From the Retiree Co-Presidents

Greetings Retirees,

Spring is here and we’re already looking forward to our annual meeting and June BBQ on Wed, June 15 at the Elks Lodge. In a month or so you will be receiving a flyer about the BBQ. The flyer will direct you to send your reservation form to Irene Pearce. This year we will again meet outside on the patio on the same level as the parking lot. Everything is provided and we will pay a nominal fee for a wonderful catered BBQ by our friends at the ELKS. Remember to bring a few treasures for the raffle table - raffle tickets are 6 for $5.00. Vice President, Shirley Dunbar, is in charge of this part of the program.

We have had some great breakfast meetings and wonderful speakers. Our March 16 meeting was very informative as Allison Grosfield gave us some great tips on how to write our own story as only we can tell it. I was motivated to start gathering pictures to help me remember, and write down those memories in my life in a book format. As we age it seems the memories tend to fade away. If you missed the meeting, you can see Allison’s website at: www.allisongrosfield.com. We have two more speaker’s meetings before summer and we hope you will consider joining us at Cody’s. Remem-

Cont’d on page 5

From the Emeriti President

Colleagues,

Spring has come and with it our spring wine and cheese get together. As before, we will be holding this Emeriti/Retirees event at Mosher Alumni House on Mon, April 18 from 3:30P to 5:30P, and our guest speaker is Marc Fisher, Vice Chancellor for Administrative Services. Your Board has listened to you. As a result of our member survey - it was surprising the number of retirees who wanted to find out more about what has been happening on campus, now and in the future. Marc Fisher is the person who can provide answers on this topic. See page 4 to find out more.

Calling all UCSB Emeriti. Join 20 of your fellow emeriti to be judges at the 2016 Undergrad Research Colloquium (poster session). It will be held on Tuesday, May 17 from 11A to 2P in the Corwin Pavilion. The Emeriti Association is proud to support this program by providing cash awards to outstanding student participants in all disciplines. As Professor Emeritus William Prothero has said; it is a pleasure to see the student’s enthusiasm when they present their research poster to the judges. Please call/email me, or Debra Martin at debra.martin@hr.ucsb.edu or 805-893-4119 to volunteer to be a judge. Lunch is provided. Hope to see you there.

Later in April your officers will be attending the Council of University of California Emeriti Associations (CUCEA: http://cucea.ucsd.edu/) conference at UCLA. UC President Janet Napolitano will be in attendance and the Emeriti Associations will present
Medicare & UC Medical Plan Workshop

Thursday, June 2, 10A – 12P, Human Resources Learning Center

If you are new to Medicare or have questions about how Medicare coordinates with your UC medical plans, this workshop is for you! We will discuss the following questions and more:

- When to enroll in Medicare?
- What services does traditional Medicare cover?
- What plans are available to UC retirees on Medicare?
- What additional services are covered when Medicare is used with UC retiree plans?
- Which physicians are available to members in the UC Medicare plans?
- How much will the UC plan and Medicare cost?
- Which UC Medicare plans are available to retirees living outside of California?

Presented by Laura Morgan, UCSB Health Care Facilitator  805-893-4201 / laura.morgan@hr.ucsb.edu

Questions about your retiree medical benefits? Call UC Retirement Administration Service Center (RASC) at 1-800-888-8267

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Tips That May Help Reduce Alzheimer’s Risk:

Eat Blueberries

Keep Moving
A study published in the Journal of Alzheimer’s Disease, finds that any kind of exercise can improve brain volume and cut the risk of the disease by 50%. [http://www.medicalnewstoday.com/articles/307757.php?tw]

Burn Calories
Jog, swim, garden or dance, physically active older persons have larger gray matter volume in key brain areas responsible for memory and cognition [http://www.medicalnewstoday.com/releases/307788.php?tw]


Omega-3 fatty Acids Shown to Exert a Positive Effect on the Aging Brain Preventing Alzheimer’s disease through supplementation with natural omega-3 fatty acids [http://www.medicalnewstoday.com/releases/307939.php?tw]
Michael Witherell to Direct Berkeley National Lab

Michael Witherell, Vice Chancellor for Research at UC Santa Barbara, has been named by the UC Board of Regents to head Lawrence Berkeley National Laboratory, effective March 1, 2016.

“This honorable and prestigious appointment by the Regents, based on President Janet Napolitano’s recommendation and with the concurrence of the U.S. Department of Energy, provides an excellent opportunity for Michael,” said UCSB Chancellor Henry T. Yang. “But his departure is a tremendous loss for our UC Santa Barbara family. His impact on our campus has been far-reaching, making valuable contributions to our administration, academics, fundraising, and student affairs.”

Witherell has served as UCSB’s vice chancellor for research for nearly 11 years. Under his leadership, the campus has seen a steady increase in annual extramural research expenditures, from $165 million in 2005 to $227 million today. At the same time, UCSB has continued its tradition of interdisciplinary and inclusive research, and established significant new research opportunities for both undergraduate and graduate students.

A leading physicist with a long and distinguished career in teaching, research, and public service, Witherell also has held a UC Presidential Chair in the UCSB Department of Physics. He previously was a member of the faculty in the department from 1981 until 1999, before moving on to serve as director of the Fermi National Accelerator Laboratory in Illinois for six years. He returned to UCSB as vice chancellor or research in 2005.


Excerpt of story, by Sonia Fernandez

It’s Time To Rethink The Bucket List Retirement

Wall Street Journal, March 2016

In the search for the next big adventure, retirees are too often missing out on the most fulfilling aspects of later life.

For many seniors, the bucket list has become the ultimate celebration of aging. Healthier, heartier and richer than generations of retirees before them, they’re spending their golden years chasing once-in-a-lifetime adventures—sky diving from 13,000 feet, hiking the Great Wall of China, swimming with sharks or skiing the Andes. For them, it’s the chance to do things they put off for years while working and caring for family, and to make the most of the moments they have remaining.

What’s not to love about a life of dream vacations and big thrills? Unfortunately, it could be quite a bit.

See more at: http://www.wsj.com/articles/its-time-to-rethink-the-bucket-list-retirement-1458525877
Marc Fisher was appointed Vice Chancellor for Administrative Services in August, 2014. In this position, Marc oversees Audit & Advisory Services, Campus ADA Compliance, Campus Planning & Design, Campus Policy & Records, Sustainability Initiatives, Design and Construction – Capital Projects, Environmental Health and Safety, Housing & Residential Services, Human Resources, Physical Facilities, Police, Transportation and Parking Services, and the University Center.

Marc previously served as Senior Associate Vice Chancellor for Administrative Services for six years, and has a total of 12 years of campus experience, including six years as Associate Vice Chancellor for Campus Design and Facilities.

Prior to coming to UC Santa Barbara, Marc was Campus Architect at UCLA from 1995 to 2002.
Retiree Association Breakfast Meeting Schedule

Meets on third Wednesday of each month, September thru May, 9AM at Cody’s Café, Hollister/Turnpike.

April 20 – Daniel Wozniak, Program Administrator from SB Village

May 18 – Nicole Campos and Adriana Marroquin from the nonprofit, Easy Lift Transportation

June 15 – Annual BBQ and Raffle at the SB Elks Lodge (invitations to come)

(topics and guests are subject to change – we will do our best to keep you informed)

Suggestions? Call Donna Craig at 805-968-6320 or email djcraig55@yahoo.com

The New Look of UCSB Davidson Library

Coming soon...

We will be scheduling a guided tour of the Davidson Library addition and renovation. Keep a look out for your email notification of the date, and join us to visit the beautiful UCSB Davidson Library!

For more information contact Debra at: debra.martin@hr.ucsb.edu or 805-893-2168

See more at: http://www.library.ucsb.edu/building

Retiree President cont’d from page 1

ber we always meet on the 3rd Wednesday of the month at 9:00 am for breakfast and speaker, with the exception of the summer months, June, July, and August. Coming attractions will be: Daniel Wozniak from SB Village, which helps a senior live in his/her own home in our golden years. Daniel will be our speaker on Wed, April 20. On May 25, Nicole Campos and Adriana Marroquin from Easy Lift Transportation will tell us about this great program.

Thank you for sending your 2015/2016 membership dues of $15.00 per year. You may still pay dues if you haven’t renewed, and welcome all new retirees who have not yet joined. Your membership dues are important to support our scholarships and expenses to operate the Association. Most of the other UC campuses do not hold monthly meetings for their retirees. This says a lot about our retirees supporting a monthly meeting with a presentation, and their willingness to support our two scholarship programs, as well as the voice of UC retirees, the Council of UC Retirees Association (CUCRA): http://cucra.ucsd.edu/. We look forward to seeing you at our next breakfast meeting and the Emeriti/Retirees Spring event (page 4).

Barbara Anderson Barbara62239@gmail.com / Nancy Tanner ladytanner@aol.com

Co-Presidents, UCSB Retirees Association

Emeriti President cont’d from page 1

the results of the 'UC Survey of Emeriti Activity' and indicate the importance of Emeriti to the functioning of the University.

Sincerely,

W. Douglas Morgan, President, UCSB Emeriti Association

wdmorgan40@yahoo.com
The World is Closer Than You Think - Travel in 2017

Start 2017 by exploring "Iceland's Magical Northern Lights." This 7-day tour, beginning February 12, 2017, provides the opportunity of discovering Iceland, a land and culture forged by fire and ice. In this land of many natural wonders, you will see the aurora borealis, and the beautiful Blue Lagoon. Book now and save $200; cost for double occupancy will be $3,249* [http://gateway.gocollette.com/link/739210](http://gateway.gocollette.com/link/739210)

Starting April 2, 2017, this tour lets you experience true "Southern Charm." This 7-day tour opens in beautiful antebellum Charleston, which has survived the Civil War, major fires, earthquakes, hurricanes and still exudes elegance, charm and grace. You will visit Fort Sumter, where the first shots of the Civil War were fired and other interesting sites. Book now and save $50 and the cost for double occupancy will be $2,849* [http://gateway.gocollette.com/link/739217](http://gateway.gocollette.com/link/739217)

Enjoy the "Shades of Ireland featuring Northern Ireland" from May 15 - 27, 2017. Start in Dublin where, among other explorations, you will experience a fun-filled evening of Irish entertainment, then visit Kilkenny, Waterford Crystal, Blarney Castle, Limerick, Cliffs of Moher and Galway. You will also visit Kingscourt, and while there, stay overnight in Cabra Castle. Book now and save $200; cost for double occupancy will be $4,149* [https://gateway.gocollette.com/link/738512](https://gateway.gocollette.com/link/738512)

These tours are not just for UC Retirees, invite your family and friends to join you. *Cost per person. Tour cost includes round trip air from Los Angeles International Airport, air taxes and fees/surcharges, and hotel transfers. Call Collette at 1-800-581-8942 for rates for later bookings and other information.

Email Addresses Wanted

If you received your newsletter via US Postal Service, we may not have your current email address. You could be missing out on notices and updates we distribute only electronically. To update us with your email, please contact Debra at debra.martin@hr.ucsb.edu or 805-893-2168. Thank you!

~ Assistance for Seniors ~

- Center for Successful Aging
  CSA can provide support group and individual counseling, offers events, and promotes helping seniors help themselves. Phone: 805-898-8080  Email: info@csasb.org  Website: http://www.csasb.org/
- SB County: Central Coast Commission for Senior Citizens - Area Agency on Aging*
  Whether it is help finding the phone number to the local senior center or social and economic success. 
  Phone: 1-800-510-2020 or 805-928-2552  Website: [http://centralcoastseniors.org/](http://centralcoastseniors.org/)
- California Department on Aging
  This is a good starting place for information regarding anything from Adult Day Health Care to Legal Assistance. Within California, Phone: 1-800-510-2020  Website: [http://www.aging.ca.gov](http://www.aging.ca.gov)
- National Council on Aging
  Check here for resources and programs locally and country-wide. Find out about everything from flu shots and healthy aging to preventing falls. Phone: 1-800-677-1116  Website: [http://www.ncoa.org/](http://www.ncoa.org/)

*To contact an Area Agency on Aging outside of SB County call 1-800-677-1116
Deep History - First Coastal Californians

A new book edited by a UC Santa Barbara anthropologist reveals the historic and cultural depth of the ‘First Coastal Californians’.

California’s history, like a Hollywood romantic comedy, is often considered skin deep and inconsequential. A new book edited by a UC Santa Barbara anthropologist, however, has the potential to dramatically reshape that perspective. “First Coastal Californians” (School for Advanced Research Press, 2015), edited by Lynn Gamble, a professor in the Department of Anthropology, provides an expansive and accessible view into 13,000 years of human history in the state.

See more at: http://www.news.ucsb.edu/2015/016232/deep-history?utm_source=newsletter&utm_medium=email&utm_content=Read%20more&utm_campaign=January%205%2C%202016#sthash.Usi2ovVO.dpuf

Excerpt from article by Jim Logan

People in Their 60s Uniquely Benefit from Giving Advice Despite Fewer Chances to Offer It...

Individuals in their 60s who report giving advice to a wide variety of people -- to family members, friends, neighbors, and strangers -- see their lives as highly meaningful.

In Memoriam

Daily C. Baise, Purchasing - Retired 1997
Donald W. Beihl, ECE - Retired 1989
Newell D. Breyfogle, Physical Activities
Vera A. Bridge, Athletics - Retired 2004
Paul D. Calderwood, Budget & Planning - Retired 2001
Nellie Casselman, Central Reprographics - Retired 1991
Jose S. Chavez, Facilities Management - Retired 1993
Kenneth Cox, Purchasing
Maureen K. Driscoll, Writing Program - Retired 2004
Roy K. Fong, Facilities Management - Retired 1991
Mary C. Gervase, Linguistics - Retired 2004
Barbara R. Hagen, Office of Research - Retired 1986
Herman Harris, Res/Dining Halls - Retired 1991
Robert S. Jacobs, Ecological Biology - Retired 2010
Martha Johanson, Alumni Affairs - Retired 1987

James Julian, Facilities Management - Retired 1988
Andre Malecot, French & Italian - Retired 1990
Marvin Marcus, Computer Science - Retired 1991
Arnulfo Montoya, Housekeeping - Retired 2010
Dennis Nupdal, Resh Central Stores - Retired 2008
Rutila M. Poppleton, Community Housing - Retired 2006
Dolores J. Ritchie, Library - Retired 1998
Henry Santillanes, Facilities Management - Retired 1999
Marjorie B. Snethen, EAP - Retired 1991
Brenda Stiefel, Portola Dining - Retired 2015
Marie E. Vierra, Arts Admin. Support - Retired 2013
Virginia R. Weiser, Library - Retired 1991
Lillian Whiteford, Physics - Retired 1978
Leslie S. Wilson, Physics - Retired 1997

Notices provided by UCOP
### Retiree Association Officers 2015-2016

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<td>Co-President</td>
<td>Barbara Anderson</td>
<td>Programs Assistant</td>
<td>Claudia Alpin, Donn Miller</td>
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<td>Co-President</td>
<td>Nancy Tanner</td>
<td>Ex-officio</td>
<td>Betty Koch</td>
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<td>Vice President</td>
<td>Shirley Dunbar</td>
<td>Members-at-large</td>
<td>Marilyn Benson, Bob Price, Tippi Lawrence, Donna Saar</td>
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<td>Secretary</td>
<td>Ginny Turner</td>
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<td>Treasurer</td>
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<td>President</td>
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<td>William A. Prothero</td>
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<td>Tonia Shimin</td>
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<td>Carl Zytowski</td>
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COORDINATOR/EDITOR
Debra Martin
E-MAIL: debra.martin@hr.ucsb.edu

We’re on the Web!
http://www.hr.ucsb.edu/retirees/welcome