

TOWER TALK



UC Riverside Retirees and Emeriti / ae Associations – Newsletter

Summer Quarter 2016



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View Online at <http://www.emeriti-retirees.ucr.edu>



UCR Retiree Association Message from the President

Bob Daly, UCRRA President

Dear Fellow Retirees,

The spring 2016 Council of University of California Retiree Associations (CUCRA) was held on April 25 and 26 at UCLA. The CUCRA's and The Council of California Emeriti Associations' (CUCEA's) Joint Benefits Committee (JBC) have regular meetings with the University of California Office of the President (UCOP) staff to discuss retiree benefits and our health care programs. The JBC is an important advocacy group for your retirement benefits, and seems that it is the only voice that UCOP hears about retiree benefits.

The CUCRA, CUCEA, and JBC must be making some impact as President Napolitano spent an hour talking about retiree benefits, which included a very lively question and answer session. Let's hope our voices are being heard.

Summer Events

This summer is full of interesting possibilities. Mark your calendars, the Summer Luncheon will be held on June 10. The luncheon speakers are Catherine Gudis, UCR Professor of History and Patricia Lock Dawson, President of the Riverside Land Conservancy. They will present "A Tale of Two Rivers" (apologies to Charles Dickens!) – the mighty Los Angeles and Santa Ana Rivers.

My memory of these rivers dates back to high school when my friends and I would float down the meandering Santa Ana River. We had a lot of fun—and never told our parents! The construction of the 91 freeway in Santa Ana Canyon eventually turned the Santa Ana River into a straight-line flood control channel.

I do hope you can make it to the summer luncheon and hear about the future plans and revitalization efforts for these two important rivers.

There are also opportunities for you to attend a film series or volunteer in your local community. The UCR Osher Summer Film Series – "Page to Screen". The series includes a couple of my favorites – *The Manchurian Candidate*, a must-see classic starring Frank Sinatra and Janet Leigh, and *The Martian* starring Matt Damon; being a science fiction buff, I really enjoyed this movie. For more information about the film series, please [click here](#).

Voices for Children, the court-appointed special advocate program for Riverside County, is looking for volunteers. This is the only organization designated by the juvenile court in Riverside to recruit, train and supervise volunteers to advocate for children in foster care in Court and in the community. Visit the [Voices for Children website](#) for more information.

I hope everyone has a **cool** summer.

President

UC Riverside Retirees' Association

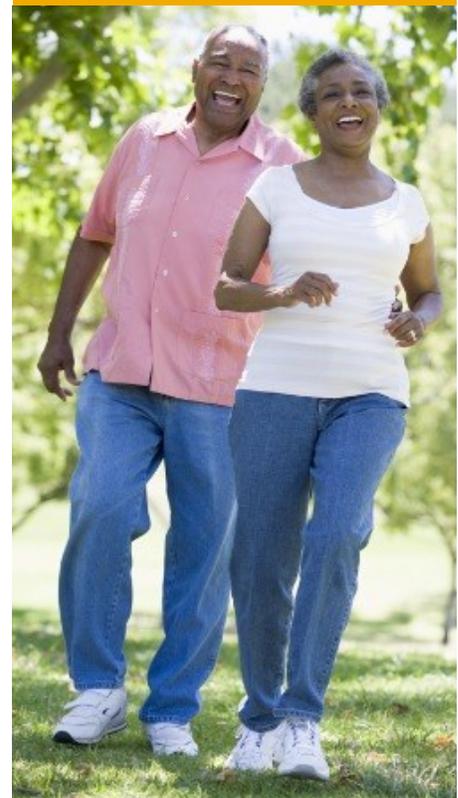
Our Mission

To offer opportunities for social, cultural and other continuing relationships among the members of UCRRA and the University community.

To foster continuing involvement in campus activities, volunteer work, or part-time employment.

To inform and assist members in utilizing benefits available to them.

To enhance campus benefit programs. To develop special or one-time opportunities for retirees and to participate in the systemwide retiree association, the Council of University of California Retirees' Association (CUCRA).



UNIVERSITY OF CALIFORNIA
UC RIVERSIDE
Retirees' Association



Summer Health

Staying Hydrated During Summer

How much water does my body need?

It seems like a common question that everyone asks, but never really gets a simple answer. Your water needs depend on various factors including your health, activity levels, weight and diet.

Why do we need water?

Our body's systems depend on water: it allows our kidneys to function properly and filter toxins out of our body, prevents constipation, and a lack of water leads to dehydration which can cause kidney stones.

How much water should you drink?

According to the Institute of Medicine, most people typically meet their daily hydration needs by letting thirst be their guide. Generally, recommended amounts of water are as follows:

Women – approximately 2.7 liters or 91 ounces of water each day

Men – approximately 3.7 liters or 125 ounces of water daily

During exercise – it is recommended that you drink about 8 additional ounces every 15 minutes

You can also follow a simple calculation to determine your specific water needs. The first step is to know how much you weigh; the more you weigh, the more water you need. Next, take your weight and multiply it by .5 (or 50%) in order to determine how many ounces you need to drink. For example. If you weigh 120 pounds, you should be drinking about 60 ounces each day.

Drinking the right amount of water can help speed up your metabolic rate and help curb overeating when your body confuses hunger for thirst. Drinking enough water everyday can help both your weight and health.

Resources

[Dietary Reference Intakes: Water, Potassium, Sodium, Chloride, and Sulfate](#)

[Dietary Reference Intakes: Water \(book chapter\)](#)



Adventures in 2016

Where you go becomes who you are!

UCRRA and UCREA in cooperation with the Council of UC Retiree Associations (CUCRA) offers travel opportunities in partnership with Collette Vacations. The CUCRA travel program benefits the work of the council.



Italian Vistas / 13 days, June 6, 2016

This tour takes you to Rome, Ruins of Pompeii, Sorrento Coast, Isle of Capri, Florence, Venice, Murano Island, Verona, Stresa, and Locarno, Switzerland.

Cost: \$5,489 – Booking #692942



The Wonders of China / 16 days, September 6, 2016

Highlights include Shanghai, Yuyuan Garden, Yangtze River Cruise, Three Gorges Dam, Terracotta Warriors, Tiananmen Square, Forbidden City, the Great Wall, and the Temple of Heaven.

Cost: \$5,489 – Booking #693317



Tropical Costa Rica / 9 days, October 15, 2016

Highlights feature San Jose, Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Hanging Bridges Tour, Arenal Volcano, Lake Arenal Cruise, Cano Negro Refuge, Zarcero, and National Theater.

Cost: \$2,549 – Booking #693075



Rediscover Cuba – A Cultural Exploration / 9 days, October 18, 2016

Highlights include Cayo Santa Maria Island, Sugar Museum, Remedios, Cienfuegos, Botanical Gardens, Cuban Cigar Factory, Havana, Literacy Museum, Cuban Fine Arts Museum, and Casa Fuste.

Cost: \$3,999 – Booking #652421 – travel to Cuba has required Collette to have an approved license for you to legally travel to Cuba for educational interaction between you and people in Cuba

To book your tour

For more information or to book your reservations, contact Collette Vacations at (800) 581-8942, and mention the booking number. All tour costs are per person, double occupancy, and include round trip airfare from LAX. You do not have to be a UC retiree to enjoy these tours; feel free to invite your family and friends. If the start date for a tour is not convenient for you, Collette has other dates for you to consider. Visit the website: www.gocollette.com



Announcements

Happy Birthday



Betty J. Howe – Apr. 6

Diane Elton – Apr. 10

Paul F. Courtney – Apr. 16

Athena Waite – Apr. 22

Marion N. McCarthy – Apr. 25

Rana Tayyar – May 2

Monir Ahmed – May 5

Junji Kumamoto – May 9

Evelyn Eden – May 10

Araxie P. Churukian – May 18

Lola Dixon – May 18

Keh-Shin Lii – May 19

Richard D. Goeden – May 20

Tom Ortega – May 21

Robin Whittington – May 25

Violet Vargas – May 31

Cathy Carlson – June 4

Dale Anderson – June 7

Charles Farrar – June 12

Chester N. Roistacher – June 17

Lindsay Robinson – June 28

Annette Myers – June 29

Barbara Gable – June 30

Events

2015-16 Retirees' and Emeriti Faculty Associations Board Meetings

- > **May 23, 2016 / 10:00 – 11:30 a.m.**
UCR Human Resources – Training Room
- > **September 2016 / Time: TBD**
UCR Human Resources – Training Room

2015-16 Luncheons

- > **Summer / June 10, 2016**
11:30 a.m. – 1:00 p.m. / Alumni & Visitors Center

Featuring

Catherine Gudis
UCR Professor of History

Patricia Lock-Dawson
President, Riverside Land Conservancy

“A Tale of Two Rivers”

- > **Fall / September 23, 2016**
11:30 a.m. – 1:00 p.m. / Location – TBD

UCR Osher presents:

- > **Summer Film Series – “Page to Screen”**
June 14 – 16, 2016 / 1:00 – 4:00 p.m.
UCR Extension at University Village
Please [click here](#) for more information.

Locations

UCR Human Resources
University Village, Suite 208 (2nd fl.)
1201 University Avenue, Riverside

UCR Alumni & Visitors Center
2203 Canyon Crest Drive, Riverside



UCR Emeriti Faculty Association Report

by President, Professor Emeritus Anthony "Tony" Norman

Dear UC Emerita and Emeritus Colleagues:

At the recent joint meeting of CUCEA (Council of University of California Emeriti Associations) held in conjunction with CUCRA (Council of University of California Retiree Associations) at UCLA, we received a very interesting document entitled "A Virtual Eleventh Campus". It was prepared by Professor Emeritus John Vohs (UC Davis) and is based on the systemwide survey taken by CUCEA covering the years 2012-2015.

The premise of this article is that the research, teaching and service achievements of all the emeriti faculty of the University, taken together, amounts to those accomplishments that could be found on an 11th campus. During the period covered in the survey, the UC emeriti faculty who returned surveys (1,619 of the 6,250 contacted) taught 2,000 classes and published 500 books as well as more than 3,000 scholarly articles. Many emeriti faculty remain active in the Arts including performances (theater and music), writing and art exhibitions. In the Health Sciences, substantial numbers of retired faculty maintain their licenses and continue to practice; they, along with their counterparts in other areas of the University continue to teach and carry out research.

Recognition by one's scholarly peers continues into retirement. For example, 197 respondents received awards for lifetime achievement and 24 received honorary degrees at one or more institutions of higher education. Other types of recognition included endowed chairs, conferences, scholarships and commemorative rooms. When earlier data, from those retiring as long ago as 1995, is considered, it is clear that a significant number of emeriti faculty remain productive well into their second decade of retirement.

Many other interesting aspects of the activities of emeriti faculty and their contributions to their campuses and communities can be found in this report. If you would like to read the report, please [click here](#).

Anthony "Tony" Norman

President

UC Riverside Emeriti Association

Irving "Irv" Hendrick

Treasurer

UC Riverside Emeriti Association

Benefits of Belonging

- > Quarterly luncheons
- > Keep your UCR email
- > Upgraded free parking
- > Speaker series
- > Fidelity one-on-one consultations
- > Quarterly newsletter
- > R'Card discounted tickets
- > Discounts for UCR OSHER Lifelong Learning Classes
- > Participate on the UCRRA Scholarship Committee
- > International travel program
- > UCR library privileges



Contact Information

Retiree Association

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Retirees

Make your donation now to the Retiree Association
Scholarship Fund!

Donations are tax deductible.

Make your check payable to
UCR Foundation
and mail to:

UCR Retirees' Association
UCR Riverside
UCR Human Resources
900 University Avenue,
Riverside, California 92521

You may also donate online at:
<http://retirees.ucr.edu/retirees.html>

Emeriti Faculty

Make your donation now to the Emeriti Association
Scholarship Fund!

Donations are tax deductible.

Make your check payable to
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and mail to:

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UCR Riverside
UCR Human Resources
900 University Avenue,
Riverside, California 92521

You may also donate online at:
<http://retirees.ucr.edu/emmeriti.html>

By supporting the UCR Retiree and Emeriti Faculty Scholarships, you are helping undergraduate students achieve their education goals! Scholarship recipients will be announced at the 2016 Summer Luncheon.

UCR OSHER
PRESENTS

an EDUCATIONAL PROGRAM FOR MATURE LEARNERS

Retirement is a time of discovery.
Join our community of lifelong learners.

- » **University-Level Courses and Lectures**
- » **Study Groups**
- » **Special Events**
- » **Field Trips – Local and International**
- » **Experienced and Qualified Presenters**

Free annual Osher Membership
for UC Riverside Retirees and
Emeriti Association Members
for September 2016-June 2017.



SPRING 2016

UCR
Extension
Professional Studies

WWW.EXTENSION.UCR.EDU/OSHER • (951) 827-7139

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