



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



BERKELEY
RETIREMENT
CENTER

Director's Notes

“Passion and Purpose: Transforming Retirement” is the title and focus of the Retirement Center's May 24, 2012 conference for retirees. The conference is designed to offer retirees advice and resources on important aspects of the “retirement” phase of life. Professor Robert B. Reich, the Chancellor's Professor of Public Policy at the Goldman School of Public Policy, will provide a special keynote address, *The Baby Boom Bomb*. In addition to the keynote, there will be sessions on memory and aging, legal and financial planning, lifelong learning and the personal experience of aging.

Professor Reich is one of the nation's leading experts on work and the economy. He has served in three national administrations, most recently as secretary of labor under President Bill Clinton. Time Magazine named him one of the ten most effective cabinet secretaries of the last century. He has written thirteen books, including his latest best-seller, “Aftershock: The Next Economy and America's Future,” and “The Work of Nations,” which has been translated into 22 languages. Professor Reich's syndicated columns, television appearances, and public radio commentaries reach millions of people each week. He is also a founding editor of the American Prospect magazine, and Chairman of the citizen's group Common Cause. His widely-read blog can be found at www.robertreich.org.

Enclosed in this newsletter is a “Save the Date” conference flyer. Stay tuned for more details and registration information. If we do not have your email address, now is good time to share it with us so you can be kept abreast on conference news and updates.

More exciting developments and programs:

15th Anniversary: Plans are underway to celebrate the Center's 15th anniversary in 2012 and the ongoing contributions of retirees to the University and the community. A planning committee of the Center's Policy Board and Center staff is working on details, including a major event in October at the Lawrence Hall of Science. See p. 7 for more information.

Learning in Retirement (LIR): See p. 3 to read about two exciting programs planned for this semester. One is *Previewing the 2012 Presidential Race* and the other, *The Bay Bridge Project*. The latter will conclude with an on-site visit to the Bay Bridge.

Emeriti of Distinction: See p. 5 to read about our latest retiree of distinction and his continuing contributions to campus.

Volunteer Activity: See p. 6 for interesting and meaningful retiree volunteer activities that you, too, can be part of. Read how these retirees promote meaning and value in their lives through outreach to others.

Note Bene -- Payments to the Center: The Retirement Center accepts only checks and money orders for all payments, including any course fees, parking permits, CRCN CalMail fees, and Emeriti or Retiree Association dues. We are unable to accept cash.

A Thought for 2012: The UC Riverside Longevity Project found that those who continued working or stayed involved with something productive as they aged were more likely to remain healthy. The good life remains an active work in progress, evolving until one's life is completed.

From all of us at the Center, all the best wishes for 2012.

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
- Discount on annual membership to the UC Berkeley Botanical Garden
- 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>

The University Section Club – 45th Annual Beehive Luncheon

Tuesday, February 28, 11:30am – 2:30pm

UC Faculty, Staff and Retirees are invited to join the University Section Club for its annual Beehive Luncheon and Silent Auction at the Unitarian Universalist Church of Berkeley, 1 Lawson Road, Kensington.

Enjoy poached salmon, salads, baguettes, cheeses and home baked cookies. Bid on unique Auction Treasures, buy jewelry and crafts, win a basket full of goodies! Proceeds will fund UC student emergency grants. Pay \$30 at the door or pre-reserve for \$25. Send your check payable to University Section Club, Inc. to Julia Wenk, 734 Spruce St., Berkeley, CA 94707. Please mail by Tuesday, February 21.

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.

Campus Parking

Retirees are eligible to purchase daily "C" parking permits for \$5 each **to attend Center programs or events**. You may purchase permits in person at the Center during drop-in hours, M-F, 1-4pm or by postal mail by sending a check or money order to the Center two weeks in advance of the program; include \$2 for postage and handling costs. Please call before dropping in to be sure that staff is available to assist you. The Center does not accept cash.



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 on p. 2.

Previewing the 2012 Presidential Race

Cosponsored by the UCB Retirement Center and the Faculty Club

Organized by Gerald Lubenow, Managing Editor, The California Journal of Politics and Policy

We hope you can join us for a panel symposium on **Friday, January 27, 2012**, at the Faculty Club. By then, results from the Iowa Caucuses and the New Hampshire and South Carolina primaries will have pared down the Republican field, and the state of the economy will give us a better sense of President Obama's reelection chances. An all-star panel will feature Bruce Cain, Director of the University of California Washington Center; Henry Brady, Dean of the Goldman School of Public Policy; Dan Schnur, Director of the Jesse M. Unruh Institute of Politics at the University of Southern California; and Bill Whalen, Research Fellow, Hoover Institution, Stanford University.

4:30 pm: Wine and Cheese Reception (\$10 for Retirees and Faculty Club Members, \$15 for others)

5:00 pm: Presentation

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

Advance registration is required; contact the Faculty Club to register, 510-540-5678, ext 2-224.

The Bay Bridge Project

Organized by Marilyn Nasatir

In anticipation of the opening of the new Bay Bridge in late 2013, this four-lecture series will cover the evolution of the San Francisco Oakland Bay Bridge; the multi-faceted and interdisciplinary considerations in the planning and design process; the unique engineering and construction features, earthquake design and state-of-the-art seismic protection system; and will conclude with a visit to the construction site.

Session 1: Thursday, March 8, 2012, 2pm-4pm

TOPIC: The Evolution of New San Francisco Oakland Bay Bridge (SFOBB) Project

Dr. Brian Maroney, Deputy Manager Toll Bridge Program, Caltrans

Dr. Marwan Nader, Vice President & Technical Director, T.Y. Lin International

Session 2: Thursday, March 15, 2012, 2pm-4pm

TOPIC: Design and Construction of the New SFOBB

Dr. Marwan Nader, Vice President & Technical Director, T.Y. Lin International

Dr. Brian Maroney, Deputy Manager Toll Bridge Program, Caltrans

Session 3: Wednesday, March 21, 2012, 2pm-4pm

TOPIC: Earthquake Design and State-of-the-Art Seismic Protection Systems

Professor Steve Mahin, Byron L. and Elvira E. Nishkian Professor of Structural Engineering & Director of the Pacific Earthquake Engineering Research Center

Dr. Marwan Nader, Vice President & Technical Director, T.Y. Lin International

Dr. Brian Maroney, Deputy Manager Toll Bridge Program, Caltrans

Session 4: Thursday, March 22, 2012, 2pm-4pm

On-site visit to Bay Bridge

Note: there may be a cost for transportation at the site; details will be provided with registration confirmation.



On-Campus Programs

CENTER-SPONSORED EVENTS

Fidelity Investments: Drop-In Sessions

Monday	February 6	1pm-4pm
Friday	April 27	9am-noon

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.*

Quarterly Market Update

Wednesday	February 8	2pm-3:30pm
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This class is designed to help you stay informed about the factors affecting recent market performance. After the class, you should be able to understand current market trends and the most recent quarter's market performance. Advance registration required; contact ucbrc@berkeley.edu or 510-642-5461 to register.

Shifting from Savings to Spending

Monday	March 26	2pm-3:30pm
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This class will help you understand the importance of asset allocation in retirement; identify the elements you

need to build your investment strategy; learn about portfolio withdrawal rates and strategies for turning your retirement assets into income. Advance registration required; contact the Center at ucbrc@berkeley.edu or 510-642-5461 to register.

Berkeley Art Museum Tour & Tea

Thursday	April 19	2 p m - 4 p m
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Join us for a free, docent-led tour of *State of Mind: New California Art circa 1970*. Featuring photographs, works on paper, videos and films, artists' books, and extensive performance documentation, it is the most comprehensive exhibition of conceptual art from this pivotal period in contemporary art. Many of these are newly discovered works or rarely viewed materials culled from archives for this exhibition.

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/state_of_mind

ELDERCARE SPRING 2012 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.

Understanding Medicare & Medi-Cal Coverage

Wednesday	February 15	12:10-1:30pm
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This workshop covers the basics of Medicare Parts A, B, C, and D; choosing an HMO, PPO, standalone Part D, or MediGap plan; monthly costs, benefits, enrollment periods, services not covered by Medicare; how to qualify for Medi-Cal and what it covers.

Arnie Becker, Legal Assistance for Seniors

How to Be Your Own Health Care Advocate

Wednesday	March 14	12:10-1:30pm
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The health care system can be complex and exhausting. Learn to access and understand the health care maze; the lingo and communication techniques; and life saving strategies during hospitalization.

Michelle Gilmore, Heartwood Health

Power Balance, "Two Brains Are Better Than One"

Thursday	April 19	12:10-1:30 pm
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Participants will learn how to apply fundamental principles of free energy flow, deep relaxation, whole body movement and better balance to prevent falls, increase mobility, and build confidence and well-being.

Keith Thomas, Chinese Health Practitioner

Caring for an Elder with Memory Loss

Tuesday	May 15	12:10-1:30 pm
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This workshop will compare normal age-related memory changes with memory loss that interferes with daily life. Challenges of caring for an elder with memory loss and coping strategies for the caregiver will be explored; resources will be provided.



Spotlight

EMERITI AND RETIREES OF DISTINCTION

Watson “Mac” Laetsch – Distinguished Emeritus



Photo: Yen Vu

Watson “Mac” Laetsch is a Professor Emeritus of Plant Biology and Vice Chancellor Emeritus, whose outstanding career as a scholar, teacher, administrator and good citizen has long served UC Berkeley well.

Laetsch spent a year in India as a Fullbright Scholar, where he met his wife Sita, and then earned his Ph.D. at Stanford. His early years were on the shores of Puget Sound in Washington State, in Georgia, and in Indiana. He graduated from Wabash College, and migrated to Stanford University in 1955. He spent two years in the Biology department at the State University of New York, Stonybrook, just after it was started. He joined Berkeley's Department of Botany in 1962. He wrote a botany textbook, numerous research papers and reviews and coedited two anthologies. Thousands of undergraduates took the Biology 1 course during the time he taught it, and he received a Campus Distinguished Teaching Award. He taught graduate courses and research students in his lab in the Life Sciences Building. He served as Director of the Botanical Garden and the Lawrence Hall of Science. Laetsch was recruited by the late Chancellor Michael Heyman to serve as Vice Chancellor for Undergraduate Affairs, where he directed a major program to increase the number of minority students enrolled at UC Berkeley. As Vice Chancellor for Development, he helped lead the Keeping the Promise Campaign.

Following retirement, Laetsch co-chaired The Bancroft Library capital campaign and continues to serve on the Library Development Board and as a trustee for the UC Press Foundation and on the advisory board of the College of Natural Resources. Today, he also co-chairs the

Mark Twain Luncheon Club and, of course, is very active in Learning in Retirement (LIR) -- helping to organize and speaking at panel discussions. He is a member of the UCB Faculty Club Monks Chorus that perform annually at the Faculty Club Christmas celebrations.

Laetsch's contributions to the wider Bay Area community are extensive. For example, as a founder and first President of the California Native Plant Society and serving on institutional boards -- among them, the California Academy of Sciences, the San Francisco Zoological Society, and Alta Bates Hospital. He has been involved in business activity in Asia, in an international science museum collaborative, and he is a commercial walnut grower. He is a world traveler, with abiding interests in the Far East -- particularly India and Bhutan. For many years, he served on the Indo-US Subcommittee for Education and Culture. This was one of the few US Government programs with India during that time.

Perhaps above all, Mac -- as he is known to all he meets -- has a genial manner and a winning personality that underlies his many talents. Mac's organizational know-how, his good spiritedness and dedication to Cal make him this issue's Emeritus of Distinction.

Mac Laetsch's oral history will be published this spring and available at <http://bancroft.berkeley.edu/ROHO/>.

Lisa Rubens, Regional Oral History Office

Botanical Garden Volunteer Opportunities

The UC Botanical Garden's Garden Ambassador Program is looking for volunteers! Ambassadors serve as the first point of contact for the thousands of guests that visit the Garden each year.

Training to become an Ambassador will begin in February with a 2 1/2 - 3 hour session provided by expert staff and volunteers. Volunteers then commit to a minimum of six hours per month, scheduled Thursdays through Sundays and holidays for a one-year term. This is a great way to be involved in a rewarding volunteering opportunity on campus (see p. 6).

For more information and to apply for training, contact Volunteer Coordinator Perry Hall at 510-643-7265 or perry@berkeley.edu.



Volunteer Opportunities

VOLUNTEER HIGHLIGHTS

UC Botanical Garden

UC Office of the President retiree Ramona Davis is in her 30th year of volunteering at the UC Botanical Garden. As a Berkeley graduate student in French, she visited the Garden and always had an interest in plants. When she started volunteering there in 1981 as a docent and propagator, she ended up staying for good. She currently also serves on the Garden's Advisory Board. During some of her 15 – 20 hours per month at the Garden, you'll find her leading tours, greeting visitors, and arranging seminars for the docents.

She stays at the Garden because the Garden's volunteering program recognizes volunteers' invaluable contributions and provides a stimulating environment for her to be part of something successful, meet people from around the world, and contribute to the University and its mission of providing education for the public. Ramona also keeps busy with other volunteering activities at her church and in the community. Asked why she volunteers, Ramona says that it keeps her young and always learning.

See p. 5 for information on how to volunteer at the Botanical Garden.

The Berkeley Project

On October 15, The Berkeley Project hosted its 7th annual Berkeley Project Day of Service event. As a campus organization, The Berkeley Project strives to serve local residents and build positive relationships

between the campus and the community through service. One of this year's event's key initiatives was building intergenerational bonds, and the group asked the Retirement Center to help them seek out retiree participants.

One of those retiree participants was Otis Wong, a retiree from campus and Lawrence Berkeley National Laboratory. By fortunate coincidence Otis and his wife Teresa were placed for the day at Le Conte Elementary School. Fifty years ago, Otis had been a student at Le Conte from 4th-6th grade. Returning to his elementary school for the first time, they volunteered in a first grade classroom organizing books and the room. The couple had an enjoyable day, and it was especially fun talking to and getting to know a few of the 2,000 student volunteers. Berkeley Project is one of many examples of the Wongs' community involvement. Otis has contributed his time volunteering at Berkeley-East Bay Humane Society as well as in adult literacy, and Teresa, a former elementary school teacher, still volunteers at two Berkeley public elementary schools. As Berkeley residents for over 30 years, giving back to the community through service is important to the Wongs and volunteering has become a big part of their retired lives -- one that provides activity and health. You can find out more about The Berkeley Project at <http://berkeleyproject.org/>.

Yashu Jiang, UCBCRC Graduate Student Intern

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.

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.

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, visit <http://www.chabotspace.org/adult-volunteers.htm> or contact the Volunteer Department at 510-336-7395 or Volunteers@ChabotSpace.org.

the CenterPiece

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

UC BERKELEY RETIREMENT CENTER POLICY BOARD

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RETIREMENT CENTER STAFF

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Retirement Center Announcements

15th Anniversary Planning

Next year marks the 15th anniversary of the formal establishment of the Retirement Center. Policy Board Chair Richard Sextro and Center Director Patrick Cullinane are working with an advisory committee to develop activities throughout 2012 that will: honor persons important to the creation and development of the Center; recognize the Center's 15 years of service; recognize the contributions of retirees; and identify needs for the future development of the Center. If you have suggestions for Richard or Patrick, please feel free to call 510-642-5461 or email ucbrc@berkeley.edu.

CALcierge Volunteer Opportunity

The CALcierge Program Manager, Lisa Bagnatori, assists the accompanying partners/spouses of new ladder rank faculty with their job searches. Lisa is currently assisting a faculty wife who moved here recently from China and is launching her career in accounting and is looking for a retiree volunteer who could meet regularly with this faculty wife for English conversation and/or could serve as her mentor in her job search.

If you are interested in this volunteer opportunity, please contact Lisa at Calcierge@berkeley.edu.

Thank You! From UCBRC

Thanks to all of you who recently contributed to our annual fundraising campaign. Your tax-deductible donation during this period of economic challenges enables the Center to continue providing programs and services that strengthen the connections between the University and its retirees. These connections benefit us all by contributing to the well-being of retirees and their families and to the excellence, creativity, and community spirit that make Cal so special.

If you've not yet donated, you may do so by mail or online at: <http://givetocal.berkeley.edu/browse/?u=12>.

Best wishes for the New Year,

UCB Retirement Center Staff

Association News

Mark your calendars for the following retiree association events.

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

Board Meetings - January 17, March 13, May 1

Luncheons - January 21, March 17, May 5

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

Board Meetings - January 18, February 15, March 21, April 18, May 16

Luncheons - March 22

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

Luncheon - TBD

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

Board Meetings - January 12, April 12, July 12, October 11

Luncheons - February 16, May 17, August 16 and November 15

UC BERKELEY RETIREMENT CENTER

University of California
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Berkeley, CA 94720-1550

TIME SENSITIVE
MATERIAL

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Connecting
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the **CenterPiece**

SPRING 2012

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 help Cal be as environmentally conscious as possible, the Retirement Center no longer sends paper copies of *the CenterPiece* newsletter to retirees with email addresses on file.

To continue receiving a paper copy of *the CenterPiece*, send an email to ucbrc@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.

You can view *the CenterPiece* online at <http://thecenter.berkeley.edu>.