From the Retiree President

As I sit in my garden writing this, I cannot help feeling a little guilty of having so many beautiful days here in the Santa Barbara area, albeit, extremely dry. This is in contrast to the severe weather that our neighbors to the east are experiencing. It makes one truly appreciate what we have here.

The UCSB Retirees Assoc. Program Committee has been busy working on the programming for our breakfast meetings. In April, Peter Howorth, Director & Founder of the Santa Barbara Marine Mammal Center, will give a presentation on the center and the rescue effort of the mammals. For the May meeting we will have a speaker from the Santa Barbara Museum of Natural History. We will round out the quarter with our annual BBQ at the Elks Lodge on June 11. Please refer to page 5 for additional information.

Many of you are aware of CUCRA (Council of University of California Retirement Associations) and CUCEA (the Council of University of California Emeriti Associations) and their role with UC Leadership. For those not aware, these are the advocate organizations for all retirees of the University of California. In April, UCSB will be the host campus for the bi-annual meeting of the CUCRA/CUCEA conference. Both the Emeriti and Retiree Board of Directors will be busy with the conference and having the privilege of showcasing our beautiful campus and area.

We look forward to seeing you at our next Breakfast meeting, April 16. Please join us, and let us know if you have questions or suggestions.

Betty Koch, President Retirees Association
Betty.Koch01@gmail.com

From the Emeriti President

Colleagues,
We have several events planned for the next half of the year. First, we are holding our spring social/informational event on Monday, May 12th. This will take place at 3:30PM at the Mosher Alumni House, as the Faculty club is closed for remodel. See page 4 for more information. Save the date.

Your Board has added some small venue discussions to the list of actives. We are thinking of topics such as travel tips presented by retirees who have traveled extensively and can provide secrets they’ve learned on getting the most from your next trip; estate planning & trusts; and life insurance choices. A frank discussion with experts in these fields could be useful. Stay tuned for dates and times for these events.

As teachers and researchers we have a responsibility to foster the research and creative actives of our undergraduate students. To meet that goal, volunteer judges organized by the Emeriti Association will judge 150 poster presentations at the Undergraduate Research Colloquium on May 20, 2014 from11:30AM to 2PM at the Corwin Pavilion. Divided into college classifications, the Emeriti Association provides over $2,600 dollars in cash scholarship prize money. If you would like to be a judge at this invigorating competition, contact Debra at debra.martin@hr.ucsb.edu / 893-4119, or me at wdm40@verizon.net. The association will provide judges with a continental breakfast at 10:30AM. Following the competition judges will be offered lunch at 2PM.

If you haven’t made your contribution to the Emeriti Association scholarship fund, do so now. Contact Debra (contact info above).

Finally, UCSB has been selected to host the bi-annual, inter-campus meeting of the emeriti/retirees associations at the end of April. This is a UC meeting where representatives of OP discuss policies that affect retirees and emeriti. Contact me if you have questions you want answered.

Taxes are due 15 April, 2014.

Sincerely,
W. Douglas Morgan, President, Emeriti Association
dmorgan@econ.ucsb.edu
UC News...

UCnet & At Your Service

UC Office of the President (UCOP) launched a new website on February 6 that aims to make life easier for faculty, staff and retirees.

The new site, called UCnet, is the fruit of more than two years of development by OP’s communications team and is part of a broader strategic initiative to improve the university’s websites. UCnet (ucnet.universityofcalifornia.edu) is meant to make it simpler for employees and retirees to keep up with what’s happening at UC, find information about benefits and policies, and quickly access personal accounts. It’s also designed to allow users to learn about and engage with colleagues around the system and build a stronger sense of community.

UCSB Human Resources staff are updating our web pages with links to the new UCnet website. Some At Your Service links have been redirected to similar content; others are redirected to the UCnet home page. We’ve found the search feature on UCnet to be a very useful tool to locate information, forms and other resources on the new website. You will find the UCSB Human Resources website at http://www.hr.ucsb.edu/.

Annual July 1, 2014 COLA for UCRP and UC-PERS Plus 5 Plan Annuitants

UCRP Annuitant COLA

The July 1, 2014 University of California Retirement Plan (UCRP) cost-of-living adjustment (COLA) is based on the average increase in the Consumer Price Index (CPI) for all urban consumers in the metropolitan areas of San Francisco and Los Angeles from February 2013 to February 2014. This average CPI increase was 1.50%.

UC-PERS Plus 5 Annuitant COLA

The University of California PERS Plus 5 (“UC-PERS Plus 5”) Plan annual COLA uses a formula equivalent to the UCRP COLA formula and is payable to the extent that the UC-PERS Plus 5 Plan's funded ratio for COLA purposes as of the previous July 1st exceeds 100%.

More information will be available in the May New Dimensions, or call 1-800-888-8267

Estate Planning

Estate Planning services are not often offered for free or at a reduced rate. The best way to save money is to do as much as you can yourself. For example, there are many free forms and seminars on how to complete an Advanced Health Care Directive for yourself. For people with simple estate plans the California Bar website has a standardized will form that you can use to draft a will. The bar also has several publications that can help you understand the different estate planning options like trusts and wills. Knowing what you want can help you save money when you finally sit down with an attorney. For more on this, and for other helpful information go to: http://centralcoastseniors.org/

Benefits of Volunteering

Studies indicate that adults 70 or older who regularly and actively volunteer are in better physical health than those just a few years younger who do not. There is something unique about engaging in a variety of productive activities such as volunteering, caregiving and community engagement that affects a person's physical health in a positive way while engaging in meaningful roles and staying active. Volunteering may also help people see what is important in life and how fortunate we are. Feeling that you are making a difference can add perspective and make our own problems seem smaller.
UPCOMING WORKSHOPS:
UCSB Human Resources Learning Center, 3101 Student Affairs Admin Services Building
Best parking: Mesa Parking Structure corner of Mesa and Ocean Roads

Friday, May 2, 2014 - 10:00AM – 12:00PM
Medicare & UC Retiree Medical Plans
If you are new to Medicare or have questions about how Medicare coordinates with your UC medical plan, this workshop is for you! We will discuss the following questions and more: When and how to enroll in Medicare? What plans are available to UC retirees on Medicare? What services does Medicare cover? What additional services are covered by the UC retiree plans? How much will the UC plan and Medicare cost? How do the plans work? Presented by Laura Morgan, UCSB Health Care Facilitator. 805-893-4201 / laura.morgan@hr.ucsb.edu

Fidelity Investments offers many workshops for current and retired faculty and staff. Some workshops coming up that may be of interest are:
- Building Portfolio for Any Weather (investment emphasis)
- Preserving Your Savings for Future Generations (estate planning emphasis)
- Your College Education Savings Options (helping the grandkids with college)

UCSB HR / Fidelity Workshop schedule:
https://ucfocusonyourfuture.mysecurebenefitsportal.com/FinancialFitnessLibrary/Schedule/12
or call: 1-800-642-7131
- Quarterly Market Update (QMU) through UCSB HR Learn at Lunch Program; dates to be announced.

For a one-on-one consult with Fidelity call 1-800-558-9182 or go online to:
getguidance.fidelity.com/universityofcalifornia

If you live out of the area, you may want to consider a webinar. Please see the schedule at:
https://ucfocusonyourfuture.mysecurebenefitsportal.com/financialfitnesslibrary/resource/123

TRAVEL

Feel the need to ‘get away?’ How does Ireland, Peru or the National Parks of America sound to you?
The UC/CUCRA Travel Program may be your answer. It is a travel program managed by Collette Travel designed especially for UC retirees. Each year a new selection of domestic and international destinations are planned. As an added bonus, the customary travel agent commission is donated to the Council of University of California Retiree Associations (CUCRA) http://cucra.ucsd.edu/. The CUCRA Travel Program generates several thousands of dollars a year for CUCRA.
To see some of the exciting tours available, look under UC Travel Program at: http://cucra.ucsd.edu/new/. Further information about UC travel opportunities is available by contacting http://www.gocollette.com/, or calling 1- 877-872-4331. When conferring with Collette staff, retirees should be certain to indicate their UC affiliation so that the association receives credit.

Dues Reminder ~
Be on the lookout – in June we will be sending out Emeriti & Retiree Membership forms for 2014/2015.

A history professor and a psychology professor were sitting outside at a nudist colony. The history professor asked: “Have you read Marx? The psychology professor replied: “Yes. I think it’s from the wicker chairs.”
UCSB Emeriti & Retiree Associations
2014 Spring Get-Together on Monday, May 12th

We are pleased to announce the annual UCSB Emeriti & Retiree Associations 2014 Spring Get-Together! Mark Weinsoff will give his presentation, “Applied Optimism” (please see more about Mark & the presentation below).

As always, we invite our newly retired faculty and staff (retired September 2013 to present) to attend free as our guests!

Come reacquaint with old friends and colleagues and welcome UCSB 2013/2014 Retirees into retirement, while enjoying appetizers and wine tasting. A minimal charge of $6 per person ($5 if you’ve paid your 2013/2014 Retiree or Emeriti Association membership dues) will help us cover the venue, food and wine. We look forward to seeing you there!

Where: Mosher Alumni House
When: 3:30P to 5:30P
Date: Monday, May 12, 2014

For more information call:
805-893-2168 or email: debra.martin@hr.ucsb.edu

Please make your $6 check ($5 for members) payable to:
UCSB Emeriti Association
RSVP by May 5th to:
Emeriti/Retiree Center
Mail Code 3160
University of California
Santa Barbara, CA 93106-3160

“Applied Optimism” gives concrete ideas on how to bring optimistic thinking into your life. It is based on the principles of Positive Psychology, and extended to easy to implement ideas that will help people live happier, healthier and more successful lives. The presentation starts with the principles of Positive Psychology, offers some practical ideas, and then suggests how having an optimistic outlook affects you and the people around you.

Our presenter, Mark Weinsoff (photo left), has been the computer help desk manager for UCSB Division of Student Affairs for 16 years. He first encountered the field of Positive Psychology while studying for a Master’s Degree in Psychology at Pepperdine University. It positively changed him. He has been researching the field of Positive Psychology and Positive Organizational Behavior for more than five years, and he has made presentations on “Applied Optimism” and “Optimism as a Philosophy of Business” many times around the country.

Can Playing Video Games Make You Happier?

Older adults who play video games – even only occasionally – may be happier and have better emotional health. According to a study done at North Carolina State University, seniors who play video games reported increased levels of emotional well-being. Especially effective may “exergames,” video games that combine game play with exercise.

http://news.ncsu.edu/releases/wms-allaire-social-2013/
Of course, everything in moderation... (see right)

Sitting and Disabilities

It’s been found that sitting too much can lead to major disability after the age of 60, regardless of exercise.

If you’re 60 and older, every additional hour a day you spend sitting is linked to doubling the risk of being disabled - regardless of how much moderate exercise you get.

Sedentary behavior is its own risk factor for disability, separate from lack of moderate vigorous physical activity. In fact, sedentary behavior is almost as strong a risk factor for disability as lack of moderate exercise.

https://www.feinberg.northwestern.edu/news/2014/02/sitting_risk.html
Retiree Newsletter  Spring 2014

Retiree Breakfast Meeting Schedule
Meet on the third Wednesday of months September thru May, 9AM at Cody's Café, Hollister/Turnpike.
We look forward to seeing you there.

April 16 – Peter Howorth: Marine Rescue Sanctuary
May 21 – Luke Swetland: Natural History Museum
June 11 – Retiree Association BBQ
(No meetings in July or August)
Topics and guests are subject to change, we will do our best to keep you informed. Suggestions? Call Betty Koch at 805-968-5568

Retiree Assoc Annual BBQ & Raffle
Our annual June BBQ is on Wednesday, June 11th at 11:30A. Be ready for socializing and a delicious BBQ in the Elks Lodge picnic area. We will have BBQ’d chicken to compliment your wonderful side dishes – invitations will be coming shortly.
Registration $5.

Breakfast Meeting Presenters

April 16th - Peter Howorth has been involved with marine mammals since 1964, when he began collecting live specimens of whales, dolphins, seals, and sea lions for marine life parks and for the US Navy’s Marine Mammal Program, which started at Pt. Mugu, California, and is now based in San Diego. Soon afterward, he began to provide logistical support for a variety of government marine mammal research projects, including the annual censusing of pinnipeds at San Miguel Island by NOAA Fisheries. In the 1980s, Howorth also began supplying logistical support for the censusing of pinnipeds at Santa Barbara Island by NOAA Fisheries.

May 21st - Luke Swetland became the President & CEO Santa Barbara Museum of Natural History Museum in 2013. Previously, he served as the Interim Head of the Autry National Center of the American West, Los Angeles. An expert on museum information management, Mr. Swetland held top management positions at the Getty Conservation Institute and the Henry Ford Museum & Greenfield Village as well as serving as Deputy Director/SVP of the Japanese-American National Museum. He also served as Vice President of the Board of the California Association of Museums, adjunct lecturer for the UCLA Graduate School of Education and Information Studies, and has been active in supporting the efforts of numerous conservation, archival, and library associations.

In Memoriam

Mortimer Andron
Economics
Retired 1977

Melchor Castro
Facilities Management
Retired 2009

Eleanor Gonzales
Library
Retired 2005

Frank C. Gonzales
Facilities Management
Retired 2003

Phyllis L. Reese
Sponsored Projects
Retired 1981

Julia H. Richardson
Accounting & UCen Bakery
Retired 2001

Kenneth Voelker
Physics
Retired 1993

Thelma N. Wilkes
Financial Aid
Retired 1991
Retiree Association Officers (2013-2014)

President          Betty Koch
Vice President     Shirley Dunbar
Secretary          Ginny Turner
Treasurer          Irene Pearce
Membership Chair   Bob Price
Program Chairs     Judy Klinge
                    Chuck Chaplain

Emeriti Association Officers (2013-2014)

President          Doug Morgan
Vice President     OPEN
Secretary          OPEN
Treasurer          Doug Morgan
CUCEA Rep.         Bill Ashby
CUCEA Alt.         OPEN

Program Assistant  Donn Miller
CUCRA Rep          Rob Mann
Ex Officio         Barbara Anderson
Members-at-large   Marilyn Benson
                    Tippi Lawrence
                    Donna Saar

Board Members
David Chapman
Alice Condodina
Paul Hernadi
William A. Prothero
Tonia Shimin
Barbara Voorhies
Carl Zytowski

EMERITI/RETIRES CENTER
Human Resources
University of California, Santa Barbara
Santa Barbara, CA 93106-3160