Entertainment for UCSD Retirement Association Board and contact information

Officers:
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Secretary: Patricia Nelson
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Charlezen Johnson
Mona Sonnenshein
Annie Townsend

Ex-Officio: Marguerite Jackson, CUCRA Representative and Suzan Cioffi, Director, UCSD Retirement Resource Center

Next Publication deadline: April 17, 2017
Editor: Suzan Cioffi
E-mail: RetireeLink@ucsd.edu

UCSD Retirement Association Calendar

April
5 Wednesday 11:45 AM - 1:15 PM Emergencies & Care Challenges UCSD-RRC Conf. Room
6 Thursday 11:45 AM - 1:15 PM Estate Planning w/ Heidi Kippel UCSD-RRC Conf. Room
7 Friday 11:45 AM - 1:15 PM Digestive Wellness -Vicky Newman UCSD-RRC Conf. Room
10 Monday 11:45 AM - 1:15 PM Faculty Lecture: Silicone on Trial UCSD-RRC Conf. Room
11 Tuesday 9:30 AM - 10:15 AM Volunteer Committee UCSD-RRC Conf. Room
11 Tuesday 10:30 AM - 11:30 AM RA Board Meeting UCSD-RRC Conf. Room
11 Tuesday 11:45 AM - 12:15 PM Nominating Committee UCSD-RRC Conf. Room
11 Tuesday 12:15 PM - 1:30 PM Program Committee UCSD-RRC Conf. Room
12 Wednesday 11:45 AM - 1:15 PM Rethink Home! Rightsizing your home UCSD-RRC Conf. Room
13 Thursday 11:45 AM - 1:15 PM “Let’s take a walk” SD River West Hospitality Point Park
14 Friday 12:00 PM - 2:00 PM Craft Brewery Crawl - Biersch 5010 Mission Ctr. Rd.
17 Monday 11:00 AM - 1:00 PM Fidelity Seminars UCSD-RRC Conf. Room
18 Tuesday 11:30 AM - 1:30 PM Triton Investments Assoc. UCSD-RRC Conf. Room
19 Wednesday 9:00 AM - 11:00 AM Fiber Arts Interest Group UCSD-RRC Conf. Room
20 Wednesday 2:00 PM - 4:00 PM Photography Interest Group UCSD-RRC Conf. Room
20 Thursday 11:45 AM - 1:15 PM Fiduciary Services w/Diane Peters UCSD-RRC Conf. Room
21 Friday 12:00 PM - 2:00 PM Ethnic Luncheon - Russian 8302 Parkway Dr. La Mesa
22 Saturday 2:00 PM - 5:00 PM International Film - Russian 4609 Convoy St., SD
25 Tuesday 11:45 AM - 1:15 PM Investments Interest Group UCSD-RRC Conf. Room
26 Wednesday 12:00 PM - 2:00 PM RA Fiction Book Club 8885 Balboa Avenue., SD
28 Friday 12:00PM - 2:00PM Italian Food Forever - Demo UCSD-RRC Conf. Room

May
1 Monday 11:45 AM - 1:15 PM Faculty Lecture: Disruptive Electron UCSD-RRC Conf. Room
2 Tuesday 12:00PM - 1:00PM Caregivers/ElderCare Support Group UCSD-RRC Conf. Room
2 Tuesday 5:00 PM - 6:20 PM Barbara Bry talk Invite A UCSD-RRC Conf. Room
3 Wednesday 11:45 AM - 1:15 PM Life Begins at 70! UCSD-RRC Conf. Room
5 Friday 11:45 AM - 1:15 PM Food and Mood, Vicky Newman UCSD-RRC Conf. Room
5 Friday 12:00 PM - 2:00 PM Ethnic Luncheon - Cantonese 4609 Convoy St., SD
6 Saturday 2:00 PM - 5:00 PM International Film - Taiwanese UCSD-RRC Conf. Room

Non-members website: http://retirement.ucsd.edu
Members-only: http://retirementassociation.ucsd.edu

Spring Art & Music Soirée
Wednesday, May 24 - 4 to 7 PM at the RRC
Come one, come all! Free & Open to the Public.

Please join us for our special evening event at which we celebrate a new group of Retirement and Emeriti Association artists, on Wednesday, May 24th, from 4 to 7 PM at the UCSD Retirement Resource Center, located in 400 University Center.

This special event is free and open to the public, so go ahead and invite your friends to attend. All we ask is that you RSVP online at the link in the box below, letting us know how many are in your party, or call us at (888) 534-4724.

Our spring artists include Norm Olson, photography, Jill Rowe, Digital Art, Lynn Green, Photography, and Emeriti authors JoelDimdale and Jack C. Fisher.

Enjoy Yourself!
We’ve got a brand new program ready to launch this month. Led by active RA Board member Sue Drier, we embark upon a series of discovery walks around San Diego. See page 7 for details of the first three walks. More discovery walks will be offered, based on the interests of those who participate. Get your walking shoes on, and join a discovery walk.

See our center insert for three fascinating talks/lectures to keep you informed/engaged.

For all events, please RSVP online at: https://hrweb.ucsd.edu/ra/
Congratulations to our Volunteer of the Year!
Rich Belmontez

We would like to share with all of our members, the recipient of the prestigious “Volunteer of the Year” for 2016 - 2017 is: Rich Belmontez.

This year at the RA Spring Volunteer Luncheon, we surprised our exemplary volunteer, Rich Belmontez with the news that he was the recipient of the UCSD Retirement Association’s Volunteer of the Year Award. We would like to introduce Rich to our members.

“Rich Belmontez Volunteer of the Year 2017

provided positive attention to kids at childrens hospital. Being a mystery shopper here in San Diego allowed feedback on operations of the base exchange and as ceremonial guard I was additionally schooled on immaculate dress and good posture. UCSD and especially the Medical Center was an extremely smooth transition for me because of the relatively tight confines, mission-driven environment and work-supplementing opportunities. Everyone was my customer so being on committees provided another way to build relationships with key decision makers, allowed me to better understand institutional needs and it enhanced my knowledge of available resources.

My post-work life includes San Diego community involvement and much of it involves at-risk children. Part of my exercise regime is hiking with Sierra Club/Inspiring Connections Outdoors that partners with area charter schools and provides safe yet “wild” exposure to the nature that surrounds our urban hubs. Administrative and protocol skills continue to be honed through my role as a court appointed special advocate (CASA) for children in the foster care system. Retiring, signing up as a life-time UCSD member and current UCSD Staff & Faculty provided lessons in humility, life circumstance appreciation, mortality and the hope that my aged relatives would never

Let’s Take a Walk!

Come join your fellow RA members as we take beautiful walks around San Diego!
RSVP: https://hrweb.ucsd.edu/ra/

We have three walks in this series:

Thursday, April 13, 2017 10:30 AM—12:30 PM
at the San Diego River West - Hospitality Point to South Shores
Meet at Gazebo near restrooms. 2536-2542 Quivira Ct, San Diego, CA 92109

Thursday, May 11, 2017 10:30 AM—12:30 PM
at the The Murals of La Jolla. Meet at the parking lot at 7905 Herschel Ave, La Jolla
You will NOT be able to park in this lot. It is NOT a public parking lot.
Free street parking (find a 2 hour spot) or park in one of the pay public parking lots.

Thursday, June 1, 2017 10:00 AM—12:30 PM
Presentation and Walking Tour of the Stuart Art Collection at UCSD
Meet at the RRC at 10 AM for a one-hour presentation, followed by the walking tour
Fun Happenings

Two International Films on tap for April & May at the RRC

The RA International Film Buffs continue their world tour, with the next pair of films presented by professors who are new to our group. Both films will be shown in the UCSD RRC, located in UC 400. Film screenings are free, and are intended for RA and EA members. -- Please bring a snack to share.

A Russian Film with Intro/Discussion
led by Prof. Amelia Glaser
Saturday, April 22, 2-5 PM

The Return of Nathan Becker
directed by Rashel Milman
This film fulfills the Zhdanov capsule formula for Socialist Realism (‘a combination of the most matter-of-fact, everyday reality with the most heroic prospects’). True to its genre, the movie ends with a hymn to labor. ‘We must win, we will win,’ the workers’ chorus sings. ‘Long live the day of victory!’

The film and discussion will be presented by Associate Professor Amelia Glaser, Director of UCSD Russian & East European and Eurasian Studies.

A Taiwanese Film, with Intro/Discussion
led by Prof. Yingjin Zhang
Saturday, May 6, 2-5 PM

Last Train Home directed by Lixin Fan, the 2009 film, follows married couple Chen and Zhang as they make a standard factory worker’s annual journey from the city they work in back to the village they grew up in. They start questioning the merits of their sacrifice when their daughter considers dropping out of school to follow factory work herself. It won the Genie Award for Best Feature Length Documentary and IDFA Award for Best Feature Length Documentary.

The film will be presented by Yingjin Zhang, PhD., Chair of the UCSD Department of Literature, and Distinguished Professor, Modern Chinese Literature.

President’s Message

Community is so important and comes in multiple guises. Because of the Retirement Association’s series on Ancestry and Genealogy, I have begun to trace my family tree. It is fascinating and hard to resist. There is also a whole community of people doing their own exploring who are happy to share the tactics they have developed and helpful sources they have found. Our last presentation in the Ancestry series was a field trip to the San Diego Central Library. There were staff there to help us and volunteers with many years of experience to guide us toward developing our own family trees.

That library also subscribes to ancestry.com which is available at no charge to library patrons. Earlier in the Ancestry series we visited the Family History Museum (Mormon) where there were also helpful volunteers and a free search tool at familysearch.org. Try either or both of these free entities to begin your ancestor search.

I volunteer at my local library branch and am on the Friends of the Library Board. Our libraries have become more than just books. Point Loma/Hermey branch is a very active community center—from Zumba, to musical presentations, to OASIS lectures, to interesting films and much more. For me, the branch library is an active community in my home geographical area. Of course, your neighborhood and the residents in it constitute another community of support and friendship. No time was that more apparent than when the whole of southern California lost electricity several years ago.

People came out to their front yards, played cards and barbecued together. The sense of community prevailed.

One of the most active communities is the UCSD Retirement Association. Actually, to me it is more like a family. This has been a challenging year for me personally. As my 101 year old mother is recovering from a stroke, the people I work with on the Board and the whole Association are there again, as they have been before, as a supportive community. The RA is fulfilling in many ways, including all of the programs. We do so many each month that it is impossible to attend everything offered. The presenters are interesting and so are the RA participants that you meet. Being active in the RA and involved with the program committee is a great way to contribute to this community.

I find that all of these communities and others are filled with good, giving people—many of them volunteering to help others. Working with such people restores ones faith in the goodness of people and the importance of community.

As we approach the end of the academic year, note that all of our programming continues until the end of June—some groups continue over the summer, as well. One of the interesting activities from the Wheels Series will be a train ride from downtown/Old Town/Solana Beach to San Juan Capistrano for lunch at L’Hirondelle and a visit to the Mission on May 15, 2017. Sign up now at hrweb.ucsd.edu and join us.

Another activity that occurs only once each quarter is the Art and Music Soirée. The next one is on May 24, 2017 from 4-7 pm at the Retirement Center. Our talented members display their works for one quarter at a time. Please show those that you love, how much you care. --

Gail Geddis
Keeping up with our “Interest Groups” at the RRC (UC 400)

For all events/Interest Groups, please RSVP online: http://www-hr.ucsd.edu/go/ra or call (858) 534-4724.

**Investment Interest Group**
Join us at the most popular interest group: the RA Investment Interest Group.

We meet on the fourth Tuesday of each month to continue our study and discussion of hot current investment topics with our Investment Group Facilitator, Ryan Hyslop of Morgan Stanley. In the RA Investments Interest Group our facilitator will give us the inside scoop about the stock market, investment analysis and broad market interpretation. Managing your own portfolio? This is the place to learn how to do it better. So, join us at our next meetings, Tuesday, April 25, in UC 400, from noon to 1:15 PM. At this session, Ryan will cover “Why we save, the Financial Plan and Investment Selection”. Open to both RA and EA members.

**Spanish Conversation Group**
Join Maestra Irene Serrano the 2nd Monday of each month, from 10 AM to 11 AM to continue to develop your Spanish conversation skills and Spanish vocab. There is room for additional members in this group. Intermediate Spanish level required.

**Photography Interest Group**
Is photography your new retirement hobby? If so, this is the group for you! This group meets monthly in the RA conference room, on the third Wed. 4/19, from 2 - 4 PM, to share photographer tips & tricks, and plan joint photography journeys. Get to know other RA photography buffs!

**Fiber Arts**
Third Wednesday of each month, from 9 - 11 AM. Bring your fiber art project with you.

**Digestive Wellness**
Friday, April 7
11:45 AM - 1:15 PM

Seminar description: “You can strengthen your immune system and reduce risk of disease through healthy digestion. This presentation will briefly review how faulty digestion can affect the human body systematically, from headaches, mood, and skin issues to fatigue and pain. Food choices and eating habits affect the gut microbiome, and a healthy gut biome involves more than just taking probiotic supplements. Natural remedies for common GI challenges will also be reviewed, including acid reflux, constipation, diarrhea, heartburn, and ulcers.”

**Digestive Wellness**
Presented by Vicky Newman, MS, RDN

**RA Fiction Book Club**
The next book club meeting will be held on Wed., April 26, at 11:30 AM to 1:30 PM at the 94th Squadron, 8885 Balboa Ave. Join us, and join in the interesting discussions we hold. The book selection for April is My Grandmother asked me to tell you she’s sorry”.

**Italian Food Forever!**
with Peter Levine
Friday, April 28  12:00 PM—2:00 PM
at the UCSD RRC (UC 400)
RSVP: http://www-hr.ucsd.edu/go/ra or call (858) 534-4724

Join us for this Italian food demonstration presented by RA member Peter Levine. Peter will share family favorites of easy-to-prepare, classic Italian dishes. Participants will enjoy tasting the items Peter demonstrates. Recipes will be provided, so that you can make these easy and tasty dishes at home.

**Holy Molé Food Demo**
with Rich Belmontez
Friday, May 12  12 PM—2:00 PM
at the UCSD RRC (UC 400)
RSVP: http://www-hr.ucsd.edu/go/ra or call (858) 534-4724

Join us for this Mexican food demonstration presented by RA member Rich Belmontez. Rich will share family mole dishes. The mole is Mexico’s national dish, yet it is simply a sauce. Participants will enjoy tasting the items Rich demonstrates. Recipes will be provided, so that you can make these tasty dishes at home.

**Food & Mood: The Nutrition Connection**
Friday, May 5  11:45 AM - 1:15 PM

Seminar description: “What you eat and drink, as well as how much and how often, can have a significant effect on your mood, energy level, mental health, and ability to cope with stress. Common imbalances connected to nutrition are known to worsen mood and motivation. Emphasis will be on dietary choices that support normal blood sugar levels and supply the amino acids building blocks for neurotransmitters, as well as the B-vitamins and essential fats required for normal brain function. We will discuss how a common genetic defect that affects about one out of every 10 people coupled with a diet low in certain B-vitamins can contribute to mental illness, including depression. Also included will be a brief discussion of how these are formed in the body from dietary nutrients.”

Please RSVP online for all events on this page at: https://hrweb.ucsd.edu/ra/ or call (858) 534-4724, if you have no online access.

**Life Begins at 70!**
Wednesday, May 3
11:45 AM - 1:15 PM

Are you close to retirement? Already retired? Wondering what to do with your “golden years?” How to get the most out of them. Forget the “rocking chair.” Discover how to get the most out of life, no matter what your age or physical condition. “Giving up” or “sitting back” are not options. Instead, the motto should be, “Keep your dreams alive, it’s never too late for great things to happen.” Join us as Alan Mindell, through his own experiences, demonstrates some of the abundant possibilities for people of age. Most of us have hidden, untapped talents. It’s never too late to uncover these and flourish late in life.

**Life Begins at 70!**
Presented by author Alan Mindell

Our presenter: Alan Mindell

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For both Food Demos listed above, please mail your check for $5 per member (payable to the UCSD Retirement Association) to: UCSD Retirement Assn., 9500 Gilman Dr., Dept. 0020, La Jolla, CA 92039-0020. ALSO please RSVP online!
SPECIAL EVENT
The UCSD Chancellor’s Scholars Program
and the
UCSD Emeriti Association
Proudly Present
Barbara Bry, San Diego City Councilmember
“Women and Leadership”

Tuesday, May 2
5:15 PM – 6:20 PM
at the UCSD Multipurpose Room
Triton Student Services Center
Next door to the RRC

Please register at https://hrweb.ucsd.edu/ea/ by April 28
or call (858) 534-0207 if you do not have on line access.

Please join us as we welcome guest speaker, Barbara Bry, City Councilmember from District 1. Councilwoman Bry will talk about her experiences in leadership in local government, her business endeavors as a woman, and her journey to getting where she is now. Barbara Bry is a high tech entrepreneur and community leader who worked her way through college and grad school, earning a Master’s Degree in Business from Harvard University. As a single working mom, Barbara was on the founding team of several local high-tech companies, including ProFlowers.com, which has created hundreds of local jobs here in San Diego. Barbara Bry has also has taught entrepreneurship at UCSD, and is an strong advocate for young women in science and technology.

UCSD Chancellor’s Scholar’s Program/Emeriti Mentor Program
Suzan Cioffi, Director  Ω  Lilian Argueta, Coordinator
Domiciled in the UCSD Retirement Resource Center, 400 University Center
ChancellorsScholars@ucsd.edu (858) 534-4724
Join us for this exciting meeting with Jack Fisher, Professor Emeritus of Surgery. Fisher’s work recounts the fascinating, controversial history of silicone medical devices and the government regulations involved in the process of attaining them. A must-read, *Silicone on Trial: Breast Implants and the Politics of Risk* is a captivating and informative narrative history of an increasingly influential industry. The author reassures all those with exposure to any silicone medical device (there are hundreds) that the polymer is entirely safe for medical application. A plea is made for greater reliance on valid science rather than uninformed activism. Fisher is the former head of UCSD’s division of plastic and reconstructive surgery. Having held this position for 20 years, he went on to earn a master’s degree in US political and economic history.

Join us for this stimulating meeting with Stan Chodorow, Professor Emeritus of History. This presentation will focus on dissecting the disruptive effects of telecommunications, which has generated much discussion about teaching and scholarly publication. Our presenter will examine the need to construct a new system that changes our established notions of the library in order to restore the orderly processes of scholarly publication and maintaining information resources. Chodorow has served at UCSD as both a professor of history and Dean of Arts and Humanities. He has been widely published on topics of scholarly communication and was Vice President of Academic Affairs at Questia Media, an online commercial digital library.
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Join us for two new presentations by our resident Health and Nutrition expert, Vicky Newman, MS, RDN.
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The film will be presented by Yingjin Zhang, PhD., Chair of the UCSD Department of Literature, and Distinguished Professor, Modern Chinese Literature.

Ethnic Luncheon

Russian Cuisine
Friday, April 21 ~ 12:00 PM—2:00 PM
Venue: Village House Kalina
8302 Parkway Dr, La Mesa, CA 91942

Have you ever had Russian food? Now is your chance to try it at a tiny, authentic Russian restaurant. We will meet at noon to enjoy delicious Russian dishes such as Borscht and Stroganoff. There are also many vegetarian options. The RA Book Club met here last month, and everyone loved it…. So, don’t miss it!

Cantonese Cuisine
Friday, May 5 ~ 12 PM—2:00 PM
Venue: Jasmine Seafood Restaurant
4609 Convoy Street, SD 92111

Come join us for a unique Dim Sum experience. Dim Sum translates directly as ‘touch the heart.’ Dim Sum are little appetizer-sized dishes that will surely delight the mouth, stomach and your heart! Jasmine follows real Cantonese tradition by serving dim sum right to your table in steam carts. Come join the group of RA members who attend.

President’s Message

Community is so important and comes in multiple guises. Because of the Retirement Association’s series on Ancestry and Genealogy, I have begun to trace my family tree. It is fascinating and hard to resist. There is also a whole community of people doing their own exploring who are happy to share the tactics they have developed and helpful sources they have found. Our last presentation in the Ancestry series was a field trip to the San Diego Central Library. There were staff there to help us and volunteers with many years of experience to guide us toward developing our own family trees.

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One of the most active communities is the UCSD Retirement Association. Actually, to me it is more like a family. This has been a challenging year for me personally. As my 101 year old mother is recovering from a stroke, the people I work with on the Board and the whole Association are there again, as they have been before, as a supportive community. The RA is fulfilling in many ways, including all of the programs. We do so many each month that it is impossible to attend everything offered. The presenters are interesting and so are the RA participants that you meet. Being active in the RA and involved with the program committee is a great way to contribute to this community.

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As we approach the end of the academic year, note that all of our programming continues until the end of June—some groups continue over the summer, as well. One of the interesting activities from the Wheels Series will be a train ride from downtown/Old Town/Solana Beach to San Juan Capistrano for lunch at L’Hirondelle and a visit to the Mission on May 15, 2017. Sign up now at hrweb.ucsd.edu and join us.

Another activity that occurs only once each quarter is the Art and Music Soirée. The next one is on May 24, 2017 from 4-7 pm at the Retirement Center. Our talented members display their works for one quarter at a time, and the RA Soirée is to introduce the next submissions. Our last big social event of the academic year is the annual Board Installation Luncheon on June 22, 2017. Please mark your calendars, so that we will see you there to welcome our new EA Board for 2017-18.

Please show those that you love, how much you care.

Gail Geddis
Congratulations to our Volunteer of the Year!

Rich Belmontez

We would like to share with all of our members, the recipient of the prestigious “Volunteer of the Year” for 2016 - 2017 is: Rich Belmontez.

This year at the RA Spring Volunteer Luncheon, we surprised our exemplary volunteer, Rich Belmontez with the news that he was the recipient of the UCSD Retirement Association’s Volunteer of the Year Award. We would like to introduce Rich to our members.

“My surprise on receiving this year’s VOTY award on March 22nd was visceral and the acknowledgement is appreciated. It has been an amazing ride being part of the Retirement Association and especially as a member of the Board- I get to surround myself with dedicated and high-energy folks who do wonderful things and have fun along the way. We live in all parts of the County and we worked in various departments so our collective knowledge and interests are vast. I don’t know if the interactions keep us young or just distracted with sufficient joy that we hardly notice the marching of time.

Volunteerism runs in my family at least with my hyper-active schoolteacher kid sister and me. First memories of helping others for little or no practically no money tracks back to childhood. My mother would allow us to accompany her on visit nursing homes and while there I would do little kid things to assist. The opportunity provided lessons in humanity, life circumstance appreciation, mortality and the hope that my aged relatives would never

Rich Belmontez Volunteer of the Year 2017

be institutionalized. From late elementary school through much of high school my family lived in the countryside near Youngstown, Ohio. I helped on the nearby farm sometimes for a dollar a day. When they had teenage foster children there was someone else to do chores; I would still help and at the same time make a friend. Plus pitching in meant we could leave earlier to go hiking, looking for arrowheads or fishing. Having friends that were in the foster care system also gave me time to reflect about my own life turbulence that, if it weren’t for extended relatives helping to keep the family together, might have ended in similar situations. The farmhouse matron made the best fresh liver and onions and could always feed one. Sometimes.

My post-work life includes San Diego community involvement and much of it involves at-risk children. Part of my exercise regime is hiking with Sierra Club/Inspiring Connections Outdoors that partners with area charter schools and provides safe yet ‘wild’ exposure to the nature that surrounds our urban hubs. Administrative and protocol skills continue to be honed through my role as a court appointed special advocate (CASA) for children in the foster care system.

Retiring, signing up as a lifetime UCSD Retirement Savings Program; 12 - 1pm - Fundamentals of Retirement Income Planning

Thurs., April 20—Fiduciary Services with Diane Peters

Wed., May 3 — "Life Begins at Seventy" presented by author Alan Mindell


Let’s Take a Walk!

Come join your fellow RA members as we take beautiful walks around San Diego!

RSVP: https://hrweb.ucsd.edu/ra/

We have three walks in this series:

Thursday, April 13, 2017 — 10:30 AM—12:30 PM

Meet at Gazebo near restrooms. 2536-2542 Quivira Ct, San Diego, CA 92109

Thursday, May 11, 2017 — 10:30 AM—12:30 PM

at the The Murals of La Jolla. Meet at the parking lot at 7905 Herschel Ave, La Jolla

You will NOT be able to park in this lot. It is NOT a public parking lot.

Free street parking (find a 2 hour spot) or park in one of the pay public parking lots.

Thursday, June 1, 2017 — 10:00 AM—12:30 PM

Presentation and Walking Tour of the Stuart Art Collection at UCSD

Meet at the RRC at 10 AM for a one-hour presentation, followed by the walking tour.
Officers:
Gail Geddis  
Sue Drier  
Kirk Gardner
Sue Drier  
Boone Hellmann  
Dyanne Hoffman
Bob Colio  
Charleen Johnson  
Equilla Luke
Patricia Nelson  
Mona Sonnenshein  
Marcia Strong
Rich Belmontez  
Annie Townsend
Marguerite Jackson, CUCRA Representative and Suzan Cioffi, Director, UCSD Retirement Resource Center

President: Gail Geddis  
Vice President: Boone Hellmann  
Treasurer: Charleen Johnson  
Secretary: Mona Sonnenshein  
Immediate Past President: Rich Belmontez  
Ex-Officio: Marguerite Jackson, CUCRA Representative and Suzan Cioffi, Director, UCSD Retirement Resource Center

Next Publication deadline: April 17, 2017  
Editor: Suzan Cioffi  
E-mail: RetireeLink@ucsd.edu

UCSD Retirement Association Calendar

April
5  Wednesday  11:45 AM - 1:15 PM  Emergencies & Care Challenges  UCSD-RRC Conf. Room
6  Thursday  11:45 AM - 1:15 PM  Estate Planning w/ Heidi Kipple  UCSD-RRC Conf. Room
7  Friday  11:45 AM - 1:15 PM  Digestive Wellness - Vicky Newman  UCSD-RRC Conf. Room
10  Monday  11:45 AM - 1:15 PM  Faculty Lecture: Silicone on Trial  UCSD-RRC Conf. Room
11  Tuesday  9:30 AM - 10:15 AM  Volunteer Committee  UCSD-RRC Conf. Room
11  Tuesday  10:30 AM - 11:15 AM  RA Board Meeting  UCSD-RRC Conf. Room
11  Tuesday  11:45 AM - 12:15 PM  Nominating Committee  UCSD-RRC Conf. Room
11  Tuesday  12:15 PM - 1:30 PM  Program Committee  UCSD-RRC Conf. Room
12  Wednesday  11:45 AM - 1:15 PM  Rethink Home! Rightsizing your home  UCSD-RRC Conf. Room
13  Thursday  11:45 AM - 1:15 PM  “Let’s take a walk” SD River West  Hospitality Point Park
14  Friday  12:00 PM - 2:00 PM  Craft Brewery Crawl - Biersch  5010 Mission Ctr. Rd.
17  Monday  11:00 AM - 1:00 PM  Fidelity Seminars  UCSD-RRC Conf. Room
18  Tuesday  11:30 AM - 1:30 PM  Triton Investments Assoc.  UCSD-RRC Conf. Room
19  Wednesday  9:00 AM - 11:00 AM  Fiber Arts Interest Group  UCSD-RRC Conf. Room
19  Wednesday  2:00 PM - 4:00 PM  Photography Interest Group  UCSD-RRC Conf. Room
20  Thursday  11:45 AM - 1:15 PM  Fiduciary Services w/Diane Peters  UCSD-RRC Conf. Room
21  Friday  12:00 PM - 2:00 PM  Ethnic Luncheon - Russian  8302 Parkway Dr. La Mesa
22  Saturday  2:00 PM - 5:00 PM  International Film - Russian  UCSD-RRC Conf. Room
25  Tuesday  11:45 AM - 1:15 PM  Investments Interest Group  UCSD-RRC Conf. Room
26  Wednesday  12:00 PM - 2:00PM RA Fiction Book Club  8885 Balboa Avenue, SD
28  Friday  12:00PM - 2:00PM Italian Food Forever - Demo  UCSD-RRC Conf. Room
May
1  Monday  11:45 AM - 1:15 PM  Faculty Lecture: Disruptive Electron  UCSD-RRC Conf. Room
2  Tuesday  12:00PM - 1:00PM Caregivers/Eldercare Support Group  UCSD-RRC Conf. Room
2  Tuesday  5:00 PM - 6:20 PM Barbara Bry - Women & Leadership Room Next door to RRC
3  Wednesday  11:45 AM - 1:15 PM  Life Begins at 70!  UCSD-RRC Conf. Room
5  Friday  11:45 AM - 1:15 PM  Food and Mood, Vicky Newman  UCSD-RRC Conf. Room
5  Friday  12:00 PM - 2:00 PM Ethnic Luncheon - Cantonese  4609 Convoy St., SD
6  Saturday  2:00 PM - 5:00 PM International Film - Taiwanese  UCSD-RRC Conf. Room

Entertainment for the Art & Music Soirée will be by award-winning Jazz Pianist, Danny Green, who will play on our music terrace.

Enjoy delicious hors d’oeuvres and refreshments, listen to the artist presentations, and enjoy the lively camaraderie with fellow members and guests.

RSVP by May 15, so that we can plan sufficient food and beverages. Then join us!

For ALL events, please RSVP online at: https://hrweb.ucsd.edu/ra/

Spring Train Ride to San Juan Capistrano’s L’Hirondelle
Thursday, May 18, 2017 — 10:00 AM—3:30 PM - Lunch at L’Hirondelle
Join fellow Retirement Association members on a scenic Amtrak train ride to San Juan Capistrano. Once there, enjoy lunch together at L’Hirondelle; one of the top French restaurants in all of Southern California, L’Hirondelle offers a rustic and romantic atmosphere perfect for a scenic getaway. After lunch, visit the historic mission just across from the restaurant. All the details are on our online RSVP website.

Let’s Take a Walk
Enjoy ourselves! We’ve got a brand new program ready to launch this month. Led by active RA Board member Sue Drier, we embark upon a series of discovery walks around San Diego. See page 7 for details of the first three walks. More discovery walks will be offered, based on the interests of those who participate. Get your walking shoes on, and join a discovery walk.

See our center insert for three fascinating talks/lectures to keep you informed/engaged.