



The CenterPiece

UC Berkeley Retirement Center

Volume 3, Number 3

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.

Center Launches Learning in Retirement Program

UC Berkeley's Retirement Center is inaugurating a new learning program for Emeriti, Staff Retirees, and their partners. We are offering three courses for the Fall Semester: "Biological Aspects of Aging," "The Pasts and Futures of the University of California," and "How We Elect Presidents." Each course will consist of four or five two-hour afternoon sessions, with lectures and ample opportunity for discussion. Readings in each course may be recommended by individual instructors.

We view these courses as an experiment, testing whether retired members of the Berkeley community are interested in such courses on diverse topics. We will later ask participants to help us assess the strengths and weaknesses of the courses by judging their substantive content, as well as such matters as format and scheduling. If these pilot courses prove successful, we plan to expand the program with offerings in the various natural and social sciences, humanities, and professions.

Due to the exploratory nature of this enterprise, there will be no fees for these three courses. See page 5 for a full class schedule.

Please note: The Berkeley Campus Retirement Center Community now numbers approximately 9,000 persons — Emeriti, Staff Retirees, their partners and survivors, and counterparts from the Office of the President. Because this is the natural constituency of the Retirement Center, we are restricting initial course offerings to this group.

Redesigning Retirement: A Public Conference

Mark your calendars and register now for the Redesigning Retirement conference sponsored by the Retirement Center and the Academic Geriatric Resource Program. The conference, to be held in Berkeley on Saturday, October 7, 2000, is designed to explore the evolving definition of retirement in today's world.

Acclaimed speakers will provide insight into the changing nature of retirement and lead **dynamic, interactive workshops** on technology, redefining work, community involvement, vital aging and new connections for the older brain.

Community experts in health and long-term care insurance, housing, caregiving, legal and estate planning and social security will address these basic building blocks of retirement at "**Ask the Experts**" roundtable discussions.

At the **Community Resource Tables** you will find resources to take home about community agencies, services, activities, volunteerism and work opportunities.

In addition, you'll have time to reconnect with former colleagues and meet new friends to discuss common issues and explore new interests.

See page 7 for a list of workshops and registration. For a full brochure, call or email the Center. A text version of the brochure is available at: <http://thecenter.berkeley.edu>.

UC Berkeley Retirement Center

2 Boalt Hall #7200 Berkeley, CA 94720-7200

Tel: (510) 642-5461 Fax: (510) 643-1460

Email: ucbrc@uclink.berkeley.edu

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 Center.

Free Hours at the Berkeley Art Museum

Enjoy the Berkeley Art Museum for free on Thursdays, Noon to 5 pm, by showing your retiree ID. (Free docent-led tour and discussion of the *Amazons in the Drawing Room: The Art of Romaine Brooks* exhibit for retirees, their families and friends, p. 4).

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.

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.*)

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.

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.

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 pm, or Saturday – Sunday from 10 am – 2 pm.

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

Chorus Repertory Theater *Uttar-Priyadarshi*

Saturday	October 7	8 pm
Sunday	October 8	3 pm
Zellerbach Hall	\$24, \$36, \$46	

Chorus Repertory Theater was established in a remote region of India in 1976 by influential theater artist Ratan Thiyam.

Deborah Voigt, *soprano*

Sunday	October 15	3 pm
Zellerbach Hall	\$28, \$38, \$48	

The preeminent dramatic soprano of her generation.

Hamza El Din

Saturday	October 21	8 pm
Zellerbach Hall	\$16, \$20, \$28	

The father of modern Nubian music, El Din has devoted more than 30 years to the musical traditions of his homeland.

Julio Bocca & Ballet Argentino

Tues & Wed	October 24 & 25	8 pm
Zellerbach Hall	\$20, \$30, \$42	

The acclaimed young ensemble of dancers Bocca founded in 1990 come to Zellerbach Hall for their Bay Area debut.

The Academy of Ancient Music

Andrew Manze, *violin and director*

Thursday	November 16	8 pm
Zellerbach Hall	\$20, \$30, \$42	

Andrew Manze is "baroque" in the most descriptive sense of the word, playing with a flamboyant, blinding virtuosity and adventurous sense of style.

Klezmer Mania!

Saturday	November 25	2 pm & 8 pm
Zellerbach Hall	\$20, \$26, \$28	

The Bay Area's favorite festival of Yiddish theater, music, humor, and mishegas, returns to Zellerbach Hall for its 11th annual celebration of Jewish culture.

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.

ART MUSEUM TOUR

Amazons in the Drawing Room: The Art of Romaine Brooks

Wednesday November 1 1:30 pm



Romaine Brooks (1874-1970) was an American born to wealthy parents in Rome. She spent virtually her entire life in Europe, mostly in Paris, but at various crucial points also in England and Italy, where she received her early training and arrived at her mature style. She moved in many elite social and intellectual circles, including those

composed of American expatriates, European aristocrats, artists, and homosexuals.

This is the first large-scale American exhibition of her work since the 1970 retrospective exhibition at the National Museum of American Art in Washington, D.C., and the first to bring several lesser-known works from private and public collections in Europe together with the extensive holdings of the NMAA. Along with paintings, this comprehensive exhibition also will present drawings and rarely seen photographs, sketchbooks, and collateral materials. Taken together, these various aspects of Brooks' work provide an opportunity for a new assessment of her art in the light of its place within the culture of early twentieth-century Europe, as well as its connection to ideas about identity, class, and sexuality. As these issues are of great import to contemporary artists' concerns, a fuller understanding of Brooks' contribution is especially timely.

MINIMUM DISTRIBUTIONS An Informational Session



Some of you have expressed interest in a session that explains the minimum distribution requirements for participants in the Tax-deferred 403(b) Plan (the 403(b) Plan), the Defined Contribution Plan (the DC Plan) and the University of California Retirement Plan.

Please call the Center to add your name to our interest list for this program to be given by Adrian Harris, Vice Chancellor of Planning Emeritus, UCLA.

MEDICARE TALK



Medicare and Your UC Health Benefits

Tuesday September 19 10 am–Noon

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 2-day class.*)

Space is limited to 18 participants

Monday	November 6	9 am–Noon
Tuesday	November 7	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	November 8	9 am–Noon
Thursday	November 9	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, Fall 2000. Although courses are free, pre-registration is required (see below).

The Pasts and Futures of the University of California

Tuesdays, October 3–31, 2000, 2 pm–4 pm

- Oct 3 Professor Emeritus Sheldon Rothblatt, “The History of the University of California in the Context of American Higher Education”
- Oct 10 UC President Emeritus David Gardner, “Thoughts on the Development of the University of California”
- Oct 17 UC President Emeritus Clark Kerr, “The 60s at the University of California as I Saw Them”
- Oct 24 Vice-Chancellor Emeritus Roderic Park, “UC Merced: A University Start-up in the 21st Century”
- Oct 31 Professor Emeritus Martin Trow, “Reflections on the Role of Information Technology on Higher Education”

Biological Aspects of Aging

Wednesdays, October 4–October 25, 2000, 1:30 pm–3:30 pm

- Oct 4 Professor Bruce Ames, “Prevention of Cancer and Delay of Aging”
- Oct 11 Professor Arthur Shimamura, “Aging, Memory and the Brain”
- Oct 18 Professor Emerita Paola Timiras, “Hormone Therapy: Miracle or Threat”
- Oct 25 Professor George Brooks, “Exercise and the Aging Process”

How We Elect Presidents

Thursdays, October 19–November 9, 2 pm–4 pm

Professor Emeritus Austin Ranney will offer four sessions:

- Oct 19 “The Electoral College”
- Oct 26 “The Current Presidential Campaigns”
- Nov 2 “The Current Congressional Campaigns and Their Relations to the Presidential Election”
- Nov 9 “What Happened and Why?” (Post election)

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 partners only.

OnCampus

New Vice Provost Named

Jan de Vries has been named the Vice Provost for Academic Affairs and Faculty Welfare. This is of import to the Center as he will represent the Chancellor's Office on the Retirement Center's Policy Board.

de Vries will be responsible for all aspects of the academic personnel process for UC Berkeley's 2,500 faculty members. He also will provide leadership in academic affirmative action and will oversee the offices of Academic Compliance and Faculty Equity Assistance.

A UC Berkeley faculty member since 1973, de Vries, 56, is the Sidney Hellman Ehrman Professor of European History and a professor of economics. He served as interim dean of the social sciences in 1999 and was chairman of the history department from 1987–91. He was recently awarded the A.H. Heineken Prize for History and has published widely on European and Dutch economic history.

Rent a Room for Income or Work Exchange through Cal Rentals

Do you have a spare room? Retirees looking for extra income or a pair of helping hands might consider advertising with the University's rental housing office, Cal Rentals. Students and visiting scholars are often eager to rent rooms, particularly if they are located near campus. Work exchanges involve offering a room for free in exchange for household chores.

It's *free* to advertise your listing with Cal Rentals. For further information or to advertise a listing call (510) 642-3644 or visit their website at: <http://calrentals.berkeley.edu>.

Also, are you looking for housing? Cal Rentals offers its Faculty and Staff services to retirees. Proof of retirement from UC is required. There is a moderate fee to use this service. For more information, call (510) 642-0706.

50+ Activities with CalFIT

Walking for Fitness & Fun: A regular walking program can boost your mental, emotional and physical health. Join us on these lovely walks of the Skyline National Trail section. Get tips on how to make your walks true workouts while keeping them interesting and fun. Walks will be held on Fridays, October 6 and November 3, from 9 am–11:30 am at a cost of only \$5 for Cal affiliates. Call Susanne McQuade at (510) 643-8032 for information.

Backpacking Basics Seminar: This 2-hour in-the-classroom seminar will introduce you to the essentials of backpacking, including equipment, clothing, food, and logistical considerations for planning your own trips. Meets at 7 pm at the Cal Adventures office. Cost \$15. Call (510) 642-4000 to register, get directions, and get a brochure of their many backpacking/hiking trips.

Other activities CalFIT recommends for those 50+ include: Ballroom dancing, Build a Healthy Back, Line Dancing, Qi Gong, Strength Training, and Water Exercise. Call Susanne McQuade, CalFIT Coordinator at (510) 643-8032 for further information.

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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Redesigning Retirement: A One-Day Public Conference

Saturday, October 7, 2000

Join us for a unique one-day conference, Redesigning Retirement, to be held in Berkeley on Saturday, October 7, from 9:30 am to 4:30 pm. This conference will explore emerging opportunities for today's retirees through informative workshops and roundtable discussions. Distinguished speakers from leading academic and community-based aging organizations will participate in a panel discussion and lead workshops. For a full brochure, call the Center.

Featured Speakers

Helen Dennis is a nationally recognized expert on aging, employment and retirement, and Lecturer, Andrus Gerontology Center, University of Southern California.

Marian Diamond, Professor of Anatomy at UC Berkeley, is an internationally renowned expert on the aging brain.

Roy Earnest is Co-Producer of Surfing for Life and Director, Family Service Agency of San Francisco's Foster Grandparent/Senior Companion Program.

Marc Freedman is the president of Civic Ventures, a national nonprofit organization exploring the "aging opportunity".

Mary Furlong, Founder and Chair, ThirdAge Media, is an expert in the field of high technology and aging.

Cynthia Gorney is a Professor of Journalism at UC Berkeley, and former Reporter and South American Bureau Chief for the Washington Post.

Fernando Torres-Gil is Professor and Associate Dean, School of Public Policy and Social Research, UCLA and former U.S. Assistant Secretary of Aging.

Nina Wise is Executive Director of Motion, a performing arts company.

Workshops

Five workshops will be offered in the morning session, and repeated during the afternoon session. Each participant may attend two (2) workshops:

Blueprint for Community Involvement: Older adults have a lifetime of experience to offer their communities. Learn about innovative efforts around the country and how you can continue to contribute to your community.

Navigating the Technological Landscape: New technologies are changing how people experience retirement. Find out how to make the most of technological advances.

Surfing for Life: View the acclaimed documentary about healthy aging from the unique perspective of men and women surfers in their 60s, 70s, 80s and 90s, and discuss the keys to healthy aging that are portrayed in the film.

Redefining Work in Retirement: The most defining element in the "new retirement" is the option of work. This workshop will help you evaluate your position, find your vision and opportunities in this new, exciting period of life.

Older Brains, New Connections: This workshop will focus on the benefits of enriched environmental influences on the brain and the importance of stimulating experiences for our brains in health and disease.

Registration Form

Cost: \$25 Includes all conference activities and materials, lunch, refreshments, reception and participation in two (2) of the workshops described above.

Registration: Send check or money order (payable to UC Regents) with this form to UCB Retirement Center 2 Boalt Hall #7200 Berkeley, CA 94720 by September 22, 2000. All efforts will be made to accommodate persons with disabilities. If you need special accommodations, please call the Retirement Center.

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Lunch: If you prefer a vegetarian lunch, please check this box

Please select two (2) workshops:

- Navigating the Technological Landscape
- Blueprint for Community Involvement
- Surfing for Life
- Redefining Work in Retirement
- Older Brains, New Connections

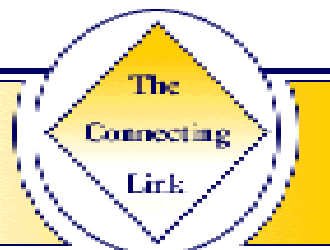
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See the Center on the Internet!
<http://thecenter.berkeley.edu>

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.