



the CenterPiece

UC BERKELEY RETIREMENT CENTER NEWSLETTER

RETIREMENT CENTER MISSION STATEMENT

The UC Berkeley Retirement Center is dedicated to developing programs and services that contribute to the well being and creativity of retired faculty, staff and their families and that support the UC community.

CONTACT US

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CENTER HOURS

Monday–Friday:
9am–Noon by appointment
1pm–4pm Walk-in
Closed: Noon–1pm



Director's Notes

Urging society to treat older adults as resources, not burdens, Theodore “Ted” Roszak endlessly sought to expand the vision of the country towards social justice and humanism. This theme was a foundation of two of his 21 books, “Longevity Revolution” and “The Making of an Elder Culture.” A UCLA and Princeton graduate, professor for 35 years at California State University, East Bay and Berkeley resident, Dr. Roszak passed away this July.

His 1969 book, “The Making of a Counter Culture: Reflections on the Technocratic Society” defined the Baby Boom generation. Dr. Roszak continued his visionary ways in late life as one of the pioneers and deep thinkers in the movement of redesigning our lives as we age. He was a vital part of catapulting Ashby Village, a Berkeley area neighborhood and volunteer based resource system that enables older adults to age safely and with quality of life in their homes, into reality -- <http://www.ashbyvillage.org/>.

American Council on Education (ACE) Invitational Conference: The Center was asked to present this past summer at the ACE Invitational Conference in Chicago on Faculty Retirement Transitions. The Center and Vice Provost activities and services were very well received, including the Director's participation on a nuts and bolts panel concerning transitional efforts. During this presentation, it became clear that UC, and UCB in particular, are generally advanced of other systems with faculty transition services.

Learning in Retirement (LIR) Series: Informative and interesting LIR series are scheduled for fall. Go to p.3 to learn more about these free lifelong learning sessions.

Retiree of Distinction: On p.6 read about our latest retiree of distinction,

the first retiree of the Lawrence Berkeley National Laboratory to be featured.

Medicare, Medicaid, and Social Security: Congressional action this fall could significantly impact these critical programs for older Americans. The following consumer oriented sites can help you track and keep up-to-date about proposed policy and budget changes: <http://www.medicarerights.org/>, <http://ncoa.org/>, and <http://www.aarp.org/health/>.

Summer BBQ: Over a hundred retirees came together this summer for our inaugural BBQ. Go to p.5 to read about a fun day in Tilden Park.

15th Anniversary: 2012 is the 15th anniversary of the Retirement Center. An anniversary committee is advising the Center and the Vice Provost on possible celebratory event(s) next year. If you have a story to tell or suggestions for us, please share.

May 2012 Conference: Continuing to respond to your input in the recent retiree survey, the Center is working on a one day conference for Older Americans Month in May 2012. The conference will address topics marked important in the survey: health and wellness, financial, and legal issues.

E-newsletter: With this issue, the Center now sends the newsletter by email to all retirees for whom we have an email address. To learn more, including how to opt-out, see p. 2 or p.7.

Quote for Fall: “Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did. So throw off the bowlines, sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream.” Mark Twain

Patrick C. Cullinane, MS, Director



Cal Connections

ID Cards

To take advantage of these special offers, you must use a Retiree ID card that identifies you as retired staff, retired faculty or their surviving spouse or partner. To obtain your free card, come by the Center between 1pm and 4pm daily or call 510-642-5461 to order by mail.

- 20/20 Vision Plan discount plan at the University Eye Center
- Free admission to the Berkeley Art Museum
- Faculty/staff rates at the Pacific Film Archive
- Cal Athletics season tickets discount
- Discounts on select Cal Performances events
- Use of Cal Rentals to find and list rentals
- Discounted membership at the Cal Rec Club
- Access to Care Services Elder Care Programs
- Chronicle of the University of California discount
- Email Forwarding and CalMail accounts through the Cal Retirement Center Network (CRCN)
- Access to the campus Health Care Facilitator
- Free Health Insurance Counseling from HICAP
- Access to International Travel Care
- Free enrollment to the *Berkeleyan* e-newsletter
- Free UCB Library Card
- Music Department performance discounts
- Osher Lifelong Learning Institute (OLLI @ Berkeley) membership discount
- Faculty/staff discount at the The Scholar's Workstation (TSW) campus computer store (does not apply to Apple or Adobe products)
- Discounts on online purchases at UC Press
- Wellness Letter discount for new subscribers
- Discounted membership to the Faculty Club
- Discounted membership at the Women's Faculty Club (WFC)

For full descriptions and details on any of these programs, contact the Center at 510-642-5461 or visit <http://thecenter.berkeley.edu/connect.shtml>

OLLI@Berkeley's Fall 2011 Open House

Tuesday September 13 10am-noon
Get to know OLLI@Berkeley's enthusiastic membership, distinguished faculty, and fresh course offerings, including a new online course, at their fall open house September 13, 2011 (doors open at 9:30 am).

The open house will be held at Freight & Salvage Coffee House, 2020 Addison St, Berkeley. Learn more at <http://olli.berkeley.edu>, or by calling 510-642-9934.

You may RSVP for the open house online at: <http://goo.gl/4TilS>.

Cal Performances Discounts

Cal Performances is offering a special discount to our retirees -- enjoy any Cal Performances 2011-2012 Season regular event at \$5 off.

To order tickets, call Cal Performances at 510-642-9988 (2011-2012 season discounts will only be available for **in-person or charge-by-phone sales**). For more information and program locations visit <http://www.calperformances.org> or pick up a free season brochure at the Zellerbach Hall Ticket Office.

Note: This discount is limited to two tickets per retiree per event; is not available for Special Event performances; cannot be combined with other discounts; is not retroactive; and all sales are final. Retiree ID card required at the door.

UCBRC Email List

Join the UCBRC email list to stay current! *The CenterPiece* newsletter is published only three times a year. Stay up to date by signing up to receive weekly emails from the UCB Retirement Center. Joining our e-list enables you to be informed of important developments with retiree benefits and late breaking additions and changes in services and programs as they happen.

Email ucbrc@berkeley.edu to join. You can ask to be removed from the list at any time. *Note: e-list subscribers receive the CenterPiece via email unless otherwise requested.*

Center-Sponsored Events

LEARNING IN RETIREMENT

There are no enrollment fees for Learning in Retirement (LIR) courses, but advance registration is required. Please call the Center at 510-642-5461 or email ucbrc@berkeley.edu to register; course location will be provided with your confirmation. Parking information for Center-sponsored events can be found at the bottom of this page.

The Biology of Group Violence: How Changeable is Human Nature?

Organized by Professor Emeritus Donald A. Riley

Our society seems to be trapped in a perpetual reign of violence both on the international level and on local levels. The purpose of these talks is to examine the extent to which these conditions are the consequence of our nature, and if so, how we might change them. All lectures 2pm-4pm.

Wed. Sept. 7, 2011: Professor Malcolm Potts, "Why We Fight: The Evolution of Team Aggression in Men"

Wed. Sept. 14, 2011: Dr. Martha Campbell, "Can Women's Priorities Affect Prospects for a More Peaceful World?"

Tues. Sept. 27, 2011: Professor Dacher Keltner, "The Evolution of Altruism: Moving Toward a More Peaceful World"

Wed. Sept. 28, 2011: Professor Emeritus Stephen Glickman, "Cooperation and Competition in Mammals: Evolutionary and Physiological Perspectives"

Global Warming: Why the problem is worse than you thought...and the solution is simpler

Organized by Professor John Harte

Professor John Harte, an award-winning member of Berkeley's Energy and Resources Group, will present a 3-part Learning in Retirement series on Global Warming. Global climate change is again warming as a political issue with prominent presidential hopefuls claiming that global warming is only a false theory. This course should help you separate opinions based on observable phenomena and science from those based on feelings, hopes or interests.

Tuesdays, Oct. 4 and 11, and Thursday, October 20. All lectures 2pm-4pm.

The University In Hard Times: Radical Changes or Stay the Course

Organized by Professor Stephen Weiner and Professor Emeritus Mac Laetsch

Join us for a panel discussion on the continuation of the Multiversity as a valid model. All lectures 2pm-4pm.

Tues. Nov. 8, 2011:

Steven Weiner, former Dean, School of Education, former Executive Director, Western Assn. of Schools and Colleges

Larry Hershman, former Vice President for Budget, University of California

Tues. Nov. 15, 2011:

Charles E. (Chuck) Young, former Chancellor, UCLA

Judson King, Director, Center for Studies in Higher Education, former Dean College of Chemistry, former Provost for

Professional Schools and Colleges UCB, former Vice President for Academic Affairs, University of California

Henry Brady, Dean, Goldman School of Public Policy and Professor Dept. Political Science

Parking for Center Sponsored Programs and Events

Retirees are eligible to purchase daily "C" parking permits for \$5 each to attend Center events. Send a check or money order to the Center to be received at least a week in advance of the program; include \$2 for postage and handling costs. Permits are for Center programs only. You may purchase permits in person at the Center during drop-in hours, M-F, 1-4pm. Call 510-642-5461 before dropping in to be sure that staff is available to assist you.

Center-Sponsored Events

ON CAMPUS PROGRAMS

Fidelity Investments: Drop-In Sessions

Thursday	October 6	9am-noon
Tuesday	December 6	1pm-4pm

Stop by the Retirement Center, 1925 Walnut Street, and ask a Fidelity Retirement Services counselor general questions about the UC Retirement Savings Program. No registration or appointment is necessary. *Note: drop-in sessions are not private or confidential.*

Fidelity Investments: Preserving your Savings for Future Generations

Wednesday	October 12	2pm-3:30pm
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This class will help you understand key tools for estate planning. You'll also learn about strategies for gifting and insurance replacement. See what you need to consider when you're designating your beneficiaries, and acquire tools and resources that can help you take the next step.

Advance registration required; contact the Center at ucbrc@berkeley.edu or 510-642-5461 to register.

Berkeley Art Museum Tour & Tea

Thursday	October 27	2 pm - 4 pm
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Join us for a free, docent-led tour of Kurt Schwitters: *Color and Collage*, an exhibit that examines one of the most daring and innovative figures of the international avant-garde. Schwitters' art includes almost every area of practice—collage, poetry, sound, painting, sculpture, graphic design, typography, and sculptural environment. A tea and open discussion among attendees follows the one-hour tour. Advance registration is required to attend this program. Contact the Center at ucbrc@berkeley.edu or 510-642-5461 to register. Find out more online at: <http://bampfa.berkeley.edu/exhibition/schwitters>.

ELDERCARE FALL 2011 WORKSHOPS

The Elder Care Program is offering the following free classes at the Tang Center on the UC Berkeley campus. To register for any of these programs, contact Care Services at (510) 643-7754 and identify yourself as a retiree.

Free confidential assistance to those caring for an elder or dependent adult is also available. Call 510-643-7754 to make an appointment with an Eldercare Counselor or for a telephone consultation.

Family Caregiver Alliance: An Overview of Services

Hilary Toyryla, Family Caregiver Alliance

Wednesday	Aug. 31	12:10-1:30pm
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FCA has been serving Bay Area families caring for adults with brain impairment, including Alzheimer's disease and other dementias, for over 30 years. Learn about their programs and how they can assist caregivers of elders and dependent adults.

ABC's of Long Term Care

Janet Van Deusen, Legal Assistance for Seniors

Thursday	Sept. 15	12:10-1:30 pm
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Confused about how to pay for long term care for an elder or yourself? Learn when and what Medicare pays for; ways of getting long term care coverage and options for financing it; the pros and cons of LTC insurance; and guidelines for purchasing it.

Older & Wiser: Basic Legal Knowledge for Living Well to the End

Sara Diamond, Attorney

Tuesday	Oct. 4	12:10-1:30 pm
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This informative workshop will look at seniors' legal

needs. Power of attorney, advance health care directive, and the basics of wills, trusts, and probate avoidance will be addressed, as well as how to maintain control over finances and well-being.

Understanding Dementia Behaviors and Communication

Family Caregiver Alliance

Thursday	Nov. 3	12:10-1:30 pm
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This workshop explains how dementia affects one's ability to understand and communicate; provides strategies to handle difficult behaviors; explores ways to remain connected with your elder; and suggests how to feel more confident in your caregiving role.

Caregiving and the "Holiday Blues"

Maureen Kelly, Elder Care Counselor, CARE Services

Tuesday	Dec. 6	12:10-1:30 pm
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The holidays can be a difficult time for caregivers, especially if you or a family member is caring for a frail elder. Come to this informative and supportive workshop to learn the signs and symptoms of "the blues," ways to cope, and how to get help.

Events and Programs

RECAP and THANK YOU - SUMMER BBQ

On a perfectly sunny and warm day in Tilden Park, retirees from UCB, UCOP and LBNL gathered at the Padre Picnic site to mingle and catch up on news with friends and colleagues. We were greeted by friendly and helpful UCBRC staff who offered chances to win prizes and enter a raffle. UCBRC Director Patrick Cullinane and UCRA President Iola James cheerfully awarded raffle prizes donated by campus and community partners. There was no lack of tasty food. Under the watchful eye of Summer Scanlan (who did an excellent job of organizing the event), UCBRC students filled the serving tables with hamburgers and chicken sausages prepared by BBQ masters David Schwoegler and Allan Jensen, salads, fruit, cold appetizers, chips and dips and a variety of desserts. No one went away hungry!

In addition to all the good food and lawn games, a musical sing-along led by Marian Gade would give “America’s Got Talent” a run for their money. Good camaraderie and an enjoyable time were had by all.

The picnic may become an annual event, so if this all sounded good to you, take the time and join us next year—you won’t be disappointed.

Vicky Jared, Ex-Ls Activities Coordinator

The Center would like to extend a heart-felt thank you to all of the volunteers and campus departments who helped us make our summer barbecue in Tilden Park a great success. Over 110 retirees attended, and were treated to food, drink, great prizes, and a joyous sing-along.

We are especially grateful to these campus departments and affiliated organizations who donated prizes: Cal Rec Center, UCB Botanical Gardens, OLLI@ Berkeley, Cal Performances, Women’s Faculty Club, Men’s Faculty Club, UCB Library, Delta Dental, VSP, Yali’s Cafe, Cal Student Store, Pacific Film Archive and Cal Athletics.

Many thanks to these devoted volunteers who made this event possible: Janis Dairiki, Ned Dairiki, Marian Gade, Mary Huang, Shu Huang, Iola James, Vicky Jared, Allan Jensen, Kurt Lauridsen, Midori Maeda, Patti Owen, Kenna Richards, David Schwoegler and Rich Sextro. Extra thanks to David S. and Allan J. who went above and beyond.

Given the great feedback from the BBQ, we are sure this will become one of the Center’s annual events. Looking forward to seeing you next summer!

VOLUNTEER OPPORTUNITIES

Lawrence Hall of Science

The Lawrence Hall of Science helps bolster lifelong learning and excitement for math and science. This learning experience is not possible without the aid of enthusiastic volunteers.

The Hall is currently in need of volunteers to work with children and their families in our Ingenuity in Action exhibit. The exhibit focuses on the engineering design process, asking visitors to design, build, and test solutions to engineering challenges.

We hope you can join us for a volunteer orientation on Saturday, September 24th from 10am-12pm. No engineering experience needed! To learn more, visit http://lawrencehallofscience.org/get_involved/join_our_team/volunteer.

Chabot Space & Science Center

Chabot Space & Science Center volunteers make earth and space science come alive for visitors through interactive and hands-on experiences.

- Interested in the science of climate change? A new

hands-on exhibition, Bill Nye’s Climate Lab, is now open!

- As an Exhibit Guide, you will enjoy unique conversations about our planet earth and space with visitors on the exhibit floor (Wednesdays through Sundays).
- As a School Group Guide, you will assist in the education and inspiration of over 50,000 school children (Wednesdays, Thursdays and Fridays).
- If you are looking for something to do on an occasional basis to help educate the community about the work we do, become a Chabot Ambassador (holidays, days, weekends, evenings) and share our programs with the community through outreach.

For more information on our volunteer program and to RSVP for the next orientation meeting on Saturday, October 1 from 10:00am to 2:00pm, visit <http://www.chabotspace.org/adult-volunteers.htm> or contact the Volunteer Department at 510-336-7395 or Volunteers@ChabotSpace.org.

Eugene Binnall – Distinguished LBNL Retiree

Gene Binnall's first job as a young electrical engineer (UC Berkeley grad) was short-lived – on a project with a Berkeley company that turned out to be “over budget and under appreciated”. Fortunately for Gene (and for the Lab), the (then) UC Rad Lab was just up the hill, where he started what became a 38-year career with Lawrence Berkeley National Lab. His initial work at LBNL involved circuit and logic design for scanning and measuring instruments for the analysis of film data generated at the Bevatron – the Physics division's claim to fame in the early days of high energy physics. In 1963, he became head of the electronics group in the late Jack Franck's Special Projects Group, where he also found the time to earn his MS in Electrical Engineering and Computer Science from UCB. By the early 1970's, as the Lab broadened its mission, Gene's group began work in the then nascent LBNL efforts in the Energy and Environment, and eventually, the Earth Sciences Divisions. The Field Systems Group was formed under his leadership and supported a wide variety of field research—from geothermal to solar studies.

By 1977, he was involved with electronics development, instrumentation and data acquisition for the Swedish-American Cooperative Program, a four-year project at the Stripa mine in Sweden that investigated granite as a medium for deep underground storage of high-level nuclear waste. Gene's leadership at the Lab was recognized in 1978 when he became one of the first Lab employees to advance to the newly created status of

Senior Staff Scientist/Engineer.

By the early 80's, Gene began a collaboration with Lawrence Livermore National Lab staff in Earth Sciences and Intelligence Community work. In 1991, this led to an accumulated five-year assignment to the National Reconnaissance Office (NRO) headquartered in Washington DC. The NRO builds and operates U.S. intelligence satellite systems. Gene's responsibilities included scientific and technical liaisons with the DOE laboratories. During these years, Gene was “bi-coastal”, commuting between the Bay Area and Washington DC on a regular basis.

Gene first retired in 1998 from LBNL, and then stayed on for ten years as a rehired retiree in the Accelerator and Fusion Research Division. Fortunately for UC and the UC retiree community, Gene became involved in the Lab retiree organization, the Ex-Ls, and served as its president in 2005. He is still involved as an active member of the Ex-Ls Board of Directors. He also served on the UC Berkeley Retirement Center Policy Board, concluding his second two-year term just a year ago. As a group leader at the Lab, Gene had the tradition of occasionally bringing in coffee cake for his group. Since retirement, he hasn't retired that tradition – only now, the Retirement Center staff is the recipient of his largess.

Gene and his wife of 54 years, Myrna, live in El Cerrito and enjoy most of their time and activities with their four children and eight grandkids. In the past six months, as befits being ‘really’ retired, Gene and Myrna embarked on a 15,000 mile summer, which included going to Yosemite, on a UCRA B outing which was, according to Gene, “a very enjoyable trip with a good group of people, well organized and beautifully orchestrated by (UCRA B President) Iola James.” It was then off to Washington DC for sight-seeing with family, followed by two road trips – 4000 miles via Las Vegas (for a gathering of high school classmates) and Red Oak, Iowa and then 3000 miles via Snohomish, WA (a second high school class gathering), the Fraser River in British Columbia and a right turn at Alberta to bring them home.

Rich Sextro

the CenterPiece

The *CenterPiece* is published by the UC Berkeley Retirement Center, which reports to the Office of the Vice Provost for Academic Affairs and Faculty Welfare. The *CenterPiece* is distributed to annuitants of UC Berkeley, the UC Office of the President, and Lawrence Berkeley National Laboratory.

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Special Co-Sponsored Program

GERMAN VOICES

German Voices: Memories from Life in Hitler's Reich

Professor Emeritus Frederic C. Tubach

Thursday, Nov. 10, 2011, UC Berkeley Faculty Club

(As of the time of printing, this program is tentative; dates subject to change)

\$10 for Faculty Club Members and Retirees, \$15 for others

What was it like to grow up German during Hitler's Third Reich? Professor Tubach will discuss his new book in which he returns to the country of his roots to interview average Germans who, like him, came of age between 1933 and 1945. Tubach sets their recollections and his own memories into a broad historical overview of Nazism—a regime that shaped minds through persuasion and coercion.

4:30 pm: Wine and Cheese Reception

5:00 pm: Presentation

6:00 pm: Optional Early Bird Club Dinner for \$13.95

Advance Registration is required; contact Mayra at the Faculty Club to register, 510-540-5678, ext 224.

Where is the CenterPiece?

Like many other purveyors of information, the Retirement Center is doing our part to be environmentally conscious and reduce the costs of producing this newsletter. Beginning with this issue, we will no longer send paper copies to retirees with email addresses on file.

If you are already on the Center's email list but want to continue to receive a paper copy of *the CenterPiece*, send an email to ucbrc@berkeley.edu or call 510-642-5461 with your name and email address to state your preference.

Thank you for helping the Center do its part to conserve University resources!

Association News

Mark your calendars for the following retiree association events.

UCBEA (<http://thecenter.berkeley.edu/ucbea.shtml>)

Board Meetings - September 20, November 29

Luncheons - September 24, December 3

UCRAB (<http://thecenter.berkeley.edu/ucrab.shtml>)

Board Meetings - September 21, October 19, November 16

Luncheons - September 22, December 8

PARRA (<http://thecenter.berkeley.edu/parra.shtml>)

Luncheon - October 20

Ex-Ls (<http://www.lbl.gov/ex-l-express/>)

Board Meeting - October 13

Luncheon - November 17

UC BERKELEY RETIREMENT CENTER

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TIME SENSITIVE
MATERIAL

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<http://thecenter.berkeley.edu/>



*The
Connecting
Link*

<http://thecenter.berkeley.edu/>

the **CenterPiece**
FALL 2011

Directions to the Center

By BART: Take BART to the Downtown Berkeley station. Exit and walk two blocks north on Shattuck Ave. Turn right on University Ave. Walk one-half block east. Turn left on Walnut St. Walk one-half block north. Building is on your right.

By AC Transit: AC Transit bus lines 1, 18, 49, 51B, 65, 67, 800, and 851 stop at the Berkeley Bart Station.

Campus Accessibility Information

Check out the online FASDI Access Guide, which includes building accessibility information, as well as other useful accessibility tools. <http://fasdi.berkeley.edu/index.cfm>

Options for the CenterPiece

In an effort to reduce costs and to do our part to help Cal be as environmentally conscious as possible, the Retirement Center will no longer send paper copies of the *CenterPiece* newsletter to retirees with email addresses on file, effective fall 2011.

We will notify retirees who receive a paper *the CenterPiece* and have email addresses on file of this change via email. To continue receiving a paper copy of *the CenterPiece*, send an email to ucbr@berkeley.edu or call 510-642-5461 with your name and email address indicating your preference. If you currently receive *the CenterPiece* by email only, no action is needed.

Remember that you can always view *the CenterPiece* on our website, <http://thecenter.berkeley.edu>.