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# GARA News

Volume 36, Issue 4

November 2022

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## From the President

Junaid Razvi



Dear Friends, Colleagues –

I trust all of you are continuing to stay safe and in good health, with cold weather approaching and Covid, seasonal flu and RSV cases on the rise. Folks still testing positive, albeit with milder symptoms.

We have ramped back up to our regular GARA luncheon/speaker activities to a normal pre-pandemic schedule with our spring, summer, fall and winter luncheons. Barring any unforeseen health advisories regarding such gatherings, we intend to continue to maintain our regular schedule in 2023. Thank you to all who took the time to join and support our efforts at our luncheon meetings this year. We look forward to seeing more of you at our annual December holiday luncheon and next year. A well-deserved thank you of course to Nancy Hitchcox, Jim Zgliczynski, and other members of the Board for their work to organize these events.

Please see this newsletter for details on our 2022 Holiday/Winter Luncheon; it will be held at the San Diego Yacht Club on 07 December 2022. The winter meeting will also be our Annual Members Meeting where we elect new Board Members. Please review and complete the included ballot and return to GARA. The costs of securing a prominent venue have significantly increased, but we continue to try finding ways to reduce your costs to attend. We continue to look for dynamic speakers both on topics of interest to the area as well as exciting developments at GA.

The GARA Board has operated at full strength this year, and a sincere thank you to all for their time and effort at keeping the organization functioning. Many of us will continue to support GARA through 2023, and

we have some new colleagues we are welcoming to the Board. We continue to look for new blood for our all-volunteer Board, whether you are still working, recently retired, or have been retired for many years. Please consider volunteering for the Board in future years. We encourage everyone to keep their dues up-to-date and encourage others you know who have had an affiliation with GA, past or present, to join. We expect that our membership fee will continue to be a nominal \$15/year for those already paid up through 2023, but the Board

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### GA Retirees Association, Inc.

[www.garetirees.org](http://www.garetirees.org)

**President: Junaid Razvi**

619 646 2140

**Vice President: Jim Zgliczynski**

619 237 9812

**Treasurer: Niles Johanson**

858 752 4327

**Secretary: Pat Simmons**

858 748 4569

**Membership Chair: Liz Drees**

858 945 2942

**Social Chair: Nancy Hitchcox**

858 335 4839

**Newsletter Editor: Maria Koploy**

619 740 1153

**Members at Large:**

Tom Tasker

858 369 0671

Al Zimmer

619 475 0153

Carmelo Rodriguez

760 436 2342

Meera Venkatesh

858 283 9612

**Webmaster: Tom Tasker**

858 369 0671

## CALENDAR OF EVENTS

- **December 7th Holiday Winter Luncheon and GARA Annual Meeting**  
**See attached notice!**

Continued "From the President" article on page 1.

may have to consider future nominal increases to keep up with the increasing costs for the subsidized costs in our budget.

Early in the new year, we plan to launch a revamped website, and introduce a GARA presence on social media platforms in order to reach out to more folks. Please make your reservations, for the SD Yacht Club for our year-end luncheon. I look forward to seeing you there and at our 2023 GARA events.

### September Luncheon was a Success

Our last GARA luncheon was held September 14, 2022 at the Heights Country Club in RB. Nancy Hitchcox did a great job reserving the outdoor pavilion. The weather was warm and sunny, the view of the golf course was awesome and the food and service was great. Thirty-eight people attended the September 14 luncheon. Everyone enjoyed getting together. Following are a few pictures of the event.



Venky and Meera Venkatesh



Jan Moss, Bruce Trumbo and Betty Haboush



Al Haboush and Mike Dunlap



Fritz Dahms





Robin Luby and Nancy Hitchcox



Sue and Jim Zglicynski and Ken Dawson



John Bauer, Virgil Barbat and Ken Holko



Nick Platis, Patricia Spire and Greg Kostas



Roger Schlicht, Susanne Schlicht, and Susan Holko



Dave Hanson, Dorothy Wood and A. C. Wood



Katy Kingery, Quinette Begg, and Jana Hubler



Niles Johanson



Doug Simmons, Pat Simmons and Karen Schultz



Junaid Razvi and Phil Newman

## September 14th Luncheon Speaker Ron Greenwald

by Jim Zgliczinski

Ron Greenwald has been networking in San Diego County for thirty-plus years. He is an expert in senior housing planning options and spoke to GARA on “Senior Living Options.” Ron is the co-host of the TV show “Senior Stay or Go™.” He has also spoken to the UCSD Retirees Group.

Although senior living options may be a difficult subject, it is something every GARA member needs to consider sometime. Ron covered everything from “aging at home”, upgrading your home safety for aging, downsizing, and senior retirement communities – including some of the new ones that Ron calls “cruise ships in dry dock”. The presentation was well received with many questions.



GARA’s policy is NOT to endorse any commercial entity, but Ron and his staff offered to consult with GARA members for free with no obligation. (Ron and his staff are licensed RE Agents, so they are hoping for your future business). Since the GARA website has limited space (we are currently working to upgrade our website), we don’t have room to post Ron’s excellent presentation – BUT if you email Jim Z. at [zgliczynski@outlook.com](mailto:zgliczynski@outlook.com), I will be happy to forward the presentation (~4 MB).

## Next GARA Luncheon Wednesday, December 7, 2022, at San Diego Yacht Club (Thanks to Frank Warner!)

by Jim Zgliczinski

Our speaker will be:

### **Kevin McGuire**

Senior Director Strategic Development Advanced Technologies and Commercial Systems

Title of Presentation: **GA EMS Looking Forward**

We haven’t had a GA speaker in a long while, so this is a great opportunity to catch up all the new and exciting things that are going on at GA-EMS – including the latest satellite launches. It is rumored that EMS is looking for a GARA volunteer to launch into space (A GARA volunteer is less expensive than a monkey!). Hey if 90 yr. old, William Shatner can go into space so can you!

Also on the December agenda will be the annual GARA business meeting with GARA Board election and approval of 2023 GARA budget. A bonus will be our holiday door prize raffle! (So hold off on buying



your spouse a holiday gift – you may be lucky and win one!).

Also please bring your checkbook to pay your 2023 GARA dues (\$15) – thanks.

### **Some Possible Future GARA Luncheon Speaker Topics**

Status on San Onofre spent fuel storage plans; General Atomics new concept for a fusion pilot plant (FPP) to deliver clean, safe, and economically viable fusion energy (hopefully Cold Fusion to keep my beer cold!); A Navy SEAL telling war stories of their important missions; a speaker on the history of San Diego neighborhoods. If GARA members have ideas for future speakers, please let us know.

### ***In Memoria***

GARA is deeply saddened to announce the passing of the following colleagues:

### **ROBERT NORTHROP QUADE**

September 4, 1932 – April 8<sup>th</sup>, 2022



Bob grew up in West Orange, New Jersey and graduated from West Orange High School in 1950. He attended Cornell University and graduated with a BS degree in Mechanical Engineering from the University of Illinois in 1954. He received a Master's degree in Mechanical Engineering from Yale University in 1955., Bob was commissioned as a 2nd Lt. in the Army Corps of Engineers, serving on both active and reserve military duty. He rose to the rank of Captain before being discharged from the Army in 1962.

Bob began his professional career in the nuclear power industry, designing components for the Naval Nuclear Program. He moved to San Diego in 1962, where he

embarked on a long and successful career with General Atomics, working in their power reactor program. He retired in 1986 as Director of the Advanced Reactors Division, and then cofounded Pacific Robotics, Inc., a company that designed and manufactured industrial robots.

Bob married Joyce in 1955 raising a family of three children.

### **PAUL PARKS**

January 26, 1949 – August 12, 2022



Dr. Paul Brownlee Parks

battled cancer for 10 years while continuing his life's work in nuclear fusion and plasma physics theory the entire time. Paul was born in Oak Park, Illinois and attended the University of Illinois, Urbana-Champaign where he received a Bachelor of Science in Physics with high honors and high distinction, a Master's of Science, and ultimately his Doctorate Degree. He was a member of the Honor Society of Phi Kappa Phi and was a member of Theta Xi Fraternity. Paul was a Life Member of the University of Illinois Foundation, the American Physical Society, and Order of Merit of the Republican Party.

After completing his education, Paul moved to San Diego, where he worked at General Atomics as a Principal Scientist for his entire 45-year career in the field of nuclear energy. His models are certain to be used for years to come in the development of nuclear fusion reactors as a safe source of nuclear energy. Paul was an expert on numerous fusion-related topics and published over 30 papers which are frequently cited by scientists worldwide to this day.

Paul is survived by his brothers, Richard Parks, Jr. and his wife, Jean, Robert Parks and his wife, Lorri, and his sister Patricia Parks, along with many cousins, nieces, and nephews.

# GARA Luncheons December 7

Join us at San Diego Yacht Club for our December GARA annual meeting and luncheon.

At this meeting we will elect board members and approve a budget for 2023. We'll have an interesting talk, and there will be door prizes to celebrate the holiday season. The menu will be Caesar Salad, Fettuccini Alfredo with Chicken and cookies for dessert. A vegetarian option will also be available.



Our speaker will be **Kevin McGuire** Senior Director Strategic Development Advanced Technologies and Commercial Systems  
Title of Presentation: **GA EMS Looking Forward**

11:30 Meet & Greet, 12:00 Lunch, followed by speaker.

San Diego Yacht Club  
Frost Room  
Located in Point Loma across from a spit of land known as Shelter Island  
1011 Anchorage Lane  
San Diego, CA 92106  
619-221-8400

Space is limited. Reserve your space as soon as possible, but not later than November 30. Send the form below with a check made out to GA Retirees Assn. for \$40 each for member and spouse/guest or \$45 for non-members to:

Nancy Hitchcox  
12302 Old Stone Road  
Poway, CA 92064

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## RESERVATION

Member Name _____	Vegetarian? _____	\$40
Spouse/Guest Name _____	Vegetarian? _____	\$40
Additional Guest _____	Vegetarian? _____	\$45

**RESERVATION DEADLINE TO BE RECEIVED BY NOVEMBER 30**

# GARA Board of Directors Ballot

## Calendar Year 2023

### Instructions

1. Vote for individual nominees by:
  - a. Check the box or a write-in your preferred candidate's name, OR
  - b. You can vote to approve ALL proposed nominees by checking the first box.
2. Vote to approve (a) the 2023 GARA budget and (b) proposed amendment to GARA Constitution
3. Please return ballot by First Class Mail or E-mail to the GARA Secretary at the address shown below:

**Approve all the GARA Board nominees listed below**

#### **PRESIDENT**

- Junaid Razvi  
 Write In \_\_\_\_\_

#### **VICE PRESIDENT**

- Jim Zgliczynski  
 Write In \_\_\_\_\_

#### **SECRETARY**

- Pat Simmons  
 Write In \_\_\_\_\_

#### **TREASURER**

- Niles Johanson  
 Write In \_\_\_\_\_

#### **MEMBERSHIP CHAIR**

- Liz Drees  
 Write In \_\_\_\_\_

#### **SOCIAL CHAIR**

- Nancy Hitchcox \_\_\_\_\_  
 Write In \_\_\_\_\_

#### **NEWSLETTER EDITOR**

- Meera Venkatesh  
 Write In \_\_\_\_\_

#### **WEBMASTER**

- Tom Tasker  
 Write In \_\_\_\_\_

#### **MEMBERS AT LARGE (Minimum 2, Maximum 5)**

- Carmelo Rodriguez  
 Karen Schultz  
 Mandyam (Venky) Venkatesh  
 Al Zimmer

#### **Approve GARA CY2023 Budget**

- YES  
 NO

#### **Approve amending Article II, Section I of the GARA Constitution as follows:**

- YES  
 NO

ARTICLE III	Board of Directors
Section 1	<p>a. The Association shall be managed by a Board of Directors consisting of a President, Vice-President, Secretary, Treasurer, <del>immediate Past President, and</del> at least two <del>- but no more than five -</del> Members-at Large <del>but no more than four, A</del> Social Chair, <del>Membership Chair,</del> Newsletter Editor <del>and Webmaster</del> and the <del>immediate past President of the Association</del> <u>shall also be elected to the Board to carry out these functions of the Association.</u> The members shall elect the Board of Directors <del>of the Association</del> for a term of one calendar year. Election shall be by mail ballot or by vote at the annual business membership meeting.</p> <p>b. Any vacancy of the Board of Directors shall be filled for the unexpired term by a vote of the remaining Board of Directors. The appointee must be an Association member of good standing. A vacancy of the Office of President shall be filled by the Vice-President.</p>

**Please return your ballot by First Class or E-Mail to reach us no later than 06 December 2022 or Bring to Meeting**

Pat Simmons  
 GARA Secretary  
 13054 Old Sycamore Drive  
 San Diego, CA 92128  
 E-mail: [PSimmons0105@Gmail.com](mailto:PSimmons0105@Gmail.com)

#### **REMINDER**

**Holiday Luncheon & Annual Members Meeting**  
**San Diego Yacht Club**  
**Wednesday 07 December 2022**  
**Noon PST**

[Type here]

## **GA RETIREE ASSOCIATION**

### **PROPOSED GARA BUDGET FOR CY 2023**

The Covid pandemic has now been significantly diminished in 2022 and we feel safer due to the emergence of vaccines and various Covid treatments. As a result, GARA re-started the quarterly group luncheons that so many of our members look forward to re-affirming social contacts we valued in the past. That's the good news.

The not-so-good news is that most of the luncheon venues that we have used in the past have significantly increased prices or, in some cases, are not accepting luncheon groups at all, which limits our available options.

The GARA board is hopeful that 2023 will gradually bring a lessening of these restrictions but it is likely that higher prices brought on by the current inflation, labor shortages and residual economic effects of the pandemic will remain with us and perhaps, even worsen.

While in the past we could plan on about \$30-35/head for luncheons, we must now plan on \$40-45/head for buffet or served meals. We will continue to look for ways in which we can hold the costs down, but it is likely that our costs will remain at these new levels. That is the new reality, at least for the foreseeable future.

The following assumptions will apply,

1. Events and activities similar to the pre-pandemic period.
2. There will be four quarterly luncheon meetings.
3. Luncheon group size based on 45 attendees.
4. The 2023 luncheon budget will be increased from the \$2,050 used in the 2022 budget to \$2,300.
5. Maintenance of the new GARA website (\$350)

Therefore, the proposed GARA Annual budget for CY 2023: \$9,550 If it turns out that this budget understates the actual 2023 expenses, the GARA board, at its discretion, may subsidize luncheon costs to incentivize robust membership attendance.

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