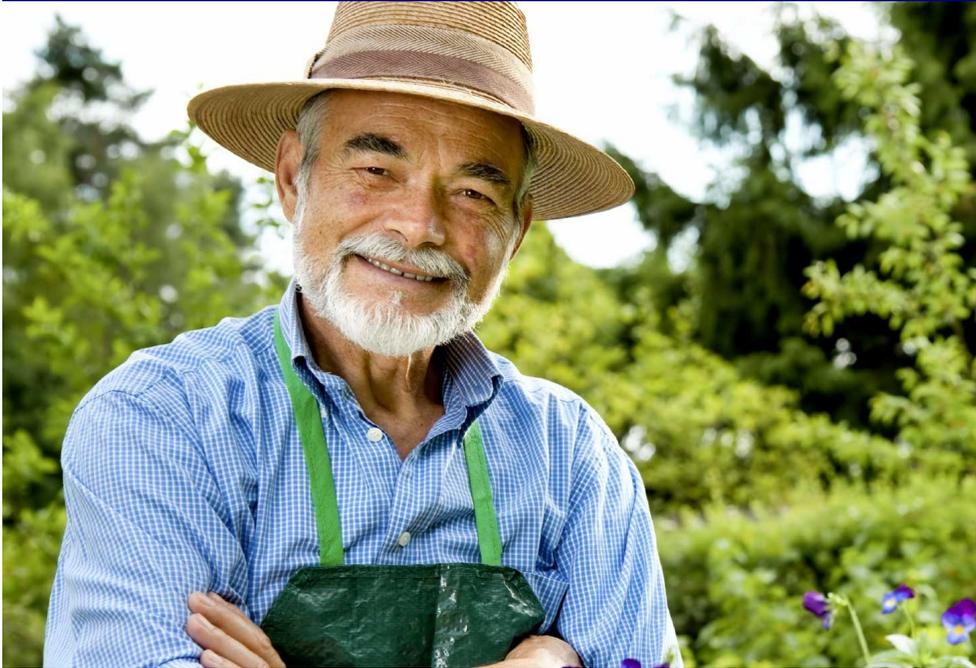


TOWER TALK



UC Riverside Retirees and Emeriti / ae Associations – Newsletter

Spring Quarter 2016



In This Issue

- Message from the President of UCRRA
- Wellness Health: Staying healthy during winter
- Adventures in 2016
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Meet Your New Publisher



Hello,

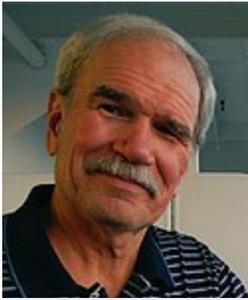
My name is Jorge Sanchez and I am the new Publisher for Tower Talk. I have been with UCR since October 2014 and am responsible for all internal communications for the UCR Human Resources department. I look forward to providing you with content that I hope you will find both useful and informative.

Please don't hesitate to reach out with any feedback or topics that you would like to include. You are welcome to reach me at jorges@ucr.edu.

"It has been wonderful to have been welcomed with open arms by my UCR family and am very excited that my family is now growing with my friends in the Retiree and Emeriti Associations..."

– Jorge Sanchez

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



UCR Retiree Association

Message from the President

Bob Daly, UCRRA President

Member Benefits

During the past year, UCRRA has been able to obtain several new benefits for UCRRA members. The one that I receive the most email about is our new enhanced parking benefit in selected red parking lots. It is a real pleasure to be able to drive to campus and not have to worry about where to park.

The next UCRRA and UCREA luncheon will be on March 18, 2016, at the Alumni and Visitors Center. If you have not yet obtained your enhanced parking permit, please do so before the luncheon. With this permit, you can park in the Bannockburn lot, so you do not need to obtain the event permit as you enter the lot. This will save you a little time, and it also saves money for UCRRA since we have to pay for each event permit; a plus for you and the Retirees' Association.

Staff Report

The staff support for the UCRRA is changing. Starting on January 1, 2016, we started receiving support from Human Resources staff member Jorge Sanchez. Many of you have already met Jorge, and I look forward to receiving excellent support from him. Jorge also has redesigned the Tower Talk, and it is quite impressive. Read more about Jorge in the short biography in this newsletter, and be sure to say hello to Jorge at the March Luncheon.

Spring Luncheon

The Spring Luncheon will be held on March 18th, as mentioned above. I hope to see you there since we will have a very special presentation by Monica Carson, Chair of Biomedical Sciences. She will be talking to us about some her latest research on Alzheimer's disease. Read more about Professor Carson's work at http://medschool.ucr.edu/faculty_research/faculty_profiles/bio.html?page=carson_monica.html.

I hope everyone is enjoying retirement.

Bob

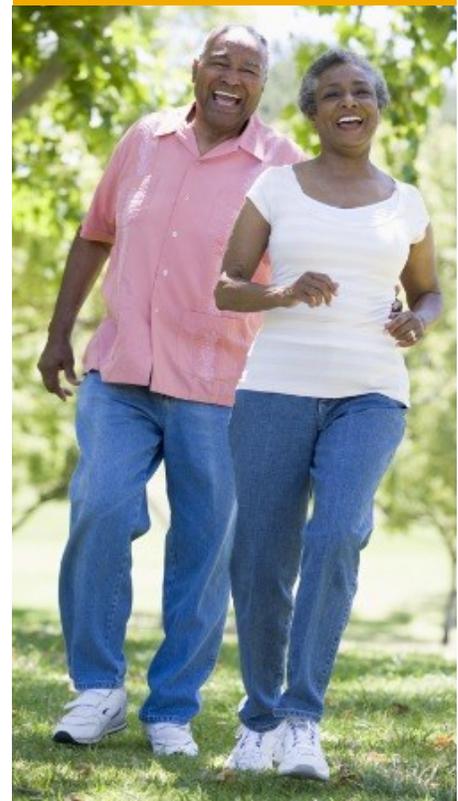
Our Mission

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).





Winter Health

Staying healthy during winter

During these cold months, the immune system can suffer and eating healthy in the winter can be difficult, but not for the reasons you may think. A reason for poor nutrition during the cold weather can be due to the lack of sunlight, which can lead to a drop in serotonin.

Serotonin is a chemical that carries signals along the nerves and is responsible for regulating the cyclic body processes. Serotonin is one of the main contributors for well-being and happiness. A deficit can ultimately lead to depression which can cause food cravings that may ultimately result in poor nutrition.

The solution for this problem can be to increase the consumption of vitamin D or “healthy” carbohydrates. Large amounts of vitamin D can be found in supplements or in sources such as: milk or yogurt, liver, egg yolks, and cheese. Many foods are also fortified in vitamin D, for example, one glass of fortified milk contains about 1/5 of the daily recommended intake. Vitamin D also has been shown to reduce the risk of colon, breast, and ovarian cancer. High quality carbohydrates are those such as sweet potatoes, yams, pumpkins, and whole grains.

While it may be chilly and cold outside, don't let your immune system suffer. With a healthy diet and the correct knowledge, it's much easier to stay healthy and warm.

Resources:

[Medical News Today – Seasonal Depression Caused by Increased Levels of Serotonin Transporter Protein](#)

[Medical News Today – Serotonin: Facts, What Does Serotonin Do?](#)

[NHS – Winter Health](#)





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



John Husmann – Jan. 5	Linda G. Scott – Mar. 2
Beverly A. Palmer – Jan. 11	Barbara Wotherspoon – Mar. 3
Kathy Jones – Jan. 23	Robert E. Orth – Mar. 6
Alan R. Beals – Jan. 24	Frances Fernandez – Mar. 7
Jackie Adkins – Feb. 3	Stephen Morgan – Mar. 7
George E. Groty – Feb. 4	Blanche A. Kruse – Mar. 15
Eloise P. Ryan – Feb. 11	Katherine Kumamoto – Mar. 15
Jayne Gales – Feb. 12	Marion A. Hair – Mar. 17
Sheryl Hayes – Feb. 13	Doris R. Churry – Mar. 19
Wilma Printy – Feb. 13	Albert L. Page – Mar. 19
Patricia Skotty – Feb. 18	Evelyn M. Petrie – Mar. 19
Stephen T. Cockerham – Feb. 19	Phyllis Nash – Mar. 20
William H. Okamura – Feb. 19	Margery M. Grant – Mar. 22
Thelma L. Otto – Feb. 19	Wilfred A. Elders – Mar. 25
Corine Callahan – Feb. 21	Paula Preston – Mar. 26
Leo Schouest – Feb. 22	Evelyn L. Scheltens – Mar. 28
Robert L. Heath – Feb. 27	Marie Zimmerman – Mar. 31
Jeanette Bradeen – Feb. 29	

In Memoriam



Donald Leslie Martin

Events

2015-16 Retirees' and Emeriti Faculty Associations Board Meetings

- > March 10, 2016 / 1:00 – 2:30 p.m.
UCR Human Resources – Training Room
- > May 25, 2016 / Time: TBD
UCR Human Resources – Training Room

2015-16 Luncheons

- > Spring Luncheon / March 18, 2016
Alumni & Visitors Center

Featuring:

Monica J. Carson
Professor & Chair of Biomedical Sciences
UCR School of Medicine

*“From Concussion to Alzheimer’s Disease:
When Brain and Blood don’t play well together”*

- > Summer Luncheon / June 10, 2016
Alumni & Visitors Center

UCR Osher presents:

- > Tuesdays Film Series
March 8, 2016 / UCR Palm Desert

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:

The 2015 Edward A. Dickson Emeritus/a Professor

Edward A. Dickson was the longest serving Regent of the University of California (1913 - 1946). His vision was an important part of the establishment of the Los Angeles Campus. In 1955 Edward presented to the University an endowment fund to support special professorships for retired faculty to be called the *Edward A. Dickson Emeritus/ae Professor*. In 2003 the fund was divided into ten portions and distributed to the 10 campuses for local administration. On each campus, the Chief Academic Officer (in our case, the Executive Vice Chancellor and Provost) is responsible for administering the funds; at UC Riverside, award oversight and evaluation is carried out by the Academic Senate Committee on Faculty Welfare.

The first series of lectures by Dickson Award winners (from 2013 and 2014) was held in January, 2015, in the then newly designated *UCR Emeriti/ae Association and Retiree Association Center* located in the Orbach Science Library. This year, the lectures were held on February 2 and 4 and featured the first recipient on the UCR campus, Mir S. Mulla, and the three recipients from 2015. The lectures presented by these four Emeriti Faculty were:

Mir S. Mulla, Department of Entomology

Eye Gants/Eye Flies: World Apart, They Do the Same Harm

Malempati M. Rao, Department of Mathematics

Stochastic Processes, Harmonizable Aspects

Roger L. Ransom, Department of History

A Series of Catastrophes: How War and Economics Shaped the Twentieth Century

Richard Sutch, Department of Economics

The Accumulation, Inheritance, and Concentration of Wealth in the Gilded Age:
An Exception to Thomas Piketty’s Analysis

The robust attendance and liveliness of discussion at this year’s Dickson Award sessions suggests that this lecture series will continue to be an important addition to the UCR Emeriti Faculty experience!

UC Riverside Emeriti/ae Faculty Association Leadership

In order for our organization to thrive and grow, our current complement of officers (a president and treasurer) needs expansion. The addition of a vice president and secretary, for example, would contribute to our record-keeping and communications capacities. If you think you would be interested, please contact me (anthony.norman@ucr.edu) or Irv Hendrick (irving.hendrick@ucr.edu). Your participation would enhance our ability to serve our members and to increase our membership as the number of UCR emeriti/ae faculty increase.

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 UCRR Scholarship Committee
- > International travel program
- > UCR library privileges



Contact Information

Retiree Association

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bobdaly@mac.com

Vice President

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Treasurer

Bill Schmechel
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bschmechel52@gmail.com

Secretary

Mary Johnson
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Committee Chairs

Social Secretary

Betty Howe
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Hospitality

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Terry DeAnda
tdeanda52@gmail.com

Emeriti Faculty Association

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Vice President

Irving "Irv" Hendrick
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Staff Support

Jorge Sanchez

UCR Human Resources
(951) 827-3195
jorge.sanchez@ucr.edu

Emeriti Faculty

Make your donation now to the Emeriti Association
Scholarship Fund!

Donations are tax deductible.

Make your check payable to

UCR Foundation

and mail to:

Jorge Sanchez

UCR Human Resources
1201 University Avenue, Suite 208
Riverside, California 92507

You may also donate online at:

<http://retirees.ucr.edu/emeral.html>

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 Retiree's Association

UCR Riverside
900 University Avenue,
Riverside, California 92521

You may also donate online at:

<http://retirees.ucr.edu/retirees.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

APRIL 4 - MAY 28, 2016

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 2015-June 2016.



SPRING 2016

UCR

Extension

PROFESSIONAL STUDIES

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

UC Riverside Retirees and Emeriti / ae Associations – Newsletter

Tower Talk

UC Riverside Retirees' Association
UC Riverside Emeriti/ae Association
UCR Riverside
900 University Avenue,
Riverside, California 92521