From the Retiree President

Dear UCSB Retirees,

We hope you had an enjoyable summer and avoided some of our hot days in Santa Barbara. We enjoyed our annual BBQ in June, catered by the Elks Lodge on their outside patio. No more walking down to the picnic area! We also organized a delightful SB Airbus tour to the Getty Villa in Malibu, and are looking for more fun things to schedule for next year. We hope you will join us!

Our no-host breakfast meetings are held at 9A, the third Wednesday of months Sept. thru May at Cody’s Café, Turnpike and Hollister. Our speakers for Sept. 16th were Deb Artz and Cathy Boggs who spoke on “Older & Wiser...” On October 21st, Laura Morgan, UCSB Health Care Facilitator, will discuss any changes to our 2016 medical plans. See page 2 for Laura’s Open Enrollment presentation schedule. Our November 18th meeting will bring UCSB Chemistry Professor Bruce Lipshutz, to speak on the CoQ10 dietary supplement. Come and hear about his research on this important compound.

Our annual Holiday Luncheon & Raffle is a very popular event and again we have scheduled it at the Elks Lodge, Wednesday, December 9, 2015. Please join us for a wonderful time with great food, entertainment, and a raffle. More information will be mailed or emailed to you at a later date with a reservation form.

From the Emeriti President

Colleagues,

Another school year has begun, and our fall Kickoff social event will be held October 20th at 3:30P in Mosher Alumni House. Our speaker is Art Sylvester, speaking on ‘Roadside Geology of Southern California.’ I heard an earlier presentation and I will never drive the 405 the same way. (See page 4 for details)

On page 6 of this newsletter you will find the winners of the prize competition for the UCSB Undergraduate Research Colloquium, and the names of this year’s judges. The competition is an opportunity for all emeriti to participate and encourage our UG students to continue their active research and educational development, by contributing to the fund and/or being a judge. Many thanks to those who supported this year’s competition.

Later in October, your Emeriti officers will attend the Council of University of California Emeriti Associations (CUCEA http://cucea.ucsd.edu/) twice-annual conference at UC Davis. This is an opportunity for exchange of ideas among all emeriti associations on every campus, and to insure that UC retired faculty and staff voices are heard by UCOP officials attending the conference. Our own Bill Ashby is the Secretary to CUCEA. One item to be discussed will be the polling of all emeriti on the teaching, research and mentoring that you have done during the last three years in emeriti status. This will be powerful documentation to support our association’s presence, and
Open Enrollment for 2016

October 29\textsuperscript{th} to November 24\textsuperscript{th}

Open Enrollment information will be posted on the \textbf{UCnet website as it becomes available}:

\url{http://ucnet.universityofcalifornia.edu/}

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| **Open Enrollment Highlights** | Retiree Breakfast Meeting  
Wednesday, October 21  
9:00am  
Cody’s Café at Turnpike and Hollister | The UCSB Benefits staff will present an overview of plan changes and answer questions about the 2016 medical plans. |
| |  
Space is very limited. Come to this event only if you are unable to attend the event on Friday, November 6 at Mosher Alumni House on campus. | |
| **Medicare and UC Medical Plans & Open Enrollment Highlights** | Retiree Workshop  
Friday, November 6  
10:00A to 12:00P  
Mosher Alumni House Alumni Hall | Learn how Medicare coordinates with the 2016 UC medical plans. |
| |  
The UCSB Benefits staff will present an overview of plan changes and answer questions about the 2016 medical plans. | |
| |  
Representatives from HICAP and Fidelity will be available to answer questions. | |
| **Non-Medicare Medical Plans** | Retirees and family members who are NOT enrolled in Medicare can learn about the non-Medicare medical plans by attending employee Open Enrollment events. | |
| | Employee events will be announced on the UCSB Human Resources home page in October \url{http://www.hr.ucsb.edu/} | |

If you have questions, please contact: Laura Morgan, Health Care Facilitator, laura.morgan@hr.ucsb.edu or 805-893-4201
We have missed some of our retirees who have not renewed their membership. Laurie Theobald is our new Membership Chair and has forms available at meetings for you to renew your membership and become active in our meetings and special events. These get-togethers provide a good time to socialize, and to let us know how you are doing in your retirement.

I look forward to seeing you at our next breakfast meeting. Please join us and let us know if you have any questions or suggestions. You are also invited to join our Board meetings held at Cody’s the first Wed. of each month. The Recruitment Committee is searching for a President in training or Co-President who would like to join our Board. If you are interested in this position, please contact me and I’ll forward the job description. Being on this Board has been one of the highlights of my year.

Barbara Anderson, Interim President
UCSB Retirees Association
Barbara62239@gmail.com

The Senior Expo offers new and creative ways to meet the needs of seniors in Santa Barbara - whether you are active and looking for new fitness programs or need assistance getting around safely and affordably.

$5 entrance fee includes:
- A free flu shot, courtesy of Cottage Health and Sansum Clinic for seniors age 55+
- 95 exhibit booths
- Balance and fitness testing
- Health screenings
- Bone density scans
- Genealogy consults
- Live music

Valet parking for those with a blue placard

Visit the event’s website at www.seniorexposb.com
For more information, call toll-free 1-855-CHS-WELL (1-855-247-9355).
Wednesday, Oct 7, 2015 - 9:00 AM to 12:00 PM

Your Emeriti and Retiree Associations noticed there was no general administration reception when employees retired after working at UCSB – sometimes up to 20, 30; even 40 years of service. So, in conjunction with the Chancellors office, your associations planned a Chancellor’s Reception - a gathering for recent retirees - in early June 2015. All 50 people were congratulated by the Chancellor in a very festive occasion. The Chancellor indicated that this event should become a tradition.

Hope to see you at the fall Kickoff event on October 20th; it’s a perfect opportunity to catch up with friends and colleagues.

Sincerely,

W. Douglas Morgan, President
UCSB Emeriti Association
Dmorgan@econ.ucsb.edu
You are invited to attend the
UCSB EMERITI & RETIREE ASSOCIATIONS
2015 Fall Kickoff
Mosher Alumni House
Tuesday, October 20th - 3:30 PM – 5:30 PM
UCSB Emeriti & Retiree Associations 2015 Fall Kickoff

We are pleased to announce the annual UCSB Emeriti & Retiree Associations 2015 Fall Kickoff!

Arthur Sylvester, UCSB Professor Emeritus, Earth Science, will give his presentation and slide show: “New Book Preview: Roadside Geology of Southern California“ (more about the new book below)

We invite recently retired faculty and staff (retired April 2015 to present) to attend free as our guests!

Come reacquaint with old friends and colleagues and welcome new UCSB Retirees into retirement, while enjoying appetizers and wine tasting. A minimal charge of $6 per person ($5 if you’re up-to-date on your 2015/2016 Retiree or Emeriti Association membership dues) will help us cover the venue, food and wine.

We look forward to seeing you there! Invitations will be sent out via email or U.S. Post.

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

New Book Preview: Roadside Geology of Southern California

From volcanoes to glaciers, giant prehistoric landslides to active earthquake faults, southern California is a wonderland of natural force and fury. Some of the most dramatic and diverse geology in the world erupts, crashes, and collides in the Golden State—arrayed along scenic, winding two-lane back roads as well as the region’s mighty and infamous major highways.

Join Arthur Sylvester, an award-winning UCSB geologist-author and Elizabeth O’Black Gans, a renowned geologist-illustrator as they motor through mountains and deserts, along rugged coasts and sandy beaches to explore the iconic features of the SoCal landscape. Their forthcoming book, Roadside Geology of Southern California, will take you to the best places to view the San Andreas fault and ponder the mysteries of the Salton Sea. You’ll discover the ancient secrets of Joshua Tree National Park and the majesty of the Mojave Desert, and uncover hidden treasures on the Channel Islands that most visitors never see.

With dazzling original color maps, diagrams, and photos, Roadside Geology of Southern California combines the best and latest science with accessible stories and down-to-earth driving directions and details.

Arthur Sylvester received the UC Presidents Award for Excellence in Undergraduate Research Mentoring in 1994, the UCSB Academic Senate Distinguished Teaching Award in Mathematical, Life & Physical Sciences 1996-97, and the Dickson Emeriti Fellowship 2015-2016. He retired from active teaching in 2003.
Learn about the Total Health Profile, Wellness Coaching – and how to earn $75!

You can work one-on-one with your personal wellness coach by phone. Your coach will help you discover what motivates you, tailor a program to fit your needs, help you overcome roadblocks and show you how small changes can lead to big improvements in your health and well-being.

You’ll earn 2,500 reward points for enrolling in a Wellness Coaching program and another 2,500 points for completing a program. When you earn 7,500 points, you’ll get a $75 prepaid Visa® gift card.

To learn more or to enroll in Wellness Coaching, call us toll-free at 1-855-688-9775, M – F, 5A to 5P, or choose to attend a short, informational webinar:

Thursday, October 15, 12:15-12:45 pm PST
Call-in number: 1-763-957-6300
Meeting number: 646 367 029
Register

Upcoming Optum Webinar: Love your Heart Workshop
Did you know that heart disease is the leading cause of death in both men and women and the risk factors often go undetected. When it comes to your health, don’t be half-hearted! Attend this 45-minute webinar to:

- Learn how to choose foods your heart will love
- Explore how exercise can tune up your ticker
- Test your skills reading food labels
- Create a personal action plan
- Earn 2,500 points
- Webinar quiz- Join and listen for a chance to win a heart rate monitor!

Tuesday, October 27, 12:15 – 1:00 pm PST
Call-in number: 1-763-957-6300
Meeting number: 649 816 974
Register

Questions? Sandy Wilson, Optum Wellness Specialist
Mobile: 480-296-8696
sandy.wilson@optum.com
www.optum.com

Visit the Human Resources webpage for more about the programs and services available at UCSB.
UCSB EMERITI ASSOCIATION RESEARCH AWARDS

The UCSB Emeriti Association held their annual competition to recognize outstanding scholarship by UCSB undergraduates. Judging took place at the May 19, 2015 Undergrad Colloquium for the best research in three major discipline areas: Humanities & Fine Arts; Physical Science, Math, and Engineering; and, Social Sciences/Psychology. Over $2,000 was awarded based on the quality of the research presented, and on the skill and clarity of the presenter's discussion.

Many thanks to the UCSB Emeriti membership for their contributions. This allows the Emeriti Association to continue to present monetary awards at the annual competition.

Congratulations to the winners of the 2015 UCSB Emeriti Association Research Awards:

**Humanities & Fine Arts**
First place tie: “Bad Hamlet!: How Hamlet Quarto 1 is for the People, by the People” – Nabrashaa Nelson
First place tie: “Emily and Conor Build a Bridge” – Alex Avila, Nicole Kim, Benjamin Steele & Sophia Vaccaro
Second place tie: “Where are you REALLY from?” – Kyung Park
Second place tie: “‘Talk slowly like a turtle’: An Analysis of Metalinguistic Awareness and Speech Therapy Strategies” – Lizette Wences
Third place: “Evolution by Selection in Iterated Language Learning Experiments” – Joleana Shurley

**Science & Engineering**
First place: “Molecular Genetic Analysis of Drosophila TMC in Food Texture Sensation” – Timothy Aikin
Second place tie: “Developing a Fluorescent Based Destabilizing Domain System with UnaG and Bilirubin” – Benjamin Huffman
Second place tie: “The Indirect Effect of Herbivorous Sea Urchins on Coral Recruitment within Physically Complex Structures of Dead” – Marlene Maeusli
Second place tie: “Determining Love wave phase velocity through analysis of rotational ground motion” – Bryant Chow

**Social Sciences/Psychology**
First place: “The Securitization of Human Trafficking in Transit: The Case of the European Union” – McKenna Lux
Second place: “Accountability Under the New Local Control Funding Formula for Education in California” – Hannah Bartlebaugh
Third place: “Designing for Motivation: Game Mechanics in Online Language Learning Platforms” – Christopher Chan

The Panel of Judges

**Humanities & Fine Arts** - Emeritus Professors: William Ashby*, Naomi Greene and Nancy Gallagher


**Social Sciences/Psychology** - Emeritus Professors: Barbara Voorhies*, W. Douglas Morgan*, Don Brown and Manny Casas

Coordinator: W. Douglas Morgan*

* UCSB Emeriti Association Board Member
WHERE YOU GO BECOMES WHO YOU ARE

Collette guided tours offers exciting travel adventures in 2016. You may be a seasoned traveler or have been putting off finding your place in the world. No matter where you're at in life, the following tours are guaranteed to establish "who you are!"

The 13-day "Italian Vistas" tour, departing June 6, 2016, takes you to Rome, ruins of Pompeii, Isle of Capri, Florence, Venice, Verona, Stresa and Locarno, Switzerland, to name a few. Cost: round trip out of Los Angeles $5,849 per person/dbl. occupancy (includes $200 savings per person if booked by December 7, 2015) Refer to Booking #692942

"The Wonders of China ~ featuring the Yangtze River" 16-day tour, departs September 6, 2016. A few highlights of this tour: Shanghai, Yuyuan Garden, Yangtze River Cruise, Three Gorges Dam, Terracotta Warriors, Tiananmen Square, Forbidden City & The Great Wall. Cost: round trip out of Los Angeles $5,499 per person/dbl. occupancy. Refer to Booking #693317

"Tropical Costa Rica" 9-day tour, departs October 15, 2016. Some highlights are stops at San Jose, Coffee Plantation, Monteverde Cloud Forest, Hanging Bridges Tour, Arenal Cruise, Cano Negro Refuge and National Theatre. Cost: round trip out of Los Angeles $2,549 per person/dbl. occupancy (includes $100 savings per person if booked now). Refer to Booking #693075

"Rediscover Cuba ~ A Cultural Exploration" is a 9-day tour, departing October 18, 2016. You will visit Cayo Santa Maria Island, Sugar Museum, Botanical Gardens, Cuban Cigar Factory, Havana, Literacy Museum, Cuban Fine Arts Museum and more. Cost: round trip out of Los Angeles $3,999 per person/dbl. occupancy (includes $200 savings per person if booked now). Refer to Booking #652421

What a wonderful way to end 2016, put you in the Holiday spirit plus take care of your Christmas shopping. "Classic Christmas Markets" featuring markets in Innsbruck, Munich, Würzburg, Strasbourg and Nuremberg. This 9-day tour departs December 2, 2016. Besides the cities already mentioned, you will be visiting Oberammergau, Neuschwanstein Castle, Black Forest and Rothenburg. Cost: round trip out of Los Angeles $3,449 per person/dbl. occupancy (includes $200 savings per person if booked now). Refer to Booking #693354

Collette tours donates a percentage of tour proceeds to the Council of University of California Retiree Associations (CUCRA at http://cucra.ucsd.edu/) when you reference promotions code U001.AX1.918 and University of California Retirees Association when calling their office at 1-800-437-0235.

Other Collette tours are offered at www.gocollette.com and through their World Connect program.
Forgetfulness: Knowing When to Ask for Help

Forgetfulness can be a normal part of aging. As people get older, changes occur in all parts of the body, including the brain. As a result, some people may notice that it takes longer to learn new things, they don’t remember information as well as they did, or they lose things like their glasses. These usually are signs of mild forgetfulness, not serious memory problems.

Emotional problems, such as stress, anxiety, or depression, can make a person more forgetful and can be mistaken for dementia. For instance, someone who has recently retired or who is coping with the death of a spouse, relative, or friend may feel sad, lonely, worried, or bored. Trying to deal with these life changes leaves some people confused or forgetful.

For some older people, memory problems are a sign of a serious problem, such as mild cognitive impairment or dementia. People who are worried about memory problems should see a doctor.

Keeping Your Memory Sharp

People with some forgetfulness can use a variety of techniques that may help them stay healthy and maintain their memory and mental skills. Here are some tips:

- Plan tasks, make “to do” lists, and use memory aids like notes and calendars. Some people find they remember things better if they mentally connect them to other meaningful things, such as a familiar name, song, book, or TV show
- Develop interests or hobbies and stay involved in activities that can help both the mind and body
- Engage in physical activity and exercise. Several studies have associated exercise (such as walking) with better brain function, although more research is needed to say for sure whether exercise can help to maintain brain function or prevent or delay symptoms of Alzheimer’s
- Limit alcohol use. Although some studies suggest that moderate alcohol use has health benefits, heavy or binge drinking over time can cause memory loss and permanent brain damage

Full article at National Institute on Aging: https://www.nia.nih.gov/health/publication/forgetfulness

UCSB Human Resources Holiday Closure Dates
As of the date of publication of this newsletter, UCSB intends to designate December 28th, 29th, and 30th, 2015 as curtailment days for non-essential services. The University paid holidays will be observed on December 24th, 25th, 31st, and January 1, 2016.

2016 Health Plan Contacts:
http://ucnet.universityofcalifornia.edu/contacts/plan-contacts.html
UC Retiree Administration Service Center
1-800-888-8267
UCnet (formerly At Your Service):
http://ucnet.universityofcalifornia.edu/
Fidelity Retirement Services
1-866-682-7787

Save the Date ~
Retiree Association Annual Holiday Luncheon & Raffle
This year the luncheon will take place on Wednesday, December 9th.
Locals - look for invitations coming in November, via email or U.S. Postal Service ~
Explore Coursera!
Take some of the world's best courses, online, for **FREE**.
If you have internet access, you have access to a host of online courses offered by Coursera.
Coursera offers courses in a wide range of topics, spanning the Humanities, Medicine, Biology, Social Sciences, Mathematics, Business, Computer Science, and more.  [https://www.coursera.org/](https://www.coursera.org/)

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**Retiree Breakfast Meeting Schedule**
Meets on the third Wednesday of each month, September thru May, **9AM at Cody's Café, Hollister/Turnpike.**  
**Oct 21** – Laura Morgan on Open Enrollment & Health Benefits  
**Nov 18** – UCSB Professor Bruce H. Lipshutz: The Importance of the CoQ10 Dietary Supplement  
**Dec 9** – Retiree Assoc. **Annual Holiday Luncheon & Raffle**  
*(topics and guests are subject to change – we will do our best to keep you informed)* - Suggestions? Donna Craig at **805-968-6320**

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**In Memoriam**

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<th>Joanne E. Antles</th>
<th>Gertrude M. Dreier</th>
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Retiree Association Officers

President        Barbara Anderson
Vice President   Shirley Dunbar
Secretary        Ginny Turner
Treasurer        Irene Pearce
Membership       Laurie Theobald
Programs         Donna Craig
Programs Asst    Donn Miller
CUCRA Rep        Robert Mann
Ex Officio       Betty Koch
Members-at-large Marilyn Benson
                 Tippi Lawrence
                 Bob Price
                 Donna Saar

Emeriti Association Officers 2015-2016

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

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