

UCRAB Newsletter

University of California Retirees' Association at Berkeley

Executive Board

Officers

*Iola James, President
& Trip Coordinator
iolaj@comcast.net
510/632-7264*

*Lola Harris, Vice President
510/843-4314*

*Errol Mauchlan, Treasurer
510/849-1732*

*Marian Gade, Secretary
mgade@berkeley.edu*

Directors

*Isabelle Revoir, Membership
isabelle.revoir@gmail.com*

*Antonia Sweet, UCRS Liaison
510/652-9795*

*Patricia Hardy
hardypatricia@gmail.com*

*Allan Jensen
gramps@berkeley.edu*

*Kurt Lauridsen
925/376-1613
kurtvl@sbcglobal.net*

*Dorothy Snodgrass
510/848-4353*

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UCRAB Holiday Luncheon



Thursday, December 9, 2010

Berkeley City Club

HERE COMES...
THE HOLIDAY PARTY
featuring live music

Come one, come all to UCRAB's Holiday Party on December 9! Kick off the holiday season with good company and an excellent meal at one of UCRAB's most enjoyed annual events.

For the sixth year in a row, UCRAB will be collecting donations for the Oakland's Children's Hospital. See p.2 for details on how you can help.

As always, we will enjoy live music in lieu of a speaker.

And don't forget about the raffle! All luncheon attendees will get a raffle ticket and chance to win one of the wonderful gifts contributed by generous local merchants and UCRAB board members.

We're looking forward to seeing all of you at the Berkeley City Club -- feel free to invite a friend or two to this merry event.

UCRAB lapel pins will be available at the luncheon to members who have not yet received this special membership perk.

This organization would not exist without dedicated volunteers.

The UC Berkeley Retirees' Association invites its members to attend the executive board meetings, which are held on the third Wednesday of the month at the UC Berkeley Retirement Center, 1925 Walnut Street.

The coming schedule:

November 17

January 19

February 16

March 16

April 20

Please note that no meetings are held in August or December.

The UC Retirees' Association at Berkeley is located at:

1925 Walnut Street #1550
Berkeley, CA 94720-1550

Hours: 9:00am—4:00pm
Closed Noon—1:00pm

Telephone: 510/642-5461
Fax: 510/643-1460

Retirement Center Liaison
to UCRAB:

Patrick Cullinane, MS
Director

The UCRAB Newsletter is published approximately three weeks before each quarterly luncheon.

Editor: Marcelle Baxter
Email: ucbrc@berkeley.edu

Editor's Notes

As we enter the holiday season we hope you are well and enjoying your retirement.

We are looking for ways to vitalize our organization. Why did you join UCRAB? Are we meeting your expectations? Let us know what programs and events you would like to take part in.

Once again we are looking for members who would like to exhibit their works of art. Our goal is to provide venues for social events at such exhibits.

Please let us hear from you and help us to make UCRAB the best it can be.

Marcelle Baxter, Editor

Come to the Holiday Party - and Bring a Donation!

We hope you will join us for our sixth annual Holiday Party donation drive. Donations received at UCRAB's Holiday Party benefit Children's Hospital of Oakland.

Children's Hospital is always in need of donations and would be delighted to receive yours in time for the upcoming holiday season. Bring unwrapped, new items to the luncheon on December 9, and we will deliver them on your behalf.

Patients at Children's Hospital range in age from newborns to teenagers, and gifts are especially needed for teens and babies. Here are some great donation ideas:

- Rattles, plastic teething devices, Beanie Babies, crayons, colored pencils,
- Journals, blank books, note books, new or slightly used books, including Spanish language publications,
- Travel-size shampoo, lotions, dental care, and shaving items for parents,
- Gift certificates to grocery stores, Target, WalMart, department stores, telephone cards, magazine subscriptions.

To view complete lists of items always needed and items not accepted by Children's Hospital, see: http://www.childrenshospitaloakland.org/join/join_other-donations.asp

UCRAB is no longer able to accept cash payments. If you need to make a payment to UCRAB for dues, event fees, or luncheons, please do so by check or money order.

President's Message

A lot has happened in the last few months. Task Force recommendations have been widely publicized, and final results are still pending. I will not elaborate on Open Enrollment as you have all received detailed health plan information via mail. My hope is that all plans offered will meet individual expectations and needs. In my opinion, our health plans are still the best (thanks to the University and our advocates).

As referenced in the last newsletter, UCRA B and UCBEA, assisted by other campus retiree associations, hosted the 2010 state-wide Council of UC Retiree and Emeriti Associations meetings on October 27 and 28. Nine campuses were represented. The joint meeting opened with a bang, with a "surprise" visit by the UC Berkeley Straw Hat Band. Opening remarks were provided by Vice Provost Sheldon Zedeck. Representatives from UCOP shared the most up to date information on how retirees are represented through advocacy in the legislature. The meetings also provide the opportunity to share information and constructive ideas with sister campuses. Many thanks to our planning committee, UCRA B board volunteers, and Retirement Center staff.

I recently represented UCRA B at the Association of Retirement Organizations in Higher Education (AROHE) International Conference held at Wesleyan University in Middletown, Connecticut on October 14 - 17. Around 80 people (12 from California) benefited from the exchange of information on successful programs and activities of retiree associations, emeriti associations, and retiree centers. Patrick Cullinane, Director of the UCB Retirement Center, also attended as a program panelist and AROHE Board Member.

Our most recent "Rails to the Rim" adventure to the Grand Canyon was very enjoyable, with memorable events shared by all. As anticipated, the Canyon and its expansive beauty cannot be described in writing. Varying weather elements (rain, hail, clouds, and sunny warmth) enhanced our experience.

A very warm, blessed and happy holiday season to everyone.

Iola James, President

Report from UCRS - November 5, 2010

The University restarted contributions to the University of California Retirement Plan on April 15, 2010.

In September the UC Retirement System Advisory Board met to examine its role in its current form and to discuss the Post Employment Benefits Task Force's Final Report which was submitted to President Yudof.

The Final Report and an Executive Summary of the Report are available for viewing at <http://universityofcalifornia.edu/sites/ucrfuture/fast-facts/>

Various groups sent suggestions and/or dissenting opinions to the President. The UCRS Advisory Board met again in October to discuss them. The Regents should receive President Yudof's recommendations at their November meeting. It is anticipated that the Regents will meet in a special session in December to vote on the recommendations.

REMEMBER, UC annuitants' pensions will not be affected. Any changes that the Regents decide to implement will only affect new employees hired as of July 1, 2013.

However, since the cost of health care is expected to increase in the future, we may see an increase in our fees for medical benefits.

REMINDER, The Worker, Retiree and Employer Recovery Act approved by Congress in December 2008 suspended Minimum Required Distributions for calendar year 2009; however, no similar suspension was enacted for 2010. Fidelity Investments has notified all UC retirees who are required to take MRDs in 2010 about payment options. However, the letter as composed by Fidelity is very confusing. Clear instructions are not offered. The chairs of CUCRA and CUCEA sent a letter to UCOP in July listing the vague and/or inaccurate items in the letter. The hope is that this will cause Fidelity to generate a letter giving clear, accurate information. If this involves you, watch for the new letter.

Please remember that New Dimensions, the UCOP publication, continues to look for articles by retirees. If you would like to contribute, contact Anne Wolf at annewolf@ucop.edu with your articles.

Toni Sweet, UCRS Liaison

From Our Members - The King's English

No one can deny that English is a beautiful language -- granted that it lacks the cadence and lyricism of French and Italian. But with its broad spectrum of accents and colorful dialects (Southern, Texan, Brooklyn and Boston), when spoken properly, English is indeed a lovely language.

Unfortunately, our language is marred by the repetitive use of metaphors and clichés which drive me up the wall. (Oops, there's one right there!) Listed below are some of my pet peeves, the ones I find most offensive:

Number One: "To make a long story short." If ever there was a misnomer, brother, this is one! In most cases, the story is excruciatingly boring, of interest to no one but the speaker and should fall on deaf ears.

Number Two: "We have breaking news." Now there was a time when listening to the evening news, such an announcement would cause me to grip the arm of my chair, fearing a catastrophe, such as an earthquake, assassination, or nuclear attack. So what is this "breaking news?" It's probably that Lindsay Lohan and Paris Hilton are in rehab for use of illegal drugs.

Number Three: "You guys." I absolutely cringe when I hear a TV anchor man address Supreme Court Justices and other dignitaries with, "What do you guys think of....?" UGH!

Number Four: "You know." It would appear that the most eloquent and articulate of speakers (Presidents, Senators, university professors) are incapable of completing a paragraph without several "You knows" punctuating their speech. I have to confess that this -- you know -- irritates me to no end.

Number Five: "When push comes to shove." So, what in blazes does this mean?

There are, of course, countless other meaningless metaphors and clichés that do little to enrich our language. I offer these examples merely to illustrate my dismay that the King's English has fallen on hard times!

Dorothy Snodgrass

Upcoming Trips

UCRAB Trip Coordinator and President Iola James is planning two trips to be held early next year. Contact the Retirement Center at ucbrc@berkeley.edu or 510/642-5461 to sign up to receive additional information as it becomes available.

de Young Museum - early January, 2011

This day trip will include round-trip transportation via chartered bus and admission to see the *Van Gogh, Gauguin, Cézanne and Beyond: Post-Impressionist Masterpieces from the Musée d'Orsay* exhibit.

Yosemite Valley - March, 2011

Back by popular demand, this annual adventure will be expanded to two nights and three days. Includes round-trip transportation by train and bus to the Yosemite Valley, lodging, and a tour of the valley.

Spotlight on the Faculty Club

The Faculty Club is pleased to offer retirees reduced membership at \$10 per month upon presentation of your Retiree ID card.

Upcoming Faculty Club offerings include:

- **The Physics, and Black Magic, of Musical Instruments:** Lecture on November 22, 2010 featuring Eugene Commins (Emeritus Professor of Physics) and William Bennett (San Francisco Symphony). Wine and cheese reception begins at 4:40pm, with the panel following at 5:10. Cost is \$10 for UCB Retirement Center constituents. Make your reservation at 510-540-5678, extension 2-224.
- **Early Bird Dinner:** a three-course meal for just \$13.95 before 6:30pm.

These regular Faculty Club offers will resume in January 2010:

- **Friday Fish Night** is held the first and third Fridays of each month (January 7 and 21) at 5pm.
- **Prime Rib Night** is held on the second Tuesday of each month at 5 p.m. Cost is only \$15.95 for a complete dinner.
- **Wine Tasting in the Bar** on the second Thursday of every month; includes free wine and cheese tasting from 4:30 – 6:30pm. Wine by the glass, bottle or case is available at special prices during the tasting.

Volunteer Opportunities

Expand Your Universe at Chabot Space & Science Center

Are you fascinated with the mysteries of the universe? Do you want to spend more time around people who appreciate science? Join our volunteer community and help us inspire and educate our visitors about our planet Earth and the Universe.

- As a Zero Waste Facilitator, you will share your interest and knowledge with K-8th grade students on recycling and waste reduction. (Fridays, one to two times per month, from 10:00 am to noon).
- If you are looking for something to do on an occasional basis and help educate the community about the work we do, become a Chabot Ambassador (holidays, days, weekends, evenings).
- As an Exhibit Guide, you will enjoy unique conversations with visitors on the exhibit floor (Wednesdays-Sundays).
- As a School Group Guide, you will assist in the education and inspiration of over 50,000 school children (September-June).

Chabot Space & Science Center volunteers can make astronomy and science come alive for visitors through interactive science and astronomy experiences. Get inspired today and visit our website for a complete description of volunteer opportunities. Our next volunteer orientation is Saturday, June 5, from 10:00am to 2:00pm. You are invited to attend and learn more about being a volunteer. To sign up for orientation, visit <http://www.chabot.space.org/volunteer/default.asp> or email the Volunteer Department at volunteers@chabot.space.org.

Ashby Village is a non-profit, membership organization that provides members with the practical means and confidence to remain in their own homes as they age. Volunteer opportunities include social visits, transportation, reading aloud, phone check-in, cooking, health advocacy and teaching classes. There is a link to the volunteer form at www.ashbyvillage.org or call 510/204-2860.

University Health Services (Tang Information Center Community Volunteer Position) at UC Berkeley is looking for volunteers to provide

customer service to our Tang information desk (TIC). This position acts as the focal point for reception at the Tang Center by staffing the Information Desk located in the lobby of the building. Duties include greeting and directing visitors/patients, handling incoming calls and performing general administrative duties. Basic computer skills with Microsoft Word are preferred. This position requires complete confidentiality of all patient information in accordance with federal law & University policy (Health Insurance Portability and Accountability Act- HIPAA). Contact Diane Drew at ddrew@uhs.berkeley.edu or 510/642-5065.

Berkeley Historical Society - Located at 1931 Center Street in Downtown Berkeley, needs volunteers for the following activities: Train at the History Center as docents dealing with the public (open 1:00-4:00pm, Thursdays/Fridays/Saturdays); walking tours committee; research and writing; organizing events and exhibits; Oral History Program on recording life histories (some clerical, some hands-on with training provided; some administration; video or recording skills desirable). For information about most of these activities, email mlind@lmi.net or call Margot Lind at 510/658-3704. For Oral History information, contact Therese Pipe at atpipeln@jps.net or 510/841-5493.

Experience Corps is working with the Oakland Unified School District to match volunteer tutors/mentors in elementary schools throughout North and East Oakland. They are looking for experienced adults who can volunteer a minimum of 2 hours a week for at least one school semester. Volunteers that serve 10+ hours a week qualify for a paid stipend! Your time is the asset most needed with our younger kids. Experience Corps will assist in training and preparing you for satisfying volunteer work that makes a measurable difference. Call David Moreno at 510/495-4966 or email dmoren@aspiranet.org.

Tony LaRussa's Animal Rescue Foundation (ARF) in Walnut Creek is always seeking volunteers to help in the office and thrift shop, work on pet adoptions, and be a greeter. Volunteer orientations and training are offered and you can sign up online at www.arf.net or by calling 925/256-1273.

University of California Retirees' Association
1925 Walnut Street #1550
Berkeley, CA 94720-1550

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Upcoming Events

UCRAB Luncheons | Holiday Party December 9, March 17, June 16

Health*Matters Walking Group | Year-Round, every Monday, Wednesday & Friday with exceptions | 12:10-12:50 p.m. | Campanile (Sather Tower), South side at base of Campanile. Fit 30-40 minutes of walking into your work day for the benefits of social support, stress relief, and renewed energy. No enrollment required. Check the website for special events: <http://uhs.berkeley.edu/facstaff/healthmatters/walkinggroup.shtml>.

Knitting at Noon: Knit, crochet, spin, etc. during lunchtime on Tuesdays | Now – December 27, 2011 every Tuesday with exceptions | 12-1 p.m. | Free Speech Movement Café (Moffitt Library), outside tables at Free Speech Movement Café. Contact jillm@berkeley.edu, 510-642-3549 for more information.

Personalized Medicine Exhibit | August 20, 2010 – January 14, 2011, every day with exceptions | Moffitt Undergraduate Library, 3rd floor lobby | The set of emerging technologies that promises to transform our ability to predict, diagnose, and treat human disease. Moffitt Library's exhibit showcases the potential benefits and pitfalls of Personalized Medicine. Must show a current UC Berkeley Library Card to enter Library.

The Beatles "A Mad Day Out, 1968" Exhibit | October 2010 – February 1, 2011 every day | North Gate Hall | On Sunday, July 28, 1968, in the midst of recording sessions for the White Album, The Beatles decided to spend a Mad Day Out being photographed all over London. Photographs by Stephen Goldblatt.

Story Hour in the Library featuring Chris Adrian | February 10, 5-6 p.m. | Doe Library, Morrison Library | Free admission. Chris Adrian is the author of two novels, *Gob's Grief* and *The Children's Hospital* and a collection of short stories, *A Better Angel*. His third novel, *The Great Night*, will be published by Farrar, Strauss and Giroux in the spring of 2011.