

new dimensions



UC launches global food initiative

University of California President Janet Napolitano and chancellors from all 10 campuses are joining forces on an audacious and far-reaching goal: harnessing the collective power of UC to help put the world on a path to sustainably and nutritiously feed itself.

Napolitano on July 1 announced a major UC initiative intended to marshal resources across the UC system to address global challenges related to food.

The UC Global Food Initiative grows out of a commitment by Napolitano and the 10 UC campus chancellors to work collectively to intensify and expand the efforts of the world's premier public research university to support healthy eating, sustainable agriculture and food security.

Napolitano noted that by the year 2025, the world's population will

grow by another billion people. Already, she said, 1 billion people go to bed hungry every night, while another half billion suffer from obesity.

"Our goal is far-reaching," Napolitano said. "It is to do all we can to help the world learn to feed itself in ways that are healthy and sustainable in the use of resources.

"Our starting blocks for this initiative are our 10 campuses, our Division of Agriculture and Natural Resources, and the Lawrence Berkeley National Laboratory," she said. "That power of 10-plus makes UC well poised to take on this challenge on a scale not possible by any other higher education entity in the world."

The initiative's reach, Napolitano said, will be both external and internal — on campuses, among faculty and students, in research labs and in communities through

UC outreach. It will build on efforts already under way. It will identify best practices and share them widely within UC, California, and, ultimately, the nation and the world.

The Global Food Initiative will expand on UC's tradition of innovative agricultural, health and environmental research by further incorporating other disciplines such as law, humanities, education and social science to better shape, impact and drive food policy discussions.

The initiative is not limited to seeking any single solution or set of solutions to the many, inter-related food issues confronting the world around food, Napolitano said.

"The idea," she said, "is to provide the intellectual and technical firepower, as well as the operational examples needed for

communities in California and around the world to find pathways to a sustainable food future."

Emphasizing that student engagement is key, Napolitano announced, as one of her first actions, the funding of three \$2,500 President's Global Food Initiative Student Fellowships to be awarded on each campus to undergraduate or graduate students. The fellowships will fund student research projects or internships.

Among other early efforts to be undertaken as part of the initiative are the following:

- Internally, campuses will heighten their collective purchasing power and dining practices to encourage sustainable farming practices, and model healthy eating and zero food waste; food pantries and farmers markets that exist on

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Quoteworthy

"Our goal is far-reaching. It is to do all we can to help the world learn to feed itself in ways that are healthy and sustainable in the use of resources."

Janet Napolitano, President, University of California
Cover story

Calendar

- Oct. 30** Open Enrollment begins
- Dec. 16** Deadline for making changes to Minimum Required Distributions

Keep your online accounts secure

Everyone has heard stories of people who have been the victim of identity theft or property theft because they've divulged private information. Attempts to acquire sensitive information such as usernames, passwords and credit card details by masquerading as a trustworthy entity in an electronic communication is called phishing. It commonly occurs by email but can also occur through a telephone call.

Be aware that UC will never send you an email or call you to ask for the username or password for your At Your Service Online account. Likewise, the university will not email or call you for your Social Security number.

Some benefits vendors may require you to enter all or part of your Social Security number when you first register online or to reset your password. If you receive a query for personal information, call the vendor to confirm the request is legitimate before responding.

UC takes precautions to safeguard personal information. If you encounter a phishing attempt with your AYS Online account, report it to the Retirement Administration Service Center at 800-888-8267.

Upcoming changes to UC's Core Funds

UC periodically reviews the 403(b), 457(b), and DC Plans to ensure they continue to help you meet your retirement and financial goals. Following a recent analysis, several changes will be made on Sept. 30, 2014. For more information about these changes, please call Fidelity Retirement Services at 866-682-7787.

UC Pathway Funds named default investment option for new contributions

The new default investment option for new contributions by UC participants who do not actively elect an investment option will be the "age-appropriate" UC Pathway Fund. Currently, the default investment option is the UC Savings Fund.

This change does not affect most retirees since they no longer make contributions; it will not affect current investments in an account.

Dreyfus Treasury Prime Cash Management Fund merging with UC Savings Fund

Based on the current low interest rates, as well as low participation rates, the Dreyfus Treasury Prime Cash Management Fund is merging with the UC Savings Fund because it no longer meets the objectives of the UC Retirement Savings Program. This merger will happen automatically — no action is required.

Seven funds move to lower-fee shares

Seven Spartan Advantage/Institutional Class non-core funds will offer lower share classes, which will result in lower expenses for those invested in these funds. You do not need to take any action as a result of this change.

December deadline for arranging Minimum Required Distributions

The IRS requires retirees to begin receiving Minimum Required Distributions (MRDs) from retirement accounts the year they reach age 70½ or are no longer working, whichever is later.

If you've already set up your MRDs through systematic withdrawals from your accounts, then you should be all set.

If you have not elected a specific date(s) to receive your MRDs, then Fidelity will automatically send your MRD payment to your home address on Dec. 16 this year.

If you have money invested in more than one investment fund, Fidelity will withdraw your MRD proportionally from each fund. However, if you want to customize the funds from which the MRD is withdrawn: just contact Fidelity Retirement Services (866-682-7787) a few days prior to when you are scheduled to

receive your distribution (no later than Dec. 15 before the stock market closes if you are subject to the Dec. 16 automatic payment date) to make arrangements.

If you have not set-up direct deposit for your MRD or other withdrawals from your retirement savings plans, you can register online (sign in to your Fidelity account at ucfocusonyourfuture.com, or contact Fidelity to set this up). Allow 15 to 20 days.

MRD requirements apply to each of UC's Retirement Savings Program accounts (DC, 403(b) and 457(b)) separately. If you have money in more than one account, you must receive an MRD from each.

The Minimum Required Distributions Fact Sheet, available at <http://ucal.us/MRDFacts>, provides additional information about MRDs. Or call Fidelity at 866-682-7787.

Take advantage of UC Living Well programs to get or stay healthy

There's still time to earn the \$75 incentive award by participating in UC Living Well activities. Even better, you'll take steps toward a healthier life.

Whether you want to lose weight, maintain your healthy lifestyle, manage stress or just get more active, UC Living Well has programs to get you on the right track.

Take the Total Health Profile, sign up for wellness coaching, participate in on-campus wellness activities or take advantage of online programs.

You earn points for participating in many of these activities, and when you earn 7,500 points, you'll receive a \$75 Visa® Rewards pre-paid card. This incentive award program is available to retirees and employees only. Spouses and domestic partners may participate in the UC Living Well coaching, online programs and certain on-campus activities, but are not eligible to earn the incentive.

To participate, you must be enrolled in a UC medical plan — including Kaiser. LANL and LLNL retirees are not eligible.

To get started, go to uclivingwell.ucop.edu, select the I WANT/I GET box and log on to the wellness website.

There you can complete the Total Health Profile. You'll find the Total Health Profile under I AM. It takes just 15 minutes and you'll earn 5,000 points. Your responses and results are kept strictly confidential.

Based on the results of your Total Health Profile, you may receive wellness coaching suggestions. Earn 2,500 points for completing an online wellness coaching program. These are found in the I DO section of the website.

You can also earn 2,500 points for simply enrolling in a telephonic wellness coaching program. Earn another 2,500 points for completing it. Wellness coaches can help you create (and stick to) an exercise plan, lose weight, quit smoking and manage stress. Other programs help manage diabetes and heart health.

Your UC campus or medical center offers a variety of health and wellness activities, including wellness challenges and group fitness programs. You can receive points toward your reward for taking part in up to two on-campus UC Living Well activities.

Check out the Wellness website at uclivingwell.ucop.edu or call 855-688-9775 to learn about all the UC Living Well activities available to you.

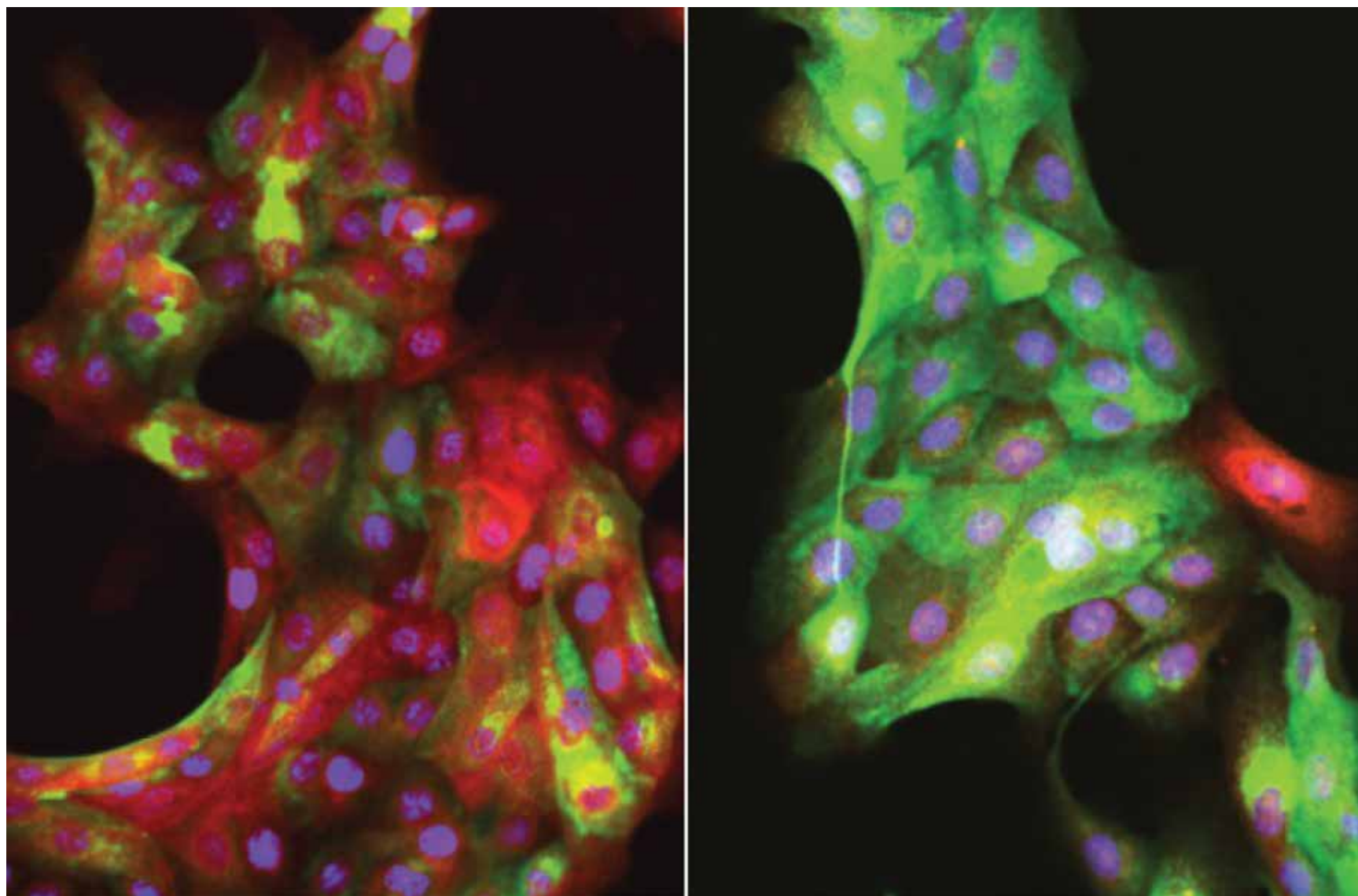
VSP streamlines billing system

VSP, the retiree vision provider, has made changes to its billing system to make it more efficient and streamlined.

Beginning in June, VSP began sending monthly statements instead of annual billing coupons to retirees enrolled in the plan. These statements are sent only to retirees

who make multiple payments by check throughout the year. Retirees who pay annually or by automatic withdrawal or credit card will not receive billing statements.

If you have questions regarding the new billing statement, contact VSP Client Services at 800-400-4569.



New clues to why older women are more vulnerable to breast cancer

Scientists from the Department of Energy's Lawrence Berkeley National Laboratory (Berkeley Lab) have gained more insights into why older women are more susceptible to breast cancer. They found that as women age, the cells responsible for maintaining healthy breast tissue stop responding to their immediate surroundings, including mechanical cues that should prompt them to suppress nearby tumors.

Their work sheds light on how aging alters cellular and molecular functions, and how these changes contribute to the prevalence of breast cancer in older women. The disease is most frequently diagnosed among women aged 55 to 64, according to the National Cancer Institute.

Read more at <http://newscenter.lbl.gov/2014/06/05/breast-cancer/>

Poor health, lifestyle factors linked to memory complaints

If you're depressed, don't get enough exercise or have high blood pressure, you may find yourself complaining more about memory problems, even among young adults, according to a new UCLA study.

UCLA researchers and the Gallup organization polled more than 18,000 people about their memory and a variety of lifestyle and health factors previously shown to increase the risk of Alzheimer's disease and dementia. They found that many of these risk factors increased the likelihood of self-perceived memory complaints across all adult age groups.

The findings, published in the June 4 edition of the journal PLOS ONE, may help scientists better identify how early lifestyle and health choices impact memory later in life. Examining these potential relationships, researchers say, could also help to pinpoint interventions aimed at lowering the risk of memory issues.

Read more at: <http://newsroom.ucla.edu/releases/poor-health-lifestyle-factors-linked-to-memory-complaints-even-among-younger-adults>

Cal-BRAIN kickstarts effort to map the brain

The California budget signed by Gov. Jerry Brown on June 20 creates a statewide research grants program called Cal-BRAIN, an initiative led by UC San Diego. With an initial allocation of \$2 million, Cal-BRAIN — short for California Blueprint for Research to Advance Innovations in Neuroscience — is a state complement to the federal BRAIN Initiative announced by President Barack Obama in April 2013. It aims to “accelerate the development of brain mapping techniques, including the development of new technologies.”

UC San Diego played a significant role in the national initiative and will now lead the state effort to revolutionize understanding of the brain and the diagnosis and treatment of brain disorders of all kinds. By improving the ability to see what goes on in the brain in much greater detail and at a much faster timescale, the initiative aims to make discoveries around autism, Alzheimer's, PTSD and other behavioral health issues and injuries.

In this leadership role, UC San Diego will guide the collaboration among the UC campuses, with organizational hubs at UC San Diego and Berkeley Lab to coordinate research activities, facilitate communication and seek additional funds from private and industry partners.

Read more at: http://ucsdnews.ucsd.edu/pressrelease/cal_brain_kickstarts_california_efforts_to_map_the_brain

Charles Hess named recipient of 2014 UC Davis Medal



Charles E. Hess, long-time dean of the College of Agricultural and Environmental Sciences and a professor emeritus of plant sciences at the UC Davis, has been named the recipient of the 2014 UC Davis Medal.

The premier accolade the campus bestows upon an individual, the UC Davis Medal recognizes the very highest levels of distinction, personal achievement and contributions to the ideals of higher education on which UC Davis is founded.

Hess has a long history of promoting the welfare of retirees through his service as the first chair of the UC Davis Retiree Center Advisory Committee and as a former president of the

Emeriti Association. He served as chair of the Council of UC Emeriti Associations from 2008 to 2010 and as team leader of the Retiree Health Workgroup of UC President Mark Yudof's Post-Employment Benefits Task Force. He currently chairs the Senate Emeriti Committee and the Emeriti Association's Emeriti Welfare Committee.

"No one is more deserving of this honor than Charley," UC Davis Chancellor Linda P.B. Katehi said. "UC Davis is the global leader in agricultural and forestry research due, in great part, to his vision and leadership.

"His service and dedication to UC Davis is unsurpassed, and his legacy reaches all over the world in the countless colleagues and students he has inspired, taught and mentored," she said. "It is truly an honor to call him part of the UC Davis family."

Hess joined UC Davis in 1975 as dean of the College of Agricultural and Environmental Sciences, a position he held until 1989 when he was appointed by then President George H.W. Bush to be the assistant secretary for science and education in the U.S. Department of Agriculture. Prior to that, he had two presidential appointments to the National Science Board, the governing board of the National Science Foundation.

Upon his return to campus in 1991, he served as the director of international programs. He also has served as a special assistant to the provost and chancellor.

He retired in 1994 but has never stopped working for his profession, his college and the university community.

He facilitated the move of the U.S. Department of Agriculture's Western Human Nutrition Center

from San Francisco to UC Davis in 2003-04. Since 2006, he has served as chair of the U.S. Agency for International Development-National Academies Review Panel for the Pakistan-U.S. Science and Technology Cooperative Program. In addition, he has served the UC Davis administration in several capacities, most recently as interim vice chancellor of the Office of Research. Before that, he chaired the Department of Nutrition while it was in transition from 2007 to 2009.

He is a member of the Science Advisory panel of the Almond Board of California and in 2013 was inducted into the Horticulture Hall of Fame.

Each year in his honor, the Charles E. Hess Award is presented to two graduating seniors who have the most noteworthy records of public/community service while at UC Davis.

UC San Diego, UC Irvine professors receive distinguished emeriti award

The 2014 Constantine Panunzio Distinguished Emeriti Award honoring emeriti professors in the University of California system has been awarded to Norman Anderson, UC San Diego professor emeritus of psychology, and Rein Taagepera, UC Irvine professor emeritus of political science.

The Constantine Panunzio Distinguished Emeriti Award is named for the late professor of sociology at UCLA, who has been described as the architect of the UC Retirement System. Panunzio was particularly active in improving pensions and stipends for his fellow emeriti. The award bearing his name was established in 1983 and includes a \$5,000 prize.



Professor Anderson was a founding member of UC San Diego's department

of psychology, joining the department in 1965, after beginning his UC career at UCLA in 1958. He is an experimental psychologist whose contributions span social psychology and cognition, and he is best known for his development of information integration theory. He formally retired in 1992, but his four books published since that date attest that his research and scholarship continued unabated. He also continues to mentor graduate students and contribute to his department and his discipline. Anderson's post-retirement work in support of graduate student life and research has been especially notable, including establishment of the Norman Anderson Lecture series in the UC San Diego department of psychology.



Professor Taagepera joined UC Irvine's department of political science in 1970

following a shift from his initial career as a physicist. He is an internationally renowned expert in political parties and systems, and the recipient of the Johan Skytte Prize, often considered political science's equivalent to the Nobel Prize. He formally retired in 1994, but has continued to publish, teach and serve both UC and Tartu University in his native Estonia, where he served as founding dean of social sciences. His combination of empirical and theoretical publications in addition to the outstanding academic leadership at Tartu University for the past 25 years constitute a remarkable third career: first a physicist, then at UC Irvine as an innovator in political science, and then as the founder and sponsor of modern political science in post-Soviet Estonia.

How I recaptured a youthful goal in retirement

Randy Souviney
Senior Lecturer
Education Studies, UC San Diego



In 1968, I made a conscious decision to go to graduate school instead of pursuing a career in music, my other passion at the time. I always knew that academics was the right choice for me, but in those quiet writing moments early in the morning, I would, from time to time, wonder what kind of music I might have made if I stayed with my band. Friends and I continued to write songs over the years, and I managed to keep them alive by playing for family and colleagues. A couple years ago, I created a small recording studio in my home office and started to record these “lost songs” with the help of sophisticated recording software that is available today. I only play instruments with strings attached: the guitar, banjo, ukulele, and bass, and I also create the

voice and harmony tracks. The software allows me to use the digital instruments and pre-recorded “loops” to create horn, woodwind and percussion tracks to accompany my live recordings. It has been fascinating to listen as each song reveals itself to me.

Last March, I invited my original band members to my old home- stead in Maine to see if we could still make music together. To my delight, the guys all showed up. We recorded dozens of tracks in the same room where, over 50 years ago, we practiced our requi- site 10,000 hours as we learned to make music together. I mixed and mastered our rendition of Robert Johnson’s classic, Sweet Home Chicago, and we released the song to friends and family on SoundCloud.com in early June.

If you are interested in hearing some of these tunes, just visit <https://soundcloud.com/rsouviney> and you will be able to listen. If nothing else, the price is right!

Robert Burns’ legacy enriches retirement

Eileen McKoy
Retired Administrative Assistant
Department of Physics, UC San Diego



Prior to retirement in 2004, I inherited my grandfather’s book on the works of Robert Burns (1759-1796). Burns is known as the Scottish Bard — loved and celebrated throughout the world. I decided to make the study of Burns my retirement hobby. I became a Burns scholar, one of many. Burns is the author of “Auld Lang Syne” and many other songs and poems familiar to us all. But, he

was much more than a poet, songwriter, letter writer, farmer and exciseman. Burns was a lover of women and a supporter of their rights. Almost single- handedly, Burns preserved, in writing, the old Scottish songs previously passed on by oral tradition. He was a humanitarian and a supporter of the American Revolution. His writings were the constant pocket-companions of Abraham Lincoln, John Muir, Frederick Douglass and Sam Houston. Over 200 years later, the study of his legacy has greatly enriched my retirement years.



Share Your Stories

Whether you have a challenging issue related to retirement or a story about the joys of your life, we want to share your story in *New Dimensions*. Reach us by email (NewDimensions-L@ucop.edu) or regular mail (Editor, 1111 Franklin Street, #7305, Oakland, CA 94607).

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For benefits questions:

Retirement Administration Service Center:
1-800-888-8267 (8:30 a.m. – 4:30 p.m. PT)

UCnet:
ucnet.universityofcalifornia.edu/retirees

Are you moving?

To continue receiving *New Dimensions*, be sure to notify UC of your new address online: atyourserviceonline.ucop.edu/ayso or by submitting a *UC Benefits Address Change Notice*, available online at ucnet.universityofcalifornia.edu or from the Retirement Administration Service Center at 800-888-8267.

Emeriti/Retiree Association Contacts

Use the listings below if you want to join an association or to inform your association of an address change. If you have moved away from your home campus emeriti/retiree association, you are welcome to join the association where you live.

Note to associations: To update a listing, write to Anne Wolf at *New Dimensions* (email: anne.wolf@ucop.edu).

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UC Davis Retiree Center
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530-752-5182

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UCLA Emeriti/Retirees Relations Center
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310-825-7456

UCSD Retirement Resource Center
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Emeriti@ucsd.edu
858-534-4724

UC Santa Barbara Emeriti/Retiree Relations Center
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some campuses will be spread to all 10. Partnerships with K-12 school districts to enhance leveraging procurement for these purposes also will be explored.

- Food issues will be integrated into more undergraduate and graduate courses, catalogues of food-related courses will be developed, and demonstration gardens will be made available on each campus to increase opportunities for students to participate in experiential learning.
- Data mining of existing information will be deployed to help develop insights and action plans for California

agriculture and responses to climate change.

- New policies will be enacted to allow small growers to serve as suppliers for UC campuses.

In describing the building blocks for the initiative, Napolitano noted that the university's agricultural outreach and public service programs — in every California county and more than 100 nations — bring UC resources to individuals and communities to help them access safe, affordable and nutritious food while sustaining scarce natural resources.

UC has long been active in addressing issues related to food.

For example, UC research taught Californians how to remove salts from the alkali soils in vast stretches of the Central Valley, transforming barren landscape into one of the world's most productive farming regions.

Similar work continues across the UC system. To cite but a few examples, the Berkeley Food Institute is studying the relationship between pest control, conservation and food safety on Central Coast farms; students and faculty at UC Santa Cruz are transforming the field of agroecology; the World Food Center at UC Davis stands with 26 other centers dedicated to food and agriculture on that

campus; the cutting-edge Healthy Campus initiative at UCLA taps all members of the campus community.



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Spring 2015 travel opportunities

Start planning now for travel in 2015. The Council of UC Retiree Associations (CUCRA) travel program benefits the work of the council.

Central & Eastern Europe

14 days • April 19, 2015

Visit Berlin, Prague, Vienna, Budapest, Krakow and Warsaw.

Booking No. 620662
Base price: \$4,299
Book now and save \$250 per person.

British Landscapes

10 days • April 23, 2015

If you have never been to the British Isles, the tour is a wonderful journey through England, Scotland and Wales.

Booking No. 620668
Base price of \$3,849
Book now and save \$250 per person.

America's Music Cities

8 days • April 26, 2015

If you enjoy music, this tour featuring New Orleans, Memphis and Nashville is for you. The tour includes the French Quarter, New Orleans School of Cooking, Swamp Tour, Graceland, Grand Ole Opry and Country Music Hall of Fame.

Booking No. 620682.
Base price: \$2,499
Book now and save \$100 per person.

For more information and reservations contact Collette Vacations at 800-852-5655 and mention the Booking Number. All tour costs are per person, double occupancy and includes 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. Also, if the commencement date for a tour is not convenient for you, Collette has other departure dates that you can consider.