

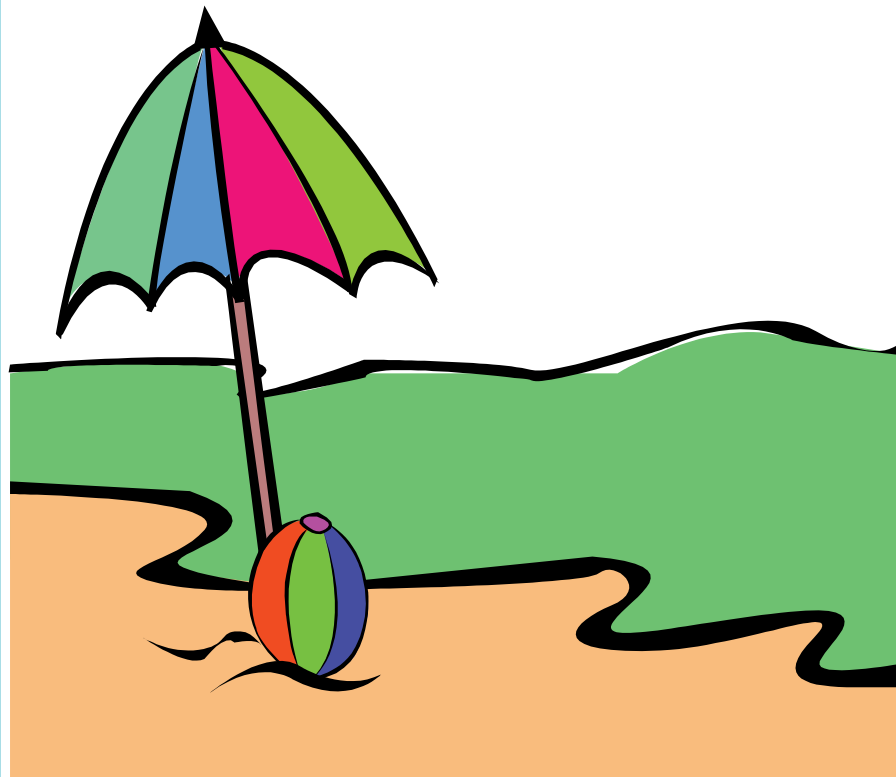
# Tower Talk

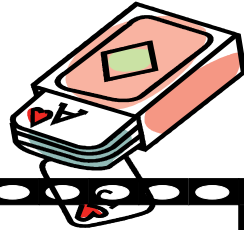
U.C. Riverside Retirees and Emeriti/ae Associations

May 2013



Enjoy the lazy days  
of summer!





**Bridge Group Update**

Our February bridge group had two tables playing with Marti Orth winning and Bob Orth coming in 2nd. March had a better turnout with three tables. Bob graduated to 1st place followed by Carlos Cortes in 2nd and Betty Howe in 3rd. There were so many scheduling conflicts in April that we decided not to meet that month and will resume on May 20. No, we were not all busy on income tax in April, just busy having other fun things to do. Call me at 951-242-5297 if you are interested in joining the group or just subbing when needed.

-Marti

**Scholarship donations**  
are always welcome!  
Remember they are  
tax deductible!

Make your check payable to  
**UCR Foundation**  
and forward to our Treasurer for  
application to the  
UCRRA Scholarship Account

**Mail to:**  
George E. Groty  
24041 Forsyte Street  
Moreno Valley, CA  
92557-5007

**Emeriti Faculty**  
Make your donation now to the  
**Emeriti Association Scholarship  
Fund!**

Remember they are tax deductible!

Make your check payable to  
**UCR Foundation**  
and mail to:

Allison Tavaglione  
2203 Alumni & Visitors Center  
Riverside, CA 92521

**Retirees Association**

OFFICERS

President: D.L. "Les" Martin (951)242-5865 dmartin773@roadrunner.com	1st Vice President: Robert "Bob" Daly (714) 496-5564 bobdaly@mac.com
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Treasurer: George Groty (951) 924-9536 ggroty@earthlink.net	2nd Vice President Joan Dillon (951)941-0231 timsgrandmajoan@aol.com
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COMMITTEE CHAIRS

Bridge Group: Marti Orth (951) 242-5297 mbtime@verizon.net	Social Secretary: Betty Howe (951) 686-7668 bjhowe2000@yahoo.com
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Hospitality: Blanche Kruse (951) 684-3775	Membership: Cathy Carlson (951)788-9979 justcathy@att.net
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**Emeriti Faculty Association**

OFFICERS

President: Anthony Norman (951)827-4777 anthony.norman@ucr.edu	Treasurer: Irving Hendrick (951)787-8274 irving.hendrick@ucr.edu
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\*\*\* Director of Constituent Relations \*\*\*  
Allison Tavaglione, [allison.tavaglione@ucr.edu](mailto:allison.tavaglione@ucr.edu),  
Office of Alumni & Constituent Relations, (951) 827-2586.



## *Retirees' Notes from President D.L. "Les" Martin*

### **Annual Southern CUCRA/CUCEA Meeting**

On Tuesday, April 23 and Wednesday, April 24 our campus had the honor to host the annual southern location meeting of CUCRA and CUCEA. As you know, these parent organizations represent all retirees from all UC campuses (except UC Merced), National Labs, and the President's Office.

We were proud and pleased to be able to show off our campus, including a tour of the UCR Arts Block. Thanks to Jonathan Green, Executive Director, for providing a personalized tour of the Barbara and Art Culver Center of the Arts, the California Museum of Photography, and the Sweeney Art Gallery. Thank you very much Jonathan! We received very positive comments from the other campuses for both the tour, facilities, and the meeting arrangements.

My personal 'Thanks' to our success for all those involved; from packaging the welcome folders, manning the registration table, providing direction to our arriving guests from the flag pole, to making the tour arrangements, obtaining the meeting location, arranging for rooms and welcome dinner at the Mission Inn, setting up the website.. and a multitude of other services as required. Thank You Betty Howe, George Groty, Joan Dillon, Bob Daly, Cathy Carlson, Irv Hendrick, Tony Norman, and in particular, Allison Tavaglione! Without her beyond-the-call-of-duty efforts we could not have done it. Thank You Allison!

### **Scholarships**

The two students chosen, Steven Fox and Gitla Shooster, that have each received a \$1,500 award, will be invited to attend our June or September luncheon as their time may permit. If they are unable to attend, we will ask each to offer information on how our awards may have benefited their attendance at UCR.

### **Volunteer Opportunities**

Do you already volunteer at UCR? Are you interested in volunteering on campus? Staff Assembly? Campus Committees? There may be a number of opportunities available so let us know your thoughts. If you already volunteer on or off campus, please let us know! We'd love to share your story!

## **REMINDERS**

### **Sick Call**

If at any time you hear or know of anyone in our association that has passed or is ill and in need of our thoughts and prayers please let Betty Howe know. As always, Betty will ensure an appropriate message, note, and/or card is sent.

### **Elections**

As we noted earlier, our June Luncheon will also be our election for two positions, that of President and that of Treasurer. As you know, we also still have an open position for Secretary. Please be prepared to nominate an individual, or individuals, who you feel could help our organization prosper. And yes, don't forget about considering yourself. We need your support, assistance, and just a little of your time.

If you have any questions about the positions or you would like to nominate someone, please let our Nominating Committee Chair, Joan Dillon know your thoughts.

Enjoy your retirement and we hope to see you on Friday, June 21 for our next luncheon program.

D.L. 'Les' Martin

# Happy Birthday!

<b>Birthday</b>	<b>Name</b>
Jun. 9	Donald Johns
Jun. 30	Barbara Gable
Jun. 29	Bette Quinn
Jun. 17	Chester N. Roistacher
Jun. 13	John Letey, Jr.
Jun. 13	Jim Sims
Jun. 12	Chuck Farrar
Jul. 6	John H. Coleman
Jul. 5	Janet M. Sandell
Jul. 31	Nancy E. Douglas
Jul. 30	Susan Chiuminatta
Jul. 23	Georgia Elliott
Jul. 21	Phyllis L. Morton
Jul. 17	Porfirio G. Pacheco
Jul. 14	Eden M. Luntao
Jul. 13	Darian Daries
Jul. 12	John Pollock
Jul. 1	Volker O. Herbert
Aug. 7	Richard A. Morandi
Aug. 6	Kathy Colbrunn
Aug. 30	Dennis Focht
Aug. 29	Virginia L. Field
Aug. 24	Beverly Guidero
Aug. 22	Esperanza Delgado
Aug. 21	Kristi King
Aug. 21	Robert C. Neuman
Aug. 20	F. Elleta Wild

Welcome!!!

UCR Retirees' Association  
New Member – 2012-13

Greg Baughman



JUNE 18-JULY 30, 2013

UCR OSHER PRESENTS:  
A SUMMER 2013 FILM SERIES:  
"PAGE TO SCREEN"

Enjoy a summer of outstanding films and discussion.  
Presented in collaboration with faculty from UCR's  
Department of Theatre.

View the series selection and schedule online.



**UCR**  
EXTENSION

[www.extension.ucr.edu/osher](http://www.extension.ucr.edu/osher)



Summer Luncheon - Friday, June 21  
Luncheon Speaker - Dr. Anil Deolalikar  
Profesor of Economics and  
Founding Dean of the School of Public Policy

Please join us for our Summer Luncheon on Friday, June 21st and hear about the new School of Public Policy from the Founding Dean, Dr. Anil Deolalikar. The school will focus on a range of social policy issues, especially population growth and movement, and environmental quality.



## UCR—Healthy Recipe Cookbook is looking for contributions! Submit your favorite recipe to [tammy.giglio@ucr.edu](mailto:tammy.giglio@ucr.edu) by June 30, 2013

### Recipe Criteria:

- Should be healthy (use your best judgment)
- Recipe must have been attempted by the person submitting
- Must be willing to share the recipe with the entire campus (this cookbook will be made available online)
- Should be relatively quick to make (less than 30 minutes)
- Should be relatively easy (does not require complicated equipment or ingredients)

### Recipe Submission (See attached example):

- Recipes can be a personal/family recipe or from a source (must provide source) – (i.e. EatingWell.com)
- Include your name, your title, and your department (if you want to remain anonymous, please specify).
- Include a personal testimonial or endorsement about the recipe (Example: “This dish is healthy, easy, and great for parties and potlucks” or “This recipe has been passed down for generations and has kept our family healthy through the years!”)
- Optional: Photo of food item (feel free to take a picture of the finished product using your phone, iPad, etc.)
- Nutrition content, if available

### Neal’s Terrific Turkey Burgers

Serves: 4 (4 oz. patties)

Prep time: Approx. 5 minutes

Cook time: Approx. 10 minutes

#### Ingredients:

1 lb. ground turkey  
1 large egg  
½ large red onion, diced  
1 Tbs. Worcestershire sauce  
5-10 Tbs. Montreal steak seasoning  
3 Tbs. Canola Oil

(Source: Personal all-time favorite recipe)



#### Instructions:

1. Empty ground turkey into a large mixing bowl.
2. Add egg, diced onion, Worcestershire sauce, and steak seasoning to the turkey.
3. Mix thoroughly so that the egg, onion, sauce, and seasoning are fairly evenly distributed throughout. If steak seasoning is not visible in the meat, continue adding until it is. This is key to making sure your burgers taste delectable!
4. Once mixed, form small patties, about the size of your palm. Place patties aside.
5. In a large, heavy skillet, pour the Canola oil to coat the pan. Place skillet on stovetop and turn heat to medium-high. Spread oil around skillet.
6. Once skillet is heated, place formed patties in the heated pan. Cook until the internal temperature of the patties reach 160-165°F.

#### Helpful Hints:

Make the patties thin to ensure they cook through. Also, use a whole wheat bun and top with Swiss Cheese, mixed greens, tomatoes, and a low-fat spread. Once you try this, you won't miss McDonald's!

#### Nutrition Facts:

Calories 280, Total Fat 8 grams, Saturated Fat 4 grams, Protein 23 grams, Fiber 0 grams

(Analyzed using [www.choosemyplate.gov](http://www.choosemyplate.gov), USDA, 2012) Submitted by: Neal Malik, DrPH, RD, Occupational Wellness Specialist

## UCR Emeriti Faculty Update

On April 23<sup>rd</sup>, 24<sup>th</sup>, 2013 UCR hosted the annual Spring meetings of the Systemwide CUC-*Emeriti Association* and the CUC-Retirees Association as well as 4 members from the Office of the President (47 persons attended). From my perspective there were three significant ‘happenings. (a) Chancellor Jane Close Conoley on Wednesday morning was bagpiped into our meeting held in the HUB, room 355. She presented a warm 30 minute WELCOME to our guests. (b) Late on Tuesday afternoon Johnathan Green, Executive Director gave all our visitors a one hour tour of the UCR ARTSblock. This was followed by a delicious dinner at the Mission Inn. (c) At 7:30 AM Wednesday morning an 80 minute Workshop was led by Sue Barnes, Director of the UCD *Emeriti & Staff Center* on how to form a new Center. Presently the only campuses without a Center are Riverside, San Francisco, Santa Cruz, Santa Barbara and Merced.

Some of the many reasons for creating a ‘Center’ at UCR are listed below. These bullets were provided by the UC Davis Center which was only formed in 2006. The two key goals for creation of a Center is identification of space for the Center and provision of funds for the salary needed for the Center’s Coordinator. Presented below are a series of ‘bullets’ addressing different topics of the kinds of contributions a UCR Center could make to the campus.

### Retiree Center Purposes

- ❖ Link retirees with each other and the campus
- ❖ Support other campus departments
- ❖ Maintain/update retiree contact information
- ❖ Communicate information to retirees
- ❖ Plan retiree programs and activities
- ❖ Support emeriti and retirees' associations



### Centers facilitate retiree contributions

- ❖ Teaching, researching, mentoring, publishing
- ❖ Advocating (ambassadors)
- ❖ Volunteering (docents, department support)
- ❖ Serving on task forces, committees, boards
- ❖ Providing institutional history
- ❖ Contributing financially



### Retiree Center Initiatives

- ❖ Social/educational programs
- ❖ Newsletters and/or e-mail updates
- ❖ Resource days
- ❖ Awards & recognition events
- ❖ Mentoring programs
- ❖ Partnerships with other campus departments
- ❖ Collaborate with associations
- ❖ Pre-retirement planning workshops



### ★ Key steps to forming center

1. Associations build relationships & become key campus partners
2. Look for needs that retirees/center can fill
3. Identify a “champion(s)”—high-level administrator(s) & influential retiree advocate(s)
4. Submit written proposal (associations jointly)
5. Repeat steps 1-4 if necessary



Your two *Emeriti* officers, Tony Norman, President and Irv Hendrick, Treasurer are looking for both volunteers and innovators. In our opinion, it is time for UCR’s *Emeriti* and Retirees to plan for the near future. If you are interested or supportive, please send me an email: [Anthony.norman@ucr.edu](mailto:Anthony.norman@ucr.edu)

*Tony Norman*

## UCRAA Calendar of Events



<b>14</b>	Friday	ALL DAY	Deadline for Summer Luncheon Reservations
<b>17</b>	Monday	12:30—3:30	Bridge at the Janet Goeske Center
<b>21</b>	Friday	11:30—1:00	Summer Luncheon at the Alumni & Visitors Center



<b>15</b>	Monday	12:30—3:30	Bridge at the Janet Goeske Center
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<b>19</b>	Monday	12:30—3:30	Bridge @ Janet Goeske Center
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## Tower Talk

UC Riverside Retirees' Association  
 UC Riverside Emeriti/ae Association  
 Office of Alumni & Constituent Relations  
 University of California, Riverside  
 2203 Alumni & Visitors Center  
 3701 Canyon Crest Drive  
 Riverside, CA 92521-0110

