



The CenterPiece

UC Berkeley Retirement Center

Volume 4, Number 1

Retirement Center Mission Statement

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

Learning in Retirement Continues

The Center's Learning in Retirement program, inaugurated last fall, was enthusiastically applauded by those who participated. Accordingly, we will continue the program this spring with three new courses (See p. 5 for schedule).

Evolution for the 21st Century will address common misconceptions about the mechanisms of evolution and preview how exciting new technologies are revolutionizing evolutionary biology. Since the 21st century is purported to be the "Century of Biology", and since evolution is the primary organizing principle for the study of life, this course should potentially be an expanding experience for everyone.

Great Issues in Psychology will discuss recent findings that answer some some long-standing puzzles, such as: How are memories stored in the brain? Which memory processes decline with age, and what modifications of the brain could improve learning and memory? Do infants passively soak up information or do they actively test hypotheses as "scientists in the crib"? Are our personalities set at the moment of conception or are we shaped by our environments? We may remember when and where we learned something, but often these memories are wrong. So, what's going on when we process source memories?

Urbanization and Transportation will review the current rapid expansion of cities and the various policy responses to urban growth. Because communication and transportation systems have been critical media within urban societies and have worked to shape urban settlement patterns, UC faculty members propose to review the recent and future histories of urban development with especial focus on transportation systems. The panel plans to explore potential developments in transportation technology and growth patterns in California.

What's News

This spring the Center, once again, introduces new offerings alongside a growing list of core programs and services in *The CenterPiece*.

The Cal Connection section is filled with discounts and services arranged for you by the Center. New additions include discounted entry to the Pacific Film Archive, as well as expanded free hours at the Berkeley Art Museum (p. 2-3).

"Ensuring Excellent Vision into Old Age", presented by UC Berkeley School of Optometry faculty, is the newest Center-sponsored event. This program joins the already full calendar of spring events, which includes Learning in Retirement, our annual 50+ Fitness Class co-sponsored with CalFit, a free docent tour at the Berkeley Art Museum, and two opportunities to better understand your UC health benefits (p. 4-6). In addition, if you haven't yet taken one of the Center's ever-popular computer classes, why not join almost 700 fellow Cal and OP retirees who have become members of the "cyberspace" generation.

On Campus, the Office of the Registrar has sought the Center's help to identify retirees who might be willing to assist them with a very important short-term project. We hope that some of you might find a few hours to participate. See page 7.

Finally, we bid a fond farewell to administrative specialist Karina Robinson who is moving on to new endeavors. She has been a great asset to the development of the Retirement Center.

UC Berkeley Retirement Center

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

Center Hours

Monday-Friday: 8:30 am - 4:30 pm

Walk-in hours: 1 - 4 pm Closed: Noon - 1 pm

Morning hours by appointment only, please.

The Connection

The Retirement Center has arranged to extend these discounts and services to you.

Attention!!!

To take advantage of these offers, you must have identification showing that you are a retired staff or faculty member or the surviving partner of a retiree. Both of these cards are available Monday–Friday between 1 pm and 4 pm at the Retirement Center.



Pacific Film Archive

The Pacific Film Archive now offers a reduced rate of \$5 for Cal retirees. The senior rate is \$4.50 for those age 65 and over. See <http://www.bampfa.berkeley.edu/pfa/> for current program information.



Expanded Free Hours at the Berkeley Art Museum

Enjoy free admission to the Berkeley Art Museum during any of their open hours by showing your retiree ID. (Free docent-led tour and discussion of the *Joe Brainard: A Retrospective* exhibit for retirees, their families and friends, p. 4).

Night and Weekend Parking Coupons Available

Purchase a book of ten parking coupons for night and weekend parking for only \$20.00. Coupons are good in most campus lots.

To purchase by mail, please send a check for \$21.50 *made payable to UC Regents* to the Retirement Center (The additional \$1.50 is for mailing costs). You may also buy them in person at the Center, Monday through Friday between 1 pm and 4 pm (Note: Coupons are not good for sporting or special events).

Discounted Parking for Center Programs

When attending a Center-sponsored event, you are eligible for parking at \$3 in any non-reserved parking space on campus. (*You must call the Center two days prior to the day of the event to reserve your parking pass.*)

Library Cards

You are eligible for a free campus library card good for use at all UC Berkeley libraries. Call the Center for details on how to obtain a card.

20/20 Vision Plan

Retirees and a designated beneficiary are eligible for the 20/20 Vision Plan. For additional information about the plan, or to make an appointment, call (510) 642-2020. Be sure to identify yourself as a 20/20 Vision Plan member.

Benefits at the University Eye Center include: a Comprehensive Vision Examination for a maximum out-of-pocket cost of \$39.00*; a discount on other vision services; a discount on ophthalmic materials (such as spectacles, contact lenses or low vision devices); a complimentary “Cal” eyeglass case when spectacles are dispensed; free parking and a free shuttle ride to the eye center. **Where applicable, insurance will be billed first.*

International Travel Care

Personally tailored health and information packages for travelers are available from University Health Services. The custom packages are based on your itinerary, health history and planned activities. Immunizations are available, as well as a computerized traveler’s report. There is a fee for this program.

Wellness Bargains

The *UC Berkeley Wellness Letter* offers retired faculty and staff a discounted rate of \$15 (regularly \$28), on the first year of a subscription (*for new subscribers only*). You can also get a twenty-five percent discount on seven outstanding books and a free copy of the pamphlet, “Wellness Made Easy: 365 Tips for Better Health”.

For a free pamphlet, a free sample copy of the *Wellness Letter*, or to subscribe, contact the Center.

Cal Rec Club

Join the Cal Rec Club at a twenty-five percent discount. Membership includes free morning aerobics, discounts on other recreational programs, and a box-size locker. Call the Center for a brochure.

The Connection

The Retirement Center has arranged to extend these discounts and services to you.

Cal Performances Offers 15% Discount

The Retirement Center discount is limited to two (2) tickets per ID card and is not to be combined with any other discount. To order tickets, call the Cal Performances Box Office at (510)642-9988, Monday–Friday from 10 am–5:30 pm, or Saturday–Sunday from 10 am–2 pm.

Enjoy the following events at a fifteen percent discount off the prices listed below:

Gamelan Sekar Jaya

World premiere of *Kawit Legong: Prince Karna's Dream*

Friday February 16 8 pm

Zellerbach Hall \$18, \$24, \$30

Considered the finest Balinese ensemble outside of Indonesia.

Nederlands Dans Theater I

Tuesday February 20 8 pm

Zellerbach Hall \$34, \$44, \$52

Nederlands Dans Theater I has forged a reputation as one of the most innovative and exciting dance groups in Europe.

Burhan Öçal & The Istanbul Oriental Ensemble

Sunday March 11 3 pm

Hertz Hall \$24

Turkish music specialist Burhan Öçal has brought the formerly little-known music of his homeland to the western world.

The King Stag

Andrei Serban, *director*

Julie Taymor, *puppets, costumes, masks, and movement*

Thursday March 22 8 pm

Zellerbach Hall \$24, \$36, \$46

Monsters, magic, and mortals collide in this theatrical spectacle from visionary Romanian director Andrei Serban and Tony Award-winner Julie Taymor (Broadway's *The Lion King*).

Chucho Valdés Quartet

Wednesday April 4 8 pm

Zellerbach Hall \$18, \$24, \$30

Chucho Valdés has developed a seamless synthesis of jazz and Afro-Cuban music, expanding upon standard Cuban patterns with complex bebop and modal harmonies.

Vanguard Jazz Orchestra *Suite for Pops*

UC Jazz Big Band, 7 pm. Vanguard Jazz concert at 8 pm.

Saturday April 28 8 pm

Zellerbach Hall \$18, \$24, \$30

This all-star band “takes our notions of how a jazz big band can and should sound and shakes the living lickety out of them” in this celebration of Louis Armstrong’s 100th birthday.

Health Care Facilitator

Retirees having problems with, or questions about their health plan can receive confidential one-on-one assistance provided by Deborah Lloyd in the Office of Human Resources-Benefits Unit at UC Berkeley. Call (510) 643-7547 or email dblloyd@uclink.berkeley.edu.

Internet and Email Access through Cal Retirement Center Network

Subscribe to the Retirement Center’s Email and Internet access service for just \$13.00 per month. Cost includes software, unlimited access to the Internet, and an email account.

To be eligible for this service, you must be either a retiree or surviving partner from UC Berkeley or Office of the President. In order not to incur any toll charges on your phone bill, you must live within the local dialing area of campus (approximately a 12-mile radius).

This program is a collaborative effort of the Center, Computing and Network Services (CNS), Workstation Support Services (WSS) and the Office of Resource Development (ORD).

Affordable Computer Equipment at The Scholar’s Workstation

The doors are open for retirees to the campus computer retail outlet — The Scholar’s Workstation (TSW). Retirees and surviving partners who show their ID card can purchase hardware and software at low educational prices. The Scholar’s Workstation is located on the ground floor of University Hall in Room 41. It is open Monday–Thursday 10 am–4 pm, and 10 am–Noon on Fridays.

You can also find product information by going to the Retirement Center web site (<http://thecenter.berkeley.edu>) and clicking on the link to The Scholar’s Workstation.



Center Sponsored Events

All programs require reservations, except where noted. Call (510) 642-5461.

VISION CARE



Ensuring Excellent Vision into Old Age

Friday March 16 10–11:30 am

Technology continues to impact diagnosis and treatment of eye disease and disorders. UC Berkeley School of Optometry faculty will address some of these new adaptive technologies and approaches to care as well as basic information about eye care and things you can do to maintain excellent vision as you age. The program includes a tour of the state of the art facility and technology.



ART MUSEUM TOUR

Joe Brainard: A Retrospective

Free docent-led tour and discussion for retirees, their families and friends.

Wednesday March 14 1 pm

The Berkeley Art Museum is proud to present the first museum retrospective of Joe Brainard, an outstanding artist whose work has, until recently, been largely forgotten.

During the 1960s and 1970s, Brainard exhibited his work regularly in New York and elsewhere, although he never received wide recognition. This was, at least in part, by design: although he enjoyed success, he was not a careerist. He was happiest making a highly personal art that expressed his delight in the ordinary, and as often as not gave it away to friends. A revival of interest in Brainard is the result of a 1997 overview of his work at the Tibor de Nagy Gallery in New York and his prominent representation in the 1999-2000 traveling exhibition, organized by the Los Angeles Museum of Contemporary Art, *In Memory of My Feelings: Frank O'Hara and American Art*. In addition, today's audience appreciates much of what characterizes Brainard's work—beauty, delicacy, intimacy, humor—while those very qualities kept him somewhat to the side of avant-garde concerns during his most productive years.

MEDICARE TALK

Medicare and Your UC Health Benefits

Thursday March 8 10–11:30 am

This program is especially targeted to those who will soon become eligible for Medicare benefits (usually at age 65). The session will provide an overview of the Medicare program, explain how UC health benefits coordinate with Medicare, identify issues to consider when selecting a plan and detail what steps you will need to take with UC, Medicare and your health plan to successfully complete your enrollment in Medicare.

COMPUTER CLASSES

Classes are tailor-made for the beginning computer user. A \$5 fee per class includes instruction and materials. For questions or reservations, call the Center.

Computer Basics

The Most Basic Basics (*This is a two-day class.*)

Space is limited to 18 participants

Monday	April 9	9 am–Noon
Tuesday	April 10	9 am–Noon

These sessions introduce you to the very basic elements of computer use. They offer an overview of computer applications and hands-on training. You will learn what makes a computer “tick”, how to use a keyboard and mouse, how to open, close and navigate through programs, and how to create and save files.

World Wide Web: The Internet Starter Course

(*This is a 1-day class. There are two classes available.*)

Space Limited to 18 participants

Wednesday	April 11	9 am–Noon
Thursday	April 12	9 am–Noon

Prerequisite: Completion of Computer Basics or a working knowledge of the keyboard and the mouse

Ever wanted to visit a far away land for dinner and be back the same night? Thought about long lost friends and not known how to go about finding them? You can learn how to make both these events a reality by surfing the World Wide Web. This class will teach Internet basics, including how to use browsers and search engines.

Center Sponsored Events

All programs require reservations, except where noted. Call (510) 642-5461.

LEARNING IN RETIREMENT

The following is the course schedule for the Learning In Retirement program, Spring 2001. Although courses are free, pre-registration is required (see below).

Evolution for the 21st Century

Fridays, March 2–23, 2001, 1:30 pm–3:30 pm

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| March 2 | Professor/Curator Emeritus William Z. Lidicker, “How Evolution Works: Some Common Misconceptions” |
| March 9 | Professor Brent D. Mishler, “Molecular, Developmental, and Other New Techniques that are Revealing Life’s Family Tree” |
| March 16 | Professor Nan C. Arens, “New Windows into the History of Life: Latest Methodologies and Insights from the Fossil Record” |
| March 23 | Professor Emeritus F. Clark Howel, “Human Evolution: New Approaches and New Information” |

Great Issues in Psychology

Tuesdays, March 6–27, 2001, 3 pm–5 pm

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| March 6 | Professor Emeritus Mark Rosenzweig, “The Biology of Memory” |
| March 13 | Professor Alison Gopnik, “The Scientist in the Crib: What Early Learning Tells Us About the Mind” |
| March 20 | Professor Gerald Mendelsohn, “Inheritance of Personality Traits” |
| March 27 | Professor Emeritus Donald A. Riley, “Source Memory: Do You Know Where Your Memories Come From?” |

Urbanization and Transportation

Fridays, April 6–May 4, 2001, 1:30 pm–3:30 pm

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| April 6 | Professor Emeritus Michael B. Teitz, “Coping with the Modern Metropolis” |
| April 13 | Professor Martin Wachs, “Shaping the American City: A Century of Transportation and Growth” |
| April 20 | Professor Robert Cervero, “Transportation Innovations in Other Countries” |
| April 27 | Professor Daniel Sperling, “Potential Revolutions in Transportation Technologies” |
| May 4 | Professor John Landis, “60 Million Californians?” |

Registration: Please call or email the Center to register for one or more courses. While all Retirees and Emeriti are welcome to register for individual lectures, seating can be guaranteed only for those who register for an entire course. Note: Restricted to Retirement Center constituents and their spouses or partners only.

Center Sponsored Events

All programs require reservations, except where noted. Call (510) 642-5461.

50+ Fitness Class

The Center, along with the CalFIT program of Intercollegiate Athletics and Recreational Sports, is again offering a fitness class that was developed especially for those 50 and older. The 50+ Fitness Class introduces participants to an array of exercise options. Each class is designed to provide reliable information, exercise demonstrations and exercise practice in a friendly, supportive environment.

Class Schedule

Date	9:30–10:30 am	11 am–Noon
April 6	Aging and Fitness: Professors Paola Timiras and William Satariano	Alexander Technique
April 13	<i>No Class due to Good Friday</i>	
April 20	How Much Exercise is Enough?	Rhythmic Movement
April 27	Strength Training (machines, free weights)	Build a Healthy Back
May 4	Stength Training (resistance bands)	T'ai Chi
May 11	Self-Defense (9:30-11:30 am)	End of Class Reception

This on-campus program is being partially funded by a grant from the UC Berkeley Academic Geriatric Resource Program/ Resource Center on Aging, so the cost to participants is only \$20 for five Fridays, or \$10 for each individual Friday. To register or for a full brochure, call the Center at (510) 642-5461.

Questions About Your Health Plan?

Talk With Your Health Plan Series

The Retirement Center and UC Berkeley Benefits Unit have arranged for your health plans to come to campus. In addition to answering any questions you might have, each plan will give a general plan overview including selecting, utilizing and changing your primary care physician; how referrals and specialists are handled; prescriptions and formularies; emergency care and out-of-area coverage and wellness and preventative program offerings.

All sessions will be from Noon–1:30 pm. To register, call the Center.

Kaiser Senior Advantage	March 20
Health Net Seniority Plus	March 27
Pacificare Secure Horizons	April 3
UC Care/High Option	April 4

Related Event Off Campus

Healthy Women, Healthy Lives: A Free Conference

The Center has reserved 25 spaces for this *free* conference that will provide women 50 years and older with an opportunity to learn more about postmenopausal health concerns, including early prevention and treatment options, and how to make informed health care decisions. The conference will focus on sleep disorders, depression (how to maintain good mental health) and pharmacology (the mixing of prescription drugs, over the counter and alternative medicines).

The conference will be held on Friday, April 27, 2001 from 8:30 am to 2:00 pm at The Dante Club in Sacramento and includes a free continental breakfast and lunch. To register and for transportation arrangements, please call the Center.

Sponsored by State Senator Deborah Ortiz, 50+ and Strong and Hadassah, an international women's organization, which is dedicated to preserving the health and strength of all women. (The UC Berkeley Retirement Center is a founding member of 50+ and Strong.)

OnCampus

Paid Help Needed for Short-term Campus Project

The Office of the Registrar is seeking retirees to help conduct a vitally important classroom utilization study. Participants will be paid a stipend of \$10 pwe hour to walk through a small sample of classroom buildings to document how the classrooms are being used. The study will take place over a two-week period in early April, during regular instructional hours (8 am– 5 pm). Ideally, participants will be able to work in four or five-hour shifts for at least a week, but shorter shifts can be arranged. Parking will be provided at no cost.

For additional information, please contact Walter Wong at the Office of the Registrar at (510) 643-1640 or at oua2wong@uclink.berkeley.edu, or Shelley Glazer at the Center at (510) 642-5461.

Vision: Lawrence Hall of Science Exhibit

January 20 — April 15, 2001

Get a very close look at how the eye and brain work together to focus light, perceive color and motion, and process information. Learn how researchers are working to fight eye disorders and diseases. And while you're there, don't miss "Eyeglasses of the Rich and Famous," including eyewear worn by celebrities such as former Presidents Gerald Ford and George Bush, singer John Denver, and even Miss Piggy!

Vision is a travelling exhibit of the National Eye Insitute. This exhibit is presented in cooperation with the School of Optometry at the University of California, Berkeley.

Cal Day! Open House at UC Berkeley

Save the Date:

Saturday, April 21, 9 am–4 pm

Don't miss Cal Day 2001, where students, faculty, and staff will be your hosts for a day of discovery, learning, and fun on the Berkeley campus. Schools, colleges, departments, museums, athletic facilities, and libraries will be open and waiting for you. Make sure to stop by the Center's Booth!

For more information about the festivities, please call (510) 642-5215.



The CenterPiece

The CenterPiece is published by the UC Berkeley Retirement Center, which reports to the Office of the Vice Provost. The CenterPiece is distributed to annuitants of UC Berkeley and the Office of the President.

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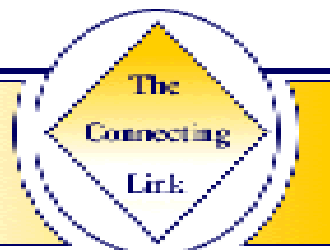
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See the Center on the Internet!
<http://thecenter.berkeley.edu>

UC Berkeley
Retirement Center



How to Reach the Retirement Center:

The Retirement Center is located in 2 Boalt Hall. Boalt Hall is located on Bancroft Ave., between Piedmont and College Avenues. Room 2 is on the ground floor, just off the fountain plaza.

By BART:

Take BART to the Berkeley Station. Exit the station. Proceed to the bus stop in front of Bank of America. Catch a *UCB Perimeter Shuttle*, which travels clockwise around the campus. Get off at College/Bancroft. The shuttle costs \$0.25.

By AC Transit:

AC Transit bus lines 7, 51, 52L, 604, and 605 stop at Bancroft and College. Bus lines 40, 40L, and 64 stop 3 blocks away at Telegraph and Bancroft.

By car:

Please call the Center for directions.