



UCRAB Newsletter

University of California Retirees' Association at Berkeley

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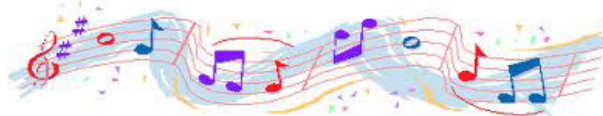
UCRAB Holiday Party

Thursday, December 8, 2011

Berkeley City Club

No Host Bar at 11 a.m. Luncheon at Noon

Featuring Live Entertainment by
**Rodney Burge, Pianist and Vocalist, &
Marcella Hooks, Vocalist**



Come one, come all to UCRAB's annual Holiday Party at the Berkeley City Club. Kick off the holiday season with good company, good music and an excellent meal at one of UCRAB's most enjoyed annual events.

Rodney Burge and Marcella Hooks offer cool tones and a swinging style that beautifully adapt to all forms of pop, jazz, blues and standards, creating enjoyment for music lovers of all generations.

For the seventh year in a row, UCRAB will be collecting donations for the **Oakland's Children's Hospital**. See p. 2 for details.

And don't forget the raffle! All attendees will get a raffle ticket and chance to win a wonderful gift contributed by generous local merchants.

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:

January 18, 2012
February 15, 2012
March 21, 2012
April 18, 2012
May 16, 2012
June 20, 2012

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
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Retirement Center Liaison
to UCRA:

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Director

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

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Come to the Holiday Party - and Bring a Donation!

Donations received at UCRA'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_childrens_hospital_donations.asp

Chancellor's Reception for New Retirees

On a sunny September afternoon, new faculty and staff retirees enjoyed food, wine, and a garden in full bloom as Chancellor Robert Birgeneau and his wife Mary Catherine welcomed them to University House.



UCRA Board attendees (from left) : Membership Director Isabelle Revoir, President and Trip Coordinator Iola James, Secretary Marian Gade and CUCRA Representative Allan Jensen

Several UCRA Board members volunteered at the Retirement Center event. Others attended as official UCRA representatives, circulating among the crowd, explaining what our organization offers and staffing an information table that held flyers about the various retiree associations' services and activities.

Many thanks to Chancellor and Mrs. Birgeneau for opening their lovely home and hosting one of the best Receptions for New Retirees, ever.

Marian Gade

President's Message

Dear Members,

We had a glorious ending to summer. I hope you enjoyed the t-shirt weather, hot days and warm nights. Fall came in with a bang, heavy rain and cold air. No matter, we can pull out our coats, scarves and umbrellas and keep moving ahead with all of the fun and work that will fill the season.

Since our last newsletter, many events have taken place relating to our current and potential members: our luncheon featuring the distinguished Professor Emeritus Lawrence Lowery, UCBRC's Chancellor's Reception honoring new retirees and Summer BBQ, our UCRA B Mixer at the Berkeley Yacht Club, our representation at the CUCRA and CUCEA meetings at UC Davis, and our trip to Apple Hill and the Marshall Gold Discovery State Historic Park.

I thank the Board Members and others for their detailed reports on each of these events as well as other contributions to this newsletter. If you have an item of interest to other retirees, I encourage you to submit your article or idea for inclusion in the next newsletter.

By now you have received many mailings regarding your health plans. According to representatives from the Office of the President at the recent CUCRA meeting, there are no changes (or if any, insignificant) to this year's plans. Isn't that great?

I'm looking forward to your attendance at our December Holiday Luncheon. Plans are underway to make this a very festive occasion. I wish everyone a very warm, safe, and happy holiday season.

Isn't it great to be retired?!

Iola James, President

Members Mix it Up!

More than 70 UCRA B members and their guests gathered on a beautiful October afternoon to enjoy their favorite beverages, hors d'oeuvres, and displays of the talents and hobbies of our members.

With a background of harp music and the extraordinary views provided by a sunset over the Marin Hills, conversation flowed easily. The displays of photography, drawings, calligraphy, and jewelry-making provided a fascinating look into the interests and talents of our UCRA B members. And it was all free.

This "Mixer" was a first ever event for UCRA B and judging from the positive responses, it will probably be repeated. If you have any thoughts on

Members Mix it Up, Continued...

how to improve the event, please share them with the members of the Board who planned and executed this activity. And a special thanks to all those Board members who contributed: Iola James, President and Trip Coordinator; Vice President Lola Harris, and Board Members Patricia Hardy, Isabelle Revoir, Allan Jensen and Kurt Lauridsen.

Kurt Lauridsen

A Shakey Day at the Yacht Club

It was an average day in Berkeley, Calif. The usual earthquake preceded our arrival. We were lucky not to feel its wrath as we were driving to the harbor when it hit. The gentleman who greeted us, however, described its mighty force - "it felt as if the building would roll into the sea." Nonplussed by impending disaster we bravely entered the Berkeley Yacht Club anticipating another pleasant event.

The tables were appropriately decorated with royal blue & gold tablecloths and colorful bouquets. A well dressed group sporting a nice mix of Fall colors soon filled the room. It was apparent that they were there to mix and mingle. I met many new people and reunited with old friends. A delicious buffet lunch was soon displayed and there to partake of at will. The background music of a harpist added the perfect touch to the warm smiles and animated conversation throughout the room.

UCRA B member artists and artisans displayed their photography, jewelry and hobbies in strategic locations along the side walls. As a former student of UCB, it felt good to be among such an amiable, talented bunch of people. Especially enjoyable was strolling from one display to the next and chatting with the artists. The gentleman who completed the bike ride across the country (featured in newspapers as well as the Guinness Book of Records) was most interesting. He displayed historical art work and had a great story to tell.

It was just another pleasant outing spent with a friendly group of retirees. A day which began with a jarring rumble. The earth shook, the sea rolled beneath us, but we seniors had a wonderful, peaceful day. Some of us ended it at the bar, our favorite drink in hand, watching the sun set beyond the rippling sea.

*Odessa Pegus
Member's Guest*

The semi-annual meeting of the Council of University of California Retiree Associations (CUCRA) was held on the UC Davis Campus on October 27. UCRAB was well represented by President Iola James, CUCRA Representative Allan Jensen, and board members Marian Gade and Toni Sweet, who serve, respectively, as Chair and Information Officer for CUCRA.

Wednesday afternoon's meeting consisted of reports from directors of the University's five Retirement Centers (including Berkeley); reports from retiree associations throughout the state were circulated. This provided an opportunity to share good ideas for procedures and activities with each other. Considerable discussion surrounded a report regarding the Joint Benefits Committee (JBC), a group representing members of both CUCRA and CUCEA, the statewide organization of emeriti associations. JBC is our principal venue for discussing health and benefit issues and for developing approaches that all UC's retirement organizations can support in working with UCOP to maintain and enhance retirees' benefits. In the 16 years since its founding, the JBC boasts a number of successes in its efforts on behalf of retirees. The current review will result in increased formalization of its relationship to its two principal organizations and verified its usefulness to all retirees.

As a special treat, our Davis friends offered a tour of the Mondavi Wine Institute. Thursday brought a joint meeting of CUCRA and CUCEA featuring presentations by Joe Lewis, Director, and other staff members of UCOP's Retiree Service Center. In response to a prior request from CUCRA, they provided information on Open Enrollment and other health benefits issues.

UC Irvine will host the April meetings of CUCRA/ CUCEA.

Allan Jensen and Marian Gade

In Memoriam

John McKinley, deceased May 2011

Leona E. Bell, deceased 2010

Carol Dauben, deceased 2010

Thank you for your membership in UCRAB. Welcome to the new retirees who joined UCRAB in 2011, and thank you to existing members who renewed this year. They include:

Leonor Bagamano, Norman Bailiff, Jean Barker, C. Susheel Bibbs, Virginia Blumberg, Tom Boot, Marion Brackett, Deborah Brennan, Elizabeth Byrne, Vincent Frank Casalaina, William Cooper, Nahide Craig, Deborah Cussen, Robert Dering, Karen Eft, Charles Faulhaber, Laura Fisher, Allegra Fortunati, Glenda Freberg, Marianne Garner, Marion Gillen, Robin Gillies, Mary Hammond, Janine Hannel, Fran Hill, Camille Manon Holser, Sally Hughes, Robert Johnson, Bethann Johnson, Willie Jones, Kiara Jordan, Jeanne Kassis, Margaret Kertess, Ruth Lage, La Vern Lazzereschi, Guadalupe Lopez, Sue Lunbeck, David Martinelli, Susan Mathews, Susan Mellers, Kay Menocal, Mark Miller, Molly Mitchell, Jill Moak, Virginia Moon, Barbara Nakahihara, Cameron Olen, Kimberly Pelz, Nancy Pfeffer, Sandra Rehling, Cheryl Haigh Resh, Eleanor Rosch, Jeanne Segale, Richard Sterling, Susan Stone, Linda Stubbs, Carol Suveda, Tatyana Svitova, Scott Swanson, Justin Sweet, Carol Takaki, and Allan Urbanic, Linda Witherspoon, Ying Yang, and Gregory Yuhus.

We hope you'll be proud to wear the UCRAB lapel pin. Drop by the UCB Retirement Center, M-F, 1-4pm, to pick one up. I also usually have lapel pins at the Registration Desk at our quarterly luncheons. Hope to meet you at one of our events soon.

Isabelle Revoir
Membership Director

Upcoming Trips and Notices

UCRAB makes every effort to keep our members informed about important updates, services, programs and opportunities via regular email updates between editions of the newsletter.

You can stay up to date on upcoming trips, such as a daytime adventure to see *Masters of Venice: Renaissance Painters of Passion and Power from the Kunsthistorisches Museum, Vienna* at the de Young Museum, by providing us with your email address.

Email ucbrc@berkeley.edu with your name, email address, and phone number to stay better informed.

Trivia Quiz: Hard-Core About Apples

Apples appear as the archetypal symbol of health, and for good reason. They are an excellent source of antioxidants, fiber and potassium. Apples may lower the risk of asthma, lung cancer, and other diseases, and they also combat tooth decay by cleaning teeth and gums and fighting off bacteria. Other facts:

The apple is the official state fruit of Rhode Island, New York, Washington, West Virginia, Illinois, Minnesota and Vermont.

Apples are part of the rose family, and so are pears, peaches, plums, apricots, and cherries. Who knew?

Actress Gwyneth Paltrow named her daughter Apple, born in May '04.

Americans eat an average of 50.4 pounds of apples and apple products each year.

The largest apple picked weighed three pounds.

The world's largest apple peel was created by 16 year old Kathy Wafler Madison on October 16, 1976, in Rochester, NY and was 172 feet, 4 inches long.

Submitted by Iola James

See What You're Missing - Apple Hill Recap

"I'd like to thank Iola James and anyone else involved with the coordination of this trip for making possible for us retirees a really splendid experience. The trip to the different apple orchards and the state park was smoothly run and it appeared that everyone liked being in the midst of an apple orchard on a hayride, eating at a really good restaurant, shopping at the various fruit and other interesting stalls on the grounds, and seeing all the historical artifacts and displays at the museums."

Kathleen Demerdjian

"Kudos to the planners and organizers of the trip to Apple Hill on November 2, 2011! The places visited were very interesting and enjoyable, the people in the group very congenial, and the weather couldn't have been better.

"Thanks for a wonderful day. Looking forward to the next one,"

Leo and Ana Caltagirone



UCRAB members enjoy time together while taking a hay ride tour of High Hill Ranch, one of the Apple Hill Growers, and the historic Marshall Gold Discovery State Park. Over 40 people signed up for this trip. From feedback received, it was thoroughly enjoyed by all who attended! Tour photos: R. Bankay.

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\$\$ Money Saving Tips \$\$

We all like to save a little money. Here are some suggestions for doing just that. Watch for New Discounts in February 2012 issue of this newsletter.

St. Paul's Food Co-Op, Thursday mornings

116 Montecito Avenue, Oakland 94610,
(510) 285-9600 This local gem is a program of Episcopal Senior Communities. The market sells fresh vegetables, fruit, and cheese. Co-op opens at 10 a.m. on Thursdays. Older adults shop first (aim for 10:15a.m.). The market closes at 11 a.m. but often winds down by 10:45 a.m. Shoppers also receive free bread donated by la Farine, Arizmendi and Noah's.

Sees Candies Quality Discount Shop

Westgate Mail, 933 Davis Street,
San Leandro, (510) 568-2436

Ross Stores Dress for Less

10% discount every Tuesday for those 55+

Kohl's

15% discount every Wednesday. ID for age verification required.

AMC Theaters

A discount of up to 30% is available for ages 60+ at most theater locations.

Elephant Bar Restaurants

20% discount with the Senior Explorer VIP Card. Does not include alcoholic beverages. Not valid for those under the age of 60.

Amtrak

15 % discount for travelers 62 and over. On cross-border services operated jointly by Amtrak and VIA Rail Canada, a 10% senior discount is applicable to travelers aged 60 and over. Other restrictions apply. Contact Amtrak for complete details.

Banana Republic

10% discount daily. Ages 50+. Discount and age may vary by location.

Goodwill

10% discount one day a week for ages 55+. Specifics may vary by location.

Best Western

At least 10% off regular room rates. Late checkouts; other offers available. AARP or age 55+.

Jiffy Lube

Many locations offer a discount for ages 55+.

SuperCuts

\$2 off hair cut. Ages 55+