling all Volunteers

Serve at the UCSD International Café
Friday, February 23, 11:30 AM - 1:30 PM, at the Great Hall

The 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 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 register online at: https://hrweb.ucsd.edu/ra/

UC Travel Interest Group News:
2018 Travel Opportunities to Match Your Limitless Imagination

The UC Travel Group is off to some fabulous destinations in 2018. Travel with other University of California retired staff and faculty. Call Collette at 1-800-581-8942 to request a brochure!

UCSD Retirement Association Educational Seminars - for 2018
11:45 am — 1:15 pm
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/

Wed., Mar. 7 — Retirement Forum #1, The UC Retirement System
Wed., Mar. 14 — Retirement Forum #2, Maximizing Retirement Income
Thurs., Mar. 15 — Social Security 101, Ryan Hyslop
Fri., Mar. 16 — Advanced Social Security, Ryan Hyslop
Mon., Mar. 19 — Medicare, Ryan Hyslop and Debra Wells
Wed., Mar 21 — Retirement Forum #3, A Happy and Fulfilling Retirement
Wed., Mar. 28 — Long Term Care Insurance, Jody Hubbard
Wed., Apr. 4 — Emergency Preparedness, Cindy Wilson
Thurs., Apr. 5 — Estate Planning, Heidi Klippel
Wed., Apr. 11 — 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

Sign up for your Free Private and Confidential Consultation with UCSD’s Fidelity Representative!
Call us today to schedule your private, one hour appointment. All appointments take place in the small, private conference room located in the UCSD Retirement Resource Center, UC 400. Appointment times: 9 AM, 10 AM, 11 AM and 1 PM, 2 PM, 3 PM

Please book your appointment online at: https://hrweb.ucsd.edu/ra/
Or call us at (858) 534-4724, if you have no online access.
Introduction to Cybersecurity

Thursday, Mar. 1, 2018 Ω 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 the increasingly important topic of cybersecurity. It is crucial to be aware of the dangers surrounding inadequate cybersecurity, as lack of knowledge can lead to hacks in private information, monetary loss, and more. UC San Diego IT Policy Coordinator Ronise Zenon will lead us through the basics of what we need to know. Come learn how to protect your information. Don’t miss out, RSVP today!

And we are also offering a second important tech seminar

Confidential Data Handling

Monday, Mar. 5, 2018 Ω 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 how to work with confidential data (for example, your personal income and tax data!). Knowing how to handle confidential data is a crucial skill in and out of the workplace. Inadequate confidential data handling skills can lead to hacks in private information, monetary loss, and more. UC San Diego IT Policy Coordinator Ronise Zenon will lead us through the basics of what we need to know. Don’t miss out, RSVP today!

President’s Message

I hope you had a joyous and memorable holiday season.

With the New Year come many resolutions. I came across an article by Jen A. Miller of the New York Times and would like to share parts of it with you. You will find the full article at: https://www.nytimes.com/guides/smartliving/resolution

According to Ms. Miller: More than half of all resolutions fail, but this year, they don’t have to be yours. Here’s how to identify the right resolution, create a plan on how to reach it, and become part of the small group of people that successfully achieve their goal.

Pick the Right Resolution.
You’ll give yourself your best shot at success if you set a goal that’s doable — and meaningful too. A lot of these resolutions fail because they’re not the right resolutions. And a resolution may be wrong for one of three main reasons:
1. It’s a resolution created based on what someone else (or society) is telling you to change.
2. It’s too vague.
3. You don’t have a realistic plan for achieving your resolution. Your goals should be SMART.
    That’s an acronym coined in the journal Management Review in 1981 for specific, measurable, achievable, relevant and time-bound. It may work for management, but it can also work in setting your resolutions, too.

Specific. Your resolution should be absolutely clear. Having a concrete goal is really important rather than just vaguely saying ‘I want to lose weight.’ You want to have a goal: How much weight do you want to lose and at what time interval?” For example: “Five pounds in the next two months.”

Measurable. This may seem obvious if your goal is a fitness or weight loss related one, but it’s also important if you’re trying to cut back on something, too. If, for example, you want to stop biting your nails, take pictures of your nails over time so you can track your progress in how those nails grow back out. Logging progress into a journal or making notes on your phone or in an app designed to help you track behaviors can reinforce the progress, no matter what your resolution may be.

Achievable. This doesn’t mean that you can’t have big stretch goals. But trying to take too big a step too fast can leave you frustrated, or affect other areas of your life to the point that your resolution takes over your life — and both you and your friends and family flail. So, for example, resolving to save enough money for a high ticket purchase over a few months is probably not realistic, but saving an extra $100 a month over a longer period may be.

Relevant. Is this a goal that really matters to you, and are you making it for the right reasons? “If you do it out of the sense of self-hate or remorse or a strong passion in that moment, it doesn’t usually last long,” says Dr. Michael Bennett, a psychiatrist and co-author of two self-help books. “But if you build up a process where you’re thinking harder about what’s good for you, you’re changing the structure of your life, you’re bringing people into your life who will reinforce that resolution, then I think you have a fighting chance.”

Time-bound. Like “achievable,” the timeline toward reaching your goal should be realistic, too. That means giving yourself enough time to do it with lots of smaller intermediate goals set up along the way. “Focus on these small wins so you can make gradual progress,” Charles Duhigg, author of “The Power of Habit” said. “If you’re building a habit, you’re planning for the next decade, not the next couple of months.”

The next step includes creating a plan for achieving your goals and setting up contingencies to deal with any “hurdles” you might encounter. Having a support system is an important factor in keeping resolutions; let a few people know that you are setting a goal and ask them to hold you accountable. Build in celebratory milestones and reward yourself when you reach these milestones. And, be charitable to yourself — it is OK if we miss our mark occasionally!

Shem Ablakatof-Clow
An Iranian Film with Intro/Discussion by Professor Babak Rahimi
Saturday, February 10, 2-5 PM

Join us for our next film, which will be an Iranian film presented by Professor Babak Rahimi, Director of the program for the Study of Religion and Third World Studies. “Hamoun” is a 1989 psychological drama that follows middle-class Iranian Hamid Hamoun as he struggles to cope with his impending divorce. Hamoun’s failed efforts to deal with his wife no longer loving him, coupled with his unfulfilled dreams to obtain a Ph.D., drives him to the brink of insanity. Please bring a snack to share. This event is only open to EA/RA members. RSVP today!

A Chinese Film, with Intro/Discussion by Professor Yingjin Zhang
Saturday, March 10, 2-5 PM

Mountains May Depart directed by Jia Zhangke.
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. “Mountains May Depart” is a 2016 film that explores the life of protagonist Shen Tao, and those close to her, in three different time periods: 1999, 2014, and 2025. With this film, director Jia Zhangke not only creates an entertaining drama, he also examines the evolving nature of China and its relationship with capitalism. This event is only open to RA and EA members. Please RSVP: https://hrweb.ucsd.edu/ra/

UCSD Retirement Association presents:
Let’s Take a Walk
Thursday, February 15, 2018 ∞ 9:30 AM — 11:30 AM
at the Mission Bay Park, South Shores Park/West Mission Bay
Meet at the restrooms near the boat launching ramp
Note: Paved walkway, out and back

March 15, 2018 ∞ 9:30 AM—11:30 AM
The Stuart Collection, UC San Diego (No lecture)
We will walk to all 19 installations. Approx 2.2 miles.
Meet at “Fallen Star” on the 7th Floor of the Joan and Irwin Jacobs Engineering Building.
Closest parking is the Hopkins Parking Structure, Lot P347.
Note: Fallen Star is not open to the public at this time of day; arrive early to appreciate Fallen Star. A docent will be there at 9:15am to let you in; we’ll depart promptly at 9:40am to continue the walk to other installations in the Stuart Collection.

The modern library has evolved much throughout the years. Join us as Librarian Emerita Phyllis Mirsky discusses these changes through a UC perspective. Mirsky received a master’s degree in librarianship at the University of Michigan and a BS in Social Welfare from the Ohio State University. She has had a career as an academic librarian, beginning as a health sciences librarian at the UCLA Biomedical Library and culminating 40 years later when she retired as the Deputy University Librarian of the UCSD Libraries. An active member of the Medical Library Association (MLA), she has held several leadership positions, including President in 1985. Mirsky has been honored by the MLA by being selected as one of “MLA’s 100 Most Notable”. Those individuals identified for this honor were recognized for their significant contributions to MLA and the health information profession throughout MLA’s 100-year history.

BREXIT, the EXIT Approaches
Presented by Professor Henry Powell
Thursday, March 29th, 11:45 AM - 1:15 PM, at the UCSD RRC (UC 400)

From Varna on the Black Sea to Galway on the Atlantic Ocean the European Union is confronting existential stresses, most notably the expected departure of Great Britain. Brexit looks like a certainty yet much is uncertain. Will the divorce be messy (hard Brexit) or will it be a soft Brexit. Common sense would call for a soft Brexit, in which Britain would retain economic ties but lose its voice in most areas, defense military matters excepted. Across the Irish sea Dublin watches nervously, a hard Brexit would greatly damage Ireland’s dynamic export driven economy. Sofia and Varna are watching too, will EU investment continue? Can Germany and France hold the EU intact?

Phyllis Mirsky, Librarian Emerita
The Evolution of Libraries: A University of California Perspective
Thursday, February 22, 2018 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.
Vicky Newman, MS, RD  
Assoc. Clinical Professor, Voluntary  
Department of Family & Preventive Medicine  

Paleo in Perspective—Acid Alkaline Balance & Health  
Friday, Feb 2, 2018  
11:45 AM - 1:15 PM at the RRC  

Fast becoming one of our most trusted and popular speakers on health topics important to you!  
RSVP online: https://hrweb.ucsd.edu/ra/  
or call us at (858) 534-4724 if you do not have online access.

Southern Food Demo  
with Sue Dreier  
Friday, February 09, 12-2 PM  
Join us as we indulge in delectable, flavor-rich Southern cooking during this Food Demonstration with RA VP Sue Dreier. During the course of this demo, our presenter will show us how to prepare a delicious Southern dish, Jambalaya, just in time for Mardi Gras weekend! Come enjoy delicious cuisine and engaging conversation with fellow Retirement Association members. RSVP online: https://hrweb.ucsd.edu/ra/

Russian Salads  
Food Demo with Shem Ablakatof-Clow  
Friday, March 23, 12-2 PM  
Join us as we indulge in delectable Russian salads during this Food Demo with RA President Shem Clow! Also referred to as Olivier Salad, Russian salads are incredibly popular in Russia, and are a staple at many celebrations. Come learn how to make one, and enjoy delicious lunch and great conversation with fellow Retirement Association members. The cost for this event is only $5, so make sure to RSVP! Mail your check (payable to the UCSD Retirement Association) to: UCSD Retirement Association, 9500 Gilman Drive, Dept. 0020, La Jolla, CA 92093-0020.

Advance Sale for the April 2nd Camera Lucida Concert  
Concert Date: Monday, April 2, 7:30 PM, Music: Beethoven and Brahms  
We’ve got a block of discounted tickets (only $17 each!) just for our RA members, for this fabulous Concert in the beautiful Prebys Music Hall located across the lawn from us. Please mail in your check (payable to the UCSD Retirement Association) by February 10, to get one, or a pair of these discounted tickets. They will play the Beethoven String Quartet “Rasumovsky” in e minor, Opus 59 Nr. 2, and Brahms, Piano Quartet in A major, Opus 26. Please mail your check to: UCSD Retirement Association, 9500 Gilman Drive, Dept. 0020, La Jolla, CA 92093-0020. We will mail your tickets to you one week prior to the concert.

Tour of the Simon Wiesenthal Museum of Tolerance, Los Angeles  
Thursday, March 8, 2018 ∞ 11:00AM-2:30PM  
9786 West Pico Blvd., Los Angeles, CA 90035  
Group luncheon following tour  
Meet at the RRC to carpool at 7:15AM; return time 7:00PM  
Please register at https://hrweb.ucsd.edu/ra/  
or call (858) 534-4724 if you do not have online access.

As part of the RA’s year-long Historical Series, join fellow Retirement Association members for a docent-led tour of the Simon Wiesenthal Museum of Tolerance in Los Angeles. The MOT, recipient of the Global Peace and Tolerance Award from the Friends of the United Nations, challenges visitors to understand the Holocaust in both historic and contemporary contexts. Promoting tolerance and understanding, the museum reminds us of the past, and more importantly, it reminds us to act. There will be a group luncheon following the tour. Please meet at the RRC at 7:15 AM. We will take two vans, and will return to the RRC at around 7:00PM. The cost for this event is $40 per member, which includes transportation and entry fees, but not lunch. Payments should be sent to the RRC, checks made payable to the UCSD Retirement Association. RSVP today to visit what has become a symbol of humankind’s quest for peace.
Investment Interest Group

Join us at the most popular interest group: the UCSD Retirement Association Investments Interest Group (IIG). 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, Morgan Stanley. Our facilitator will give us his inside scoop about the stock market, investment analysis and breadth market interpretation. So, join us at our next meeting, Tuesday, February 27, in UC 400, 11:45 - 1:15 PM. Please RSVP online.

Spanish Conversation

Join Maestra Irene Serrano at the RRC, 10 - 11 AM each 2nd Monday of the month for an hour of Intermediate Spanish Conversation. New intermediate level members welcome.

Photography IG

The next meeting is February 21, from 2 to 4 PM at the RRC. Join in with other members who share your passion. RSVP pls.

The Next Investment Interest Group meets Tuesday, February 27 11:45 P - 1:15 PM

RA Fiction Book Club

Wed., 2/28, 12:00 - 2:00 PM 94th Squadron 8885 Balboa Ave.
The February book selection is: “Ladies of the Canyons, A League of Extraordinary Women and their Adventures in the American Southwest” by Leslie Poling-Kemp. Join fellow UCSD RA members as we discuss this book, which recounts the true story of a group of Victorian-era women who ventured into the American Southwest in search of a broader perspective of life and of themselves. These ladies not only set up a new home and life for themselves, but they also paved the way for ambitious women to follow. Join us!

UCSD Retirement Association’s Travel Interest Group

Monday, Feb. 26, 11:45 AM - 1:15 PM at the RRC (UC 400)
Peirce & Leslie Travel: Colors of India

Please join us for an afternoon, learning about the vibrant Colors of India with Peirce & Leslie Travel. Experience how Peirce & Leslie Travel can curate a stunning, spectacular and memorable experience of India especially for you. Prepare to swoon at the towering forts, magnificent marble palaces, beautiful temples, ancient art and architecture that bring alive the culture and traditions of India’s rich heritage. Indulge in luxurious wellness and spa-based therapies – all carefully chosen and recommended to enable holistic healing. Walk on the wild side with our safari tours and game drives in protected parks and wildlife sanctuaries. Savour delicately flavoured cuisine – both traditional and fusion, curated from recipes that have been passed down for generations and served by a master chef. Peirce & Leslie Travel is committed to crafting exclusive, luxurious and bespoke travel experiences in India, just for you.

The UCSD Retirement Association’s Climate Change Series presents:
Impact of Rising Seas on the Imperial Beach Community
Presented by Serge Dedina, Mayor of Imperial Beach
Thursday, February 8, 11:45 AM - 1:15 PM at the UCSD Retirement Resource Center (UC 400)

As part of our Climate Change Series, join other Retirement Association members for this important presentation on rising seas. Mayor of Imperial Beach Serge Dedina will discuss the issue of rising seas and its effect on the Imperial Beach community. Mayor Dedina has been a spokesperson for environmental issues throughout his lifetime. He has helped conserve the coastline and open space of IB, serving as part of the IB Youth Commission and Tidelands Advisory Committee and securing tens of millions of dollars to build a new sewage treatment plant along the U.S.-Mexico border. He has received the California Coastal Commission’s “Coastal Hero” Award and the San Diego Zoological Society’s Conservation Medal in recognition of his conservation efforts. He has also been honored at UCSD as a John Muir fellow. RSVP today!

RSVP for events here: https://hrweb.ucsd.edu/ra/

The UCSD Retirement Association’s Climate Change Series presents:
Chasing Coral
Free Film Viewing and Discussion
Monday, March 12, 11:30 AM - 1:30 PM at the RRC

Please RSVP for all Interest Group events online: https://hrweb.ucsd.edu/ra/
Keeping up with our “Interest Groupies”

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Meditation with Vou Athens
Fri., 3/02, 11:45 AM - 1 PM
Join us for these FREE Meditation sessions with UCSD’s FitLife Meditation Specialist, Vou Athens. Whether or not you have ever meditated, you will enjoy this chair-based meditation class, as our UCSD FitLife coach guides you to the blissful silence behind thoughts. These sessions are part of the Retirement Association’s Healthy Living and Healthy Eating Seminars. RSVP online https://hrweb.ucsd.edu/ra/.

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Thursday, February 15, 2018 ∞ 9:30 AM—11:30 AM
at the Mission Bay Park, South Shores Park/West Mission Bay
Meet at the restrooms near the boat launching ramp
Note: Paved walkway, out and back

Phyllis Mirsky, Librarian Emerita
The Evolution of Libraries:
A University of California Perspective
Thursday, February 22, 2018 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.

The modern library has evolved much throughout the years. Join us as Librarian Emerita Phyllis Mirsky discusses these changes through a UC perspective. Mirsky received a master’s degree in librarianship at the University of Michigan and a BS in Social Welfare from the Ohio State University. She has had a career as an academic librarian, beginning as a health sciences librarian at the UCLA Biomedical Library and culminating 40 years later when she retired as the Deputy University Librarian of the UCSD Libraries. An active member of the Medical Library Association (MLA), she has held several leadership positions, including President in 1985. Mirsky has been honored by the MLA by being selected as one of “MLA’s 100 Most Notable”. Those individuals identified for this honor were recognized for their significant contributions to MLA and the health information profession throughout MLA’s 100-year history.

BREXIT, the EXIT Approaches
Presented by Professor Henry Powell
Thursday, March 29th, 11:45 AM - 1:15 PM, at the UCSD RRC (UC 400)

From Varna on the Black Sea to Galway on the Atlantic Ocean the European Union is confronting existential stresses, most notably the expected departure of Great Britain. Brexit looks like a certainty yet much is uncertain. Will the divorce be messy (hard Brexit) or will it be a soft Brexit. Common sense would call for a soft Brexit, in which Britain would retain economic ties but lose its voice in most areas, defense military matters excepted. Across the Irish sea Dublin watches nervously, a hard Brexit would greatly damage Ireland’s dynamic export driven economy. Sofia and Varna are watching too, will EU investment continue? Can Germany and France hold the EU intact?
Introduction to Cybersecurity

Thursday, Mar. 1, 2018  Ω  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 the increasingly important topic of cybersecurity. It is crucial to be aware of the dangers surrounding inadequate cybersecurity, as lack of knowledge can lead to hacks in private information, monetary loss, and more. UC San Diego IT Policy Coordinator Ronise Zenon will lead us through the basics of what we need to know. Come learn how to protect your information. Don’t miss out, RSVP today!

And we are also offering a second important tech seminar

Confidential Data Handling

Monday, Mar. 5, 2018 Ω 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 how to work with confidential data (for example, your personal income and tax data!). Knowing how to handle confidential data is a crucial skill in and out of the workplace. Inadequate confidential data handling skills can lead to hacks in private information, monetary loss, and more. UC San Diego IT Policy Coordinator Ronise Zenon will lead us through the basics of what we need to know. Don’t miss out, RSVP today!

President’s Message

I hope you had a joyous and memorable holiday season.

With the New Year come many resolutions. I came across an article by Jen A. Miller of the New York Times and would like to share parts of it with you. You will find the full article at: https://www.nytimes.com/guides/smarterliving/resolution

According to Ms. Miller: More than half of all resolutions fail, but this year, they don’t have to be yours. Here’s how to identify the right resolution, create a plan on how to reach it, and become part of the small group of people that successfully achieve their goal.

**Pick the Right Resolution.** You’ll give yourself your best shot at success if you set a goal that’s doable — and meaningful too. A lot of these resolutions fail because they’re not the right resolutions. And a resolution may be wrong for one of three main reasons: 1. It’s a resolution created based on what someone else (or society) is telling you to change. 2. It’s too vague. 3. You don’t have a realistic plan for achieving your resolution.

**Your goals should be SMART.** That’s an acronym coined in the journal Management Review in 1981 for specific, measurable, achievable, relevant and time-bound. It may work for management, but it can also work in setting your resolutions, too.

**Important** than just vaguely saying ‘I want to lose weight.’ You want to have a goal: How much weight do you want to lose and at what time interval?” For example: “Five pounds in the next two months.”

Measurable. This may seem obvious if your goal is a fitness or weight loss related one, but it’s also important if you’re trying to cut back on something, too. If, for example, you want to stop biting your nails, take pictures of your nails over time so you can track your progress in how those nails grow back out. Logging progress into a journal or making notes on your phone or in an app designed to help you track behaviors can reinforce the progress, no matter what your resolution may be.

**Achievable.** This doesn’t mean that you can’t have big stretch goals. But trying to take too big a step too fast can leave you frustrated, or affect other areas of your life to the point that your resolution takes over your life — and both you and your friends and family flail. So, for example, resolving to save enough money for a high ticket purchase over a few months is probably not realistic, but saving an extra $100 a month over a longer period may be.

Relevant. Is this a goal that really matters to you, and are you making it for the right reasons? “If you do it out of the sense of self-hate or remorse or a strong passion in that moment, it doesn’t usually last long,” says Dr. Michael Bennett, a psychiatrist and co-author of two self-help books. “But if you build up a process where you’re thinking harder about what’s good for you, you’re changing the structure of your life, you’re bringing people into your life who will reinforce that resolution, then I think you have a fighting chance.”

Time-bound. Like “achievable,” the timeline toward reaching your goal should be realistic, too. That means giving yourself enough time to do it with lots of smaller intermediate goals set up along the way. “Focus on these small wins so you can make gradual progress,” Charles Duhigg, author of “The Power of Habit” said. “If you’re building a habit, you’re planning for the next decade, not the next couple of months.”

The next step includes creating a plan for achieving your goals and setting up contingencies to deal with any “hurdles” you might encounter. Having a support system is an important factor in keeping resolutions; let a few people know that you are setting a goal and ask them to hold you accountable. Build in celebratory milestones and reward yourself when you reach these milestones. And, be charitable to yourself — it is OK if we miss our mark occasionally!

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Calling all Volunteers

Serve at the UCSD International Café
Friday, February 23, 11:30 AM - 1:30 PM, at the Great Hall

The 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. Please register online at: https://hrweb.ucsd.edu/ra/

UC Travel Interest Group News:
2018 Travel Opportunities to Match Your Limitless Imagination
The UC Travel Group is off to some fabulous destinations in 2018. Travel with other University of California retired staff and faculty.
Call Collette at 1-800-581-8942 to request a brochure!

UCSD Retirement Association Educational Seminars - for 2018
11:45 am — 1:15 pm
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/

Wed., Mar. 7 — Retirement Forum #1, The UC Retirement System
Wed., Mar. 14 — Retirement Forum #2, Maximizing Retirement Income
Thurs., Mar. 15 — Social Security 101, Ryan Hyslop
Fri., Mar. 16 — Advanced Social Security, Ryan Hyslop
Mon., Mar. 19 — Medicare, Ryan Hyslop and Debra Wells
Wed., Mar 21 — Retirement Forum #3, A Happy and Fulfilling Retirement
Wed., Mar. 28 — Long Term Care Insurance, Jody Hubbard
Wed., Apr. 4 — Emergency Preparedness, Cindy Wilson
Thurs., Apr. 5 — Estate Planning, Heidi Klippel
Wed., Apr. 11 — 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

To Book all tours, or for more information, please call Collette Vacations
(800) 581-8942. Be sure to have the Reference # of the tour you are interested in.

Sign up for your Free Private and Confidential Consultation
with UCSD’s Fidelity Representative!
Call us today to schedule your private, one hour appointment.
All appointments take place in the small, private conference room located in the UCSD Retirement Resource Center, UC 400.
Appointment times: 9 AM, 10 AM, 11 AM and 1 PM, 2 PM, 3 PM

Please book your appointment online at: https://hrweb.ucsd.edu/ra/
Or call us at (858) 534-4724, if you have no online access.
UCSD Retirement Association Calendar

Feb. 2 Fri. 9:30 AM—11:00 AM Tour of the Center for the Future of Surgery Center for the Future of Surgery
2 Fri. 11:45 AM—1:15 PM Nutrition Class with Vicky Newman UCSD RRC Conference Room
7 Wed. 10:30 AM—11:30 AM Docent-led History Stroll at Balboa Park Balboa Park’s History Center
8 Thur. 11:45 AM—1:15 PM “Impact of Rising Seas on the IB Community” with Imperial Beach Mayor Serge Dedina UCSD RRC Conference Room
9 Fri. 12:00 PM—2:00 PM Southern Food Demo: Cajun Jambalaya with Sue Dreier UCSD RRC Conference Room
10 Sat. 2:00 PM—5:00 PM Iranian Film: “Hamoun” with Prof. Rahimi UCSD RRC Conference Room
12 Mon. 9:00 AM—3:00 PM Fidelity One-on-One Appointments UCSD RRC Conference Room
12 Mon. 10:00 AM—11:00 AM Spanish Conversation Group UCSD RRC
13 Tue. 9:45 AM—10:15 AM RA Volunteer Committee Meeting UCSD RRC Conference Room
13 Tue. 10:30 AM—11:30 AM RA Board Meeting UCSD RRC Conference Room
15 Thur. 9:30 AM—11:30 AM Let’s Take A Walk: Mission Bay Park Mission Bay Park
16 Fri. 12:00 PM—2:00 PM RA Ethnic Feast Godfather Restaurant
20 Tue. 11:30 AM—1:30 PM Triton Investment Associates UCSD RRC Conference Room
21 Wed. 2:00 PM—4:00 PM Photography Interest Group UCSD RRC Conference Room
22 Thurs. 11:45 AM—1:15 PM “The Evolution of Libraries” with Phyllis Minsky, Librarian Emerita UCSD RRC Conference Room
23 Fri. 11:30 AM—1:30 PM Volunteer: International Friday Cafe UCSD Great Hall
23 Fri. 12:00 PM—2:00 PM RA Craft Brewery Crawl San Diego Brewing Company
26 Mon. 11:45 AM—1:15 PM Travel Interest Group: Colors of India UCSD RRC Conference Room
27 Tues. 11:45 AM—1:15 PM Investment Interest Group UCSD RRC Conference Room
28 Wed. 12:00 PM—2:00 PM RA Fiction Book Club 94th Aero Squadron
Mar 1 Thur. 11:45 AM—1:15 PM Intro to Cybersecurity with UCSD IT Policy Coordinator Ronise Zenon UCSD RRC Conference Room
2 Fri. 11:45 AM—1:15 PM Meditation Class with UCSD Fitlife UCSD RRC Conference Room
5 Mon. 11:45 AM—1:15 PM Confidential Data Handling UCSD RRC Conference Room

History of the School of Medicine
Presented by Dr. David Bailey
Tuesday, March 6, 2018, 11:45AM - 1:15PM
UCSD RRC, located in UC 400
Join fellow RA members for a special presentation by Dr. David Bailey. Dr. Bailey has recently published a book entitled Catching the Wave: A History of the University of California, San Diego School of Medicine in preparation of the school’s 50th anniversary of admitting medical students. Dr. Bailey joined UC San Diego faculty in 1977 and has served in various positions including Director of the Toxicology Laboratory of UC San Diego Medical Center, Director of the Pathology Residency Program, Dean of the UC San Diego School of Medicine, Deputy VC Health Sciences, and Dean for Faculty & Student Matters in UC San Diego School of Medicine, among many others. RSVP today

All UCSD Retirees, Association Members and their guests are welcome to join us at our “Spring Fling”, which serves as our Spring member luncheon, as well as an opportunity to celebrate our many volunteers.

Date: Wednesday March 21
Where: Tom Ham’s Lighthouse
Social: 12:00 PM Lunch: 12:30 PM
Cost: $22 per person (payable to the UCSD Retirement Assn.) for $22 per person to:
UCSD Retirement Assn.
9500 Gilman Drive, Drive Department 0020
La Jolla, CA 92093-0020.
Those members who have volunteered at a UCSD Retirement Association volunteer activity or event in the last three months will receive a personal invitation (with special pricing) to the luncheon. If you have volunteered, but do not receive your special invitation by Feb. 15th, please call Suzan in the Retirement Association office at (888) 834-4724. We wouldn’t want you to be overlooked! We’ll enjoy a delectable luncheon buffet, lively Gershwin tunes played by our favorite pianist, Danny Green, and our program honoring our many UCSD Retirement Association volunteers.

Don’t miss this delightful event!