



NetworkNews

Spring 2013

Published for Retirees of the Office of the President and Office of The Regents, University of California

Dear PARRA Friends,

You'll find enclosed in this newsletter a copy of a new publication, the PARRA Page—a brief description of our organization and our goals. Although PARRA sends welcome letters to new Office of the President retirees, the Executive Committee decided some time ago that information about PARRA should be included with the other kinds of information given to UCOP employees at retirement—especially the fact that membership in PARRA is automatic. Last year we proposed this idea to Retirement Administration Services Center Director Joe Lewis, who immediately agreed. Copies of the PARRA Page will go to all future UCOP retirees and, to help spread the word about PARRA, we'll also be making copies available at the UC Berkeley Retirement Center, which provides many services and programs to UCOP retirees, and at meetings of the Council of UC Retiree Associations (CUCRA).

This was in every way a cooperative effort. I'm very grateful to our colleagues in the Office of the President and to several PARRA members for creative and other forms of assistance

(and this includes, of course, the members whose pictures appear on the PARRA Page). Anne Wolfe and Lily Wang of the University Affairs—Communications Office designed and produced the PARRA Page; Jeanne Gardner and Connie Williams provided the photographs; Connie and Susan White saw it through from start to finish. In addition, Joe Lewis has agreed to pay the costs of mailing a hard copy of this issue of the newsletter to every one of our members so you will have your very own copy of the PARRA Page. As always, many thanks to Joe and his staff for their help with this and many other PARRA projects.

This is my last message to you as PARRA president and, like every other departing officeholder—high or low—I can't resist the temptation to look back. My time as president has spanned 14 spring and fall luncheons, 28 Executive Committee meetings, nine CUCRA meetings, and the writing of hundreds of welcome-to-PARRA letters to new retirees as our membership continues to grow.

Continued on page 3...

PARRA Spring Luncheon on Thursday, April 18

Please join us at the PARRA spring luncheon at Hs Lordship's Restaurant in Berkeley on Thursday, April 18. The luncheon speaker will be Susan Rasky, Senior Lecturer in the Graduate School of Journalism, UC Berkeley. There, she established and supervises the J-School's California News Service, which gives students experience covering government and politics for news organizations throughout the country.

Prior to joining the J-School faculty in 1991, Ms. Rasky was the congressional correspondent for The New York Times. She began her career in Washington, D.C., covering economic policy for the Bureau of National Affairs, Inc. and later reported for Reuters from Capitol Hill and the White House. Rasky was a columnist and contributing editor for the California Journal as well as a frequent political commentator for the *Los Angeles Times*, the *Sacramento Bee* and NPR.

Ms. Rasky will share her experiences and insights about the question on everyone's lips these days: *What's the Matter with Congress?* We hope to see you on April 18 for what should be an interesting talk!



PARRA members enjoying the fall luncheon

PARRA Donors November-December 2012

Steve Arditti
William Davis
Susan Dean
Karl Droese
Jeanne Gardner

Larry Hershman
Mary McDonald
Frank Navarro
Rom Portwood
Beverly Russell

Doris Smith
Barbara Yoder
Ralph Young

Thank you for your support!

Exciting Touring Opportunities via CUCRA

CUCRA, the Council of UC Retiree Associations, is offering a number of vacation tours this fall through Collette Vacations. You are not required to be a UC retiree to book or participate in these tours, but mentioning your UC affiliation benefits CUCRA.

Two travel destinations offered for the first time this coming fall are Ireland and Cuba. "Rediscover Cuba - A Cultural Exploration" provides a unique experience for U.S. citizens, who have not been able to visit Cuba for many years. Other featured tours this fall will visit Croatia and Italy.

More information can be found on the CUCRA Web site at <http://cucra.ucsd.edu/new/documents/2013Travel.pdf> or by calling Collette Vacations at 877-872-4331. Remember to mention your UC affiliation when you contact Collette.



PARRA Dues are Due

April means tax time and it's also the month that PARRA requests contributions from members of voluntary dues of \$10 per year. Your contributions support this newsletter, the PARRA Web site, and PARRA representation to the systemwide retiree association, the Council of UC Retiree Associations.

Checks, made out to PARRA, may be mailed to our treasurer, Nancy Nakayama, at 8724 Don Carol Drive, El Cerrito, California, 94530. We hope you will be able to attend the April 18 luncheon but even if you cannot, you may use the enclosed envelope and luncheon reply form to mail your contribution to Nancy.

Stay in Contact with PARRA and UCBRC

Sign up for the PARRA e-mail list at parra4uc@gmail.com to receive timely information about your benefits and PARRA-sponsored events.

You can also sign up to receive regular e-mail announcements from the UC Berkeley Retirement Center by sending an e-mail to ucbrc@berkeley.edu.

PARRA Financial Report

March 12, 2013

BALANCE September 12, 2012:	\$3,487.43
FALL LUNCHEON, October 18, 2012	
Income: Lunches 67 @ \$27.00	\$1,809.00
Donations \$ 138.00	
Expenses: Lunches 63 @ \$26.03+	\$1,640.19
Fall Newsletter	\$481.87
DONATIONS, November-January 2013:	\$70.00
BALANCE, March 2013:	\$3,382.37

*Submitted by
Nancy Nakayama
Treasurer
March 12, 2013*

Changes to Luncheon Format

Hs Lordship's Restaurant at the Berkeley Marina, where we have held the twice-yearly PARRA luncheons for a number of years, is no longer offering the lunch buffet in the dining room on weekdays.

The good news is that the restaurant has agreed to set up a private buffet for us in our meeting room. The buffet line should move much more smoothly - and quickly - when it's our group alone.

The bad news is that the luncheon cost, including tax and gratuity, will rise from \$27 to \$29. In order to keep the cost down, the

selections will be more limited than before but, we've been assured, still very good. There will be an assortment of desserts as well as coffee, tea, and iced tea.

After investigating several other venues we've concluded that despite the increase, for the time being Hs Lordship's remains the best choice in terms of cost, variety, and accessibility. We're always open to suggestions, though!

Please contact Nancy Nakayama (510-524-2358) if you have ideas.

President's Message, Continued...

PARRA weathered the withdrawal of UCOP support for our newsletter publication a few years back, its welcome resumption of help with our mailing expenses last year, one boost in (still voluntary!) dues, and several increases in the price of your lunch (thank you for your understanding). We registered the Executive Committee's views with the president and the Regents on several important subjects: the 2007 Monitor report about Office of the President organization, the 2010 Post-Employment Benefits report on pension and other benefits, and the 2009 resumption of employee contributions to the UC Retirement Fund (this one was conveyed both by letter and via the public comment period at a Regents' meeting, where the usual three-minute speaking time was cut to one minute, but I talked fast). After many starts and stops, we got the PARRA listserv going and moved to online distribution of the *Network News*.

As I leave office, it strikes me how much the experience has taught me: how to interrupt a social hour to announce the buffet (the only thing that works is a big bell); how to stuff envelopes while keeping the number of paper cuts in the single digits; and, thanks to some on-the-spot advice from a former UCLA chancellor who addressed us a few years ago, how to properly introduce a speaker (don't talk so long).

But the greatest reward, besides getting to know so many of you, has been working with the PARRA Executive Committee. In the past few years we've had to devote more thought and attention to advocacy on behalf of PARRA retirees, and the members of the Committee have been active in contributing time, ideas, and energy to the cause. PARRA will continue to grow in its advocacy efforts and in other ways, because there are so many talented people in this organization and so many

possibilities for service and for enjoying our connection to the University and each other. My thanks to all of you, and especially to my colleagues on the Executive Committee: Cindy Pace Ballard—who will be going off the Executive Committee in July after 12 years of service—Judy Craig, Sandy Douglass, Maggie Drake (still expertly handling our e-mail list from her new outpost in St. Louis), Larry Hershman, Con Hopper, Booker McClain, Mark Owens, LaVonne Rochon, Susan von Seeburg, Ellen Switkes, Susan White, Connie Williams, and of course our peerless luncheon organizer, Nancy Nakayama. Throughout these seven years she has never once allowed me to publicly acknowledge her remarkable mastery of the art of the luncheon. Fortunately, in Nancy's case publicity isn't necessary: her talents are abundantly clear to anyone who has ever attended a PARRA event.

All the best,

Pat Pelfrey

We Remember

James H. Clark
January 2013



UCB Retirement Center News and Opportunities

*And Spring rose on the garden fair,
Like the Spirit of Love felt everywhere;
And each flower and herb on Earth's dark
breast
rose from the dreams of its wintry rest.
—Percy Bysshe Shelley*

This spring semester the UCB Retirement Center offers many opportunities for enjoyment, learning, and service. Below are highlights of our spring programming; learn more in our newsletter -- <http://thecenter.berkeley.edu/pdf/CPSp13.pdf>.

Live Well, Live Long

Promote a healthy you! Take advantage of the University's StayWell program. Visit <https://uclivingwell.online.staywell.com/includes/login/index.aspx>. Also check out the information on the Center's website <http://thecenter.berkeley.edu/wellness.shtml>.

Learning in Retirement: Reading and Writing and Berkeley Students

Wednesdays, April 3, 10, and 17, 2-4pm

Is it really true that students write less well today than they did in the past? Is the rise of the internet and social media the source? Do students spend all of their time on Facebook, playing games, or shopping online? In this series we will try to answer these and other questions.

Advance registration is required to attend this series. Please call the Center at 510-642-5461 or email ucbrc@berkeley.edu to register.

Your Life, Your Future: Later Life Planning

May has been celebrated as Older Americans Month in the US since 1963. To celebrate, the Retirement Center is offering a free series on Later Life Planning over four consecutive Thursday afternoons. The series addresses the heartfelt concerns of retirees to plan wisely and well for themselves and others. Experts will offer advice, instruction, information and resources. Workshop topics are:

**Caregiving 101: Take Care of Yourself/
Take Care of Others, May 2**

End of Life Issues, May 9

Estate Planning, May 16

Living Arrangements, May 23

Advance registration is required; contact the Center at 510-642-5461 or ucbrc@berkeley.edu to register. Location will be provided with registration confirmation.

Center Caregiver Support Group

Caregivers need not be alone in their journeys. The Center continues to offer a retiree caregiver support group. Contact the Center at 510-642-5461 or ucbrc@berkeley.edu for information.

Fidelity's New Guidance Consultant Service

In addition to Fidelity's drop-in session at the Center on April 25, check out Fidelity's new Guidance Consultant service to help you make the most of your Retirement Savings by reviewing your retirement accounts and your other financial goals.

To schedule a one-on-one consultation at the Retirement Center, call 510-642-5461, or for another location call 1-800-558-9182 or go online to <http://ucfocusonyourfuture.com>.

Volunteer Opportunities

UC Berkeley Clinical Research Center

The UC Berkeley Optometry Clinical Research Center offers many opportunities to participate in paid research studies. If you're interested in participating, please call 510-643-9252 to complete a brief questionnaire to determine your eligibility or visit us at <http://optometry.berkeley.edu/crc>.

UC Botanical Garden at Berkeley

The Garden Shop needs volunteers to deliver friendly customer service, provide information, and transact sales. Volunteers should be able to work a minimum of two, three-hour shifts per month and commit to one year of volunteering. Garden docents create memorable and exciting learning experiences for visitors. For more information or to apply for these opportunities, please contact Grace Pegan Weltner, 510-643-1924 or gracew@berkeley.edu.

Parking for Center Sponsored Programs and Events

Retirees may purchase "C" campus daily parking permits from the Retirement Center for \$5 each in order to attend our events. Purchase 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. You may also order by mail by sending a check or money order to the Center at least two weeks before the program. Include \$2 per mail order for postage and handling.

You are welcome in our offices located at 1925 Walnut Street in Berkeley. Be well.

*Patrick Cullinane, MS, Director
UCB Retirement Center
pcullinane@berkeley.edu*

Directions to H^s Lordships

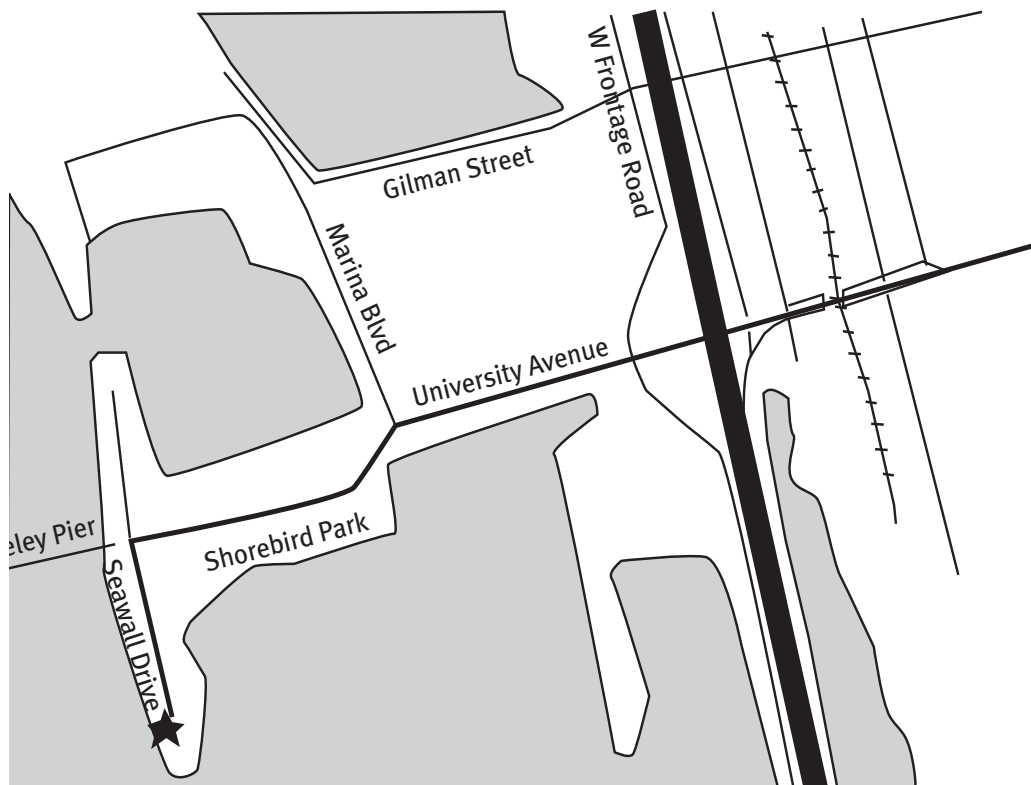
From the East Bay Oakland, Hayward using 580 West towards San Francisco. Proceed to I-80 East towards Sacramento. Take the Emeryville Powell St. exit. Turn left and go under the freeway overpass. Make an immediate right onto Frontage Rd., following the road until you get to University Ave., and turn left onto University. Stay in the left lane. At Marina Blvd. stop sign, stay left and go to the end. (Berkeley Pier will be in front of you.) Turn left on Seawall Dr. and go to the end of the road.

From the East Bay Oakland Using Highway 880 North take Highway 880 North to I-80 towards Sacramento. Exit at University Ave. and proceed on University. At the third light, make a U turn and head back toward the water. Stay on your left until you get to Marina Blvd. and go to the end (Berkeley Pier will be in front of you). Turn left on Seawall Dr. and go to the end of the road.

From the North Bay (Richmond, Hercules, Vallejo) Take I-80 West to Berkeley. Exit at University Ave. Follow Loop West to University Ave. Turn left onto University Ave. Stay in left lane. At Marina Blvd. stop sign, stay left and go to the end. (Berkeley Pier will be in front of you.) Turn left on Seawall Dr. and go to the end of the road.

From San Francisco Take Highway 101 North to I-80 across the Bay Bridge. Take the Emeryville Powell St. exit. Turn left and go under the freeway overpass. Make an immediate right onto Frontage Rd. Proceed on Frontage Rd. until you get to University Ave. and turn left onto University. Stay in left lane. At Marina Blvd. stop sign, stay left and go to the end. (Berkeley Pier will be in front of you.) Turn left on Seawall Dr. and go to the end of the road.

Free and Ample Parking H^s Lordships Restaurant, 199 Seawall Drive, Berkeley, CA 94710, 510-843-2733.



President's and Regents' Retiree Association

Spring Luncheon

Thursday, April 18, 2013

H^s Lordships, Berkeley

A map and directions are enclosed, but you probably won't need them. Just go to the end of University Avenue and at the Bay, turn left and proceed to the end (199 Seawall Drive). Plenty of free parking. Please be sure your car is locked and that no valuables are visible. We haven't had any reports of problems from our members, but it's a good idea to take this simple precaution.

What's the Matter with Congress?



Frazzled by the fiscal cliff? Sick of the sequester? Dreading another debt ceiling debacle? There have been a few hints lately that a thaw in Washington's political wars may be underway, so join us for an expert's perspective when former New York Times Congressional correspondent Susan Rasky explains what's going on in the nation's capital.

Ms. Rasky, now Senior Lecturer at the UC Berkeley School of Journalism, has reported on economic policy for the Bureau of National Affairs, Inc., and for Reuters from Capitol Hill and the White House. She has been a writer and contributing editor for the California Journal and a political commentator for the *Los Angeles Times*, *Sacramento Bee*, and NPR.

* * *

A no-host social hour will start at 11:30 a.m.; a buffet lunch will be served at 12:00. The cost is \$29 per person. Please make your check out to PARRA and return it in the enclosed envelope with your name and the names of any guests by **Monday, April 8.**

If you have any questions, please call Nancy Nakayama at 510-524-2358 or Pat Pelfrey at 510-528-4490.



- Yes, I will attend the luncheon. Enclosed is my check in the amount of \$ _____ (\$29 per person)
- In addition, enclosed is my voluntary contribution of \$ _____ (\$10 per year suggested)
- I cannot attend the luncheon, but enclosed is my voluntary contribution of \$ _____ (\$10 per year suggested)

Name _____

Name of Guest(s) _____

Email Address _____

Make checks payable to PARRA and return with this form to:

PARRA c/o Nancy Nakayama
8724 Don Carol Drive, El Cerrito, CA 94530-2735

PARRA

An association for all UCOP retirees



Photo: Jeanne Gardner

The President's and Regents' Retiree Association – PARRA – is the official retirement organization for former employees of:

- **Office of the President**
- **Office of the Treasurer**
- **Office of General Counsel**
- **Secretary and Chief of Staff to The Regents**

You are automatically a member!

Retirement is all about following your curiosity, your creativity, and whatever long-postponed interests you are at last free to pursue. But there are some things about your connection to the University of California that you don't want to leave behind.

PARRA serves its members and UC by furthering these goals:

- To inform and assist members regarding the benefits available to them
- To encourage a sense of connection with each other and with the University, especially the Office of the President
- To promote the interests of retirees with UC and the State government
- To join others in the UC community—particularly the retiree associations—in contributing to the welfare of UC.



Photos: Jeanne Gardner

PARRA is dedicated to the idea that in retirement we still share a bond with each other and with UC. To keep connected you can:

Attend our spring and fall luncheons to give you the chance to visit with old friends and colleagues and hear from leaders in all walks of life. Guest speakers have included:

- Regent Russ Gould
- Cal Performances Director Matias Tarnopolsky
- UCSF brain expert Michael Merzenich
- Former California Supreme Court Associate Justice Cruz Reynoso

Read our twice-yearly newsletter, the *Network News*, which shares information of interest to you as a UC retiree.

Take advantage of services provided by the UC Berkeley Retirement Center, including: e-mail accounts, library cards, tours, social events, and an outstanding lecture series called Learning in Retirement.

For more information:

- Visit our website at <http://thecenter.berkeley.edu/parra.shtml>
- Sign up for our e-mail list at parra4uc@gmail.com to receive timely information about your benefits and PARRA-sponsored events.

Dues (\$10 a year) are voluntary.

Welcome to PARRA! You'll be hearing from us and we look forward to seeing you at one of our luncheons soon.

