



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.

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CENTER HOURS

Monday—Friday:
8:30am—4:30pm
Walk-in hours: 1—4pm
Closed: Noon—1pm



the CenterPiece

UC BERKELEY RETIREMENT CENTER NEWSLETTER

What's News

This fall brings change at the Center and on the campus. Of particular note is the appointment of UC Berkeley's ninth chancellor, Robert J. Birgeneau (p.7).

After a seven-year tenure at the helm, Robert M. Berdahl has stepped down, but will return to the Berkeley faculty after a one-year sabbatical. The Policy Board and staff of the Center would like to recognize and thank Chancellor Berdahl for his commitment to establishing the Retirement Center as a permanent unit on the campus. His support has enabled us to develop from a pilot program to a well-defined, integral component of the Cal Community. In addition to its role on campus, the Center has been able to assume a leadership position in creating an association dedicated to establishing such programs at colleges and universities internationally.

In this edition of *The CenterPiece*, the *Cal Connection* section highlights the continued discounts and privileges afforded to retired faculty, staff and surviving spouse beneficiaries and arranged by the Center in conjunction with campus programs and services (pp.2-3). Please call or email the Center if you have suggestions for additional benefits.

Center-Sponsored Events announces the fifth year of **Learning in Retirement**, with four courses of diverse interest on nuclear science, how we pick our presidents, the Mark Twain papers, and how emotions work, develop and improve us (pp.5-6). Other Center offerings include a full array of computer classes, a free docent-led tour of the current Berkeley Art Museum exhibit on Byron Kim, **open enrollment workshops** and a class on how the UC health plans work

with Medicare. In addition, along with the Center for Research and Education in Aging (CREA) we are co-sponsoring an all-day symposium called *Enabling Technology for the Aging Population: From the Lab to the Home* (p.6).

Finally, we are pleased to announce that after a two-year trial program, the Lawrence Berkeley National Laboratory (LBNL) has signed a two-year contract with the Center to serve their retirees. We welcome their continued participation, which brings to 8,600 the number of retired faculty, staff and surviving beneficiaries served by the center.

Tribute to Ronni Gravitz

With great sadness, we report the passing of Center staff member Ronni Gravitz who died of complications from breast cancer at the age of 59. Her 40-year history with Cal began as an undergraduate in 1963 and culminated with the presentation of the Berkeley Citation, honoring her exemplary service to Cal.

Ronni came to the Retirement Center through the staff internship program in 2001. She defined the Center's then nascent Pre-Retirement Planning Program (PRP) and forged an Internet-based system for connecting hiring managers to retirees interested in part-time temporary work assignments on campus. Ronni had an amazing ability to create and nurture community wherever she went; the connections she fostered and programs she started will long endure.

In her memory, an internship on aging has been set up to support the work of an undergraduate or graduate student at the Center. Donations, made out to the Gravitz Memorial Internship on Aging, can be sent to the Center.



UC Press Discount

University of California Press is pleased to offer you a 15% discount on all books. With more than 180 new books published each year in the humanities, social sciences and natural sciences, the Press offers something for everyone's reading list.

A code, which you can get from the Retirement Center, is required to receive the discount. The code can then be used for phone orders when you call the fulfillment service at 800.777.4726 or for Internet orders. (Type the code in "comments.")

ID Cards

To take advantage of the special Cal Connection 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 card, come by the Center between 1pm and 4pm daily or call the Center to order by mail.

Library Cards

Obtain a free campus library card good for use at all UC Berkeley libraries. Call the Center for details.

UC Botanical Garden

With your retiree ID card, you are eligible for free admission to UC Botanical Gardens. Established in 1890, the Garden's 34 acres contain over 12,000 different kinds of plants. The Garden is open 9am- 5pm year round. From Memorial Day to Labor Day, summer hours are extended until 8pm, Wednesday through Sunday.

Chronicle of the University of California

The *Chronicle of the University of California* is devoted to the preservation of the University's past and the promotion of research in University history. The Chronicle offers you a 15% discount off the price of a single issue (normally \$20) or 15% off any two-issue subscription (normally \$36). Call the Center to subscribe.

Berkeley Art Museum

Enjoy free admission to the Berkeley Art Museum by showing your retiree ID. The museum is open 11am-5pm, Wednesday - Sunday, 11am-7pm, Thursday. A free docent-led tour and discussion of the exhibit *Threshold: Byron Kim 1990-2004* is available for retirees, their families and guests (p.5).

Cal Rentals

You can now use Cal's housing counseling and rental listing service. Some services have a small fee. For more information, call 510.642.0706 or visit: <http://calrentals.housing.berkeley.edu>

Pacific Film Archive

The Pacific Film Archive (PFA) offers you a reduced admission rate of \$5.00. (The senior rate drops to \$4.50 for those age 65 and over.)

Night and Weekend Parking Coupons

Purchase a book of ten parking coupons for night and weekend parking for only \$40.00. Coupons are good in most campus lots.

To purchase by mail, please send a check for \$41.50 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 1pm and 4pm. Note: Coupons are not valid in UC public lots for sporting or special events. If you have expired coupons from 2003-2004, exchange them by September 24.

Discounted Parking for Center Programs

When attending a Center-sponsored event, you are eligible for parking at \$4.00 in any non-reserved parking space on campus. *You must call the Center at least two days prior to the day of the event to reserve your parking pass.*

Cal Rec Club

Join the Cal Rec Club at a significant savings. Membership includes free morning aerobics and discounts on other programs. Call the Center for a brochure.

20/20 Vision Plan at University Eye Center

You and your designated beneficiary are eligible for this plan. Benefits include a comprehensive examination for a maximum out-of-pocket cost of \$49.00*, a discount on other vision services, a discount on ophthalmic materials (such as spectacles, contact lenses, or low vision devices), a complimentary "Cal" glasses case when spectacles are dispensed, free parking, and a free shuttle ride to the Eye Center. For information or to make an appointment, call the UCB Eye Center at 510.642.2020. Be sure to identify yourself as a 20/20 Vision Plan member.

*Where applicable, insurance will be billed first.



Cal Performances

Enjoy select Cal Performances events at 15% off regular ticket prices (limit two). To order tickets, call the Cal Performances ticket office at 510.642.9988. For more information visit www.calperfs.berkeley.edu. The Retirement Center discount cannot be combined with other discounts. All sales are final. *Note: discount is not available for on-line purchases or for performances not listed below.*

Enjoy the following events at a 15% discount off the prices listed below. All events are at Zellerbach Hall.

Virsky Ukrainian National Dance Company \$24, \$36, \$48

Sunday September 19 3pm

Chava Alberstein \$22, \$28, \$38

Saturday October 16 8pm

Gods, Goddesses & Ancestors: Music, Dance & Rituals from Kerala, India \$22, \$30, \$42

Sunday October 17 7pm

The Whirling Dervishes of Damascus & Sheikh Hamza Shakkûr and Ensemble al-Kindi \$22, \$30, \$42

Wednesday November 17 8pm

Internet and Email Access through Cal Retirement Center Network (CRCN)

Subscribe to the Retirement Center's email and Internet access service for just \$13.00 per month, plus a one-time \$10.00 set-up fee. Cost includes software, unlimited



CalMail

Internet access, an email account and access to your email through a web browser. Call or email the Center for details.

In order **not to incur** toll charges, check with your local phone company to ensure that calling the campus from your home is a local call.

Affordable Computer Equipment at The Scholar's Workstation (TSW)



Purchase hardware and software at low educational prices at the campus computer retail outlet. You can also place credit card orders online, where you have the option to pickup your order at TSW or have it delivered to your home using your CalNet ID and passphrase. CRCN members (see column 1 - this page) and emeriti can call the Center for their CalNet ID. All other retirees should select the "Ship Order Using Fax Authorization" option during the online check-out process.

The Scholar's Workstation is located on the ground floor of University Hall in Room 41. It is open Monday - Thursday 9am-4pm, and 9 am-noon on Fridays. Visit their web site by going to www.tsw.berkeley.edu.

Long-Term Care Insurance Counseling

Before purchasing a long-term care insurance policy, it is important to know all the issues you must consider. The Center has arranged for free, one-on-one sessions with a community expert from the Health Insurance Counseling and Advocacy Program (HICAP). This is a state-funded program that provides unbiased professional assistance to insurance consumers. To make a confidential appointment, please call the Center.

Health Care Facilitator

Receive confidential one-on-one assistance regarding problems with or questions about your health plan. This service is provided by a location-specific Health Care Facilitator (HCF). Call the Center to get the phone number of your HCF.

Wellness Bargains

The *UC Berkeley Wellness Letter* offers new subscribers a discounted rate of \$15.00 (regularly \$28.00) on the first year of a subscription. For a free pamphlet entitled "Wellness Made Easy: 365 Tips for Better Health," a free sample copy of the *Wellness Letter*, or to subscribe, contact the Center.



Center Sponsored Programs and Events

LEARNING IN RETIREMENT

Fusion & Fission: Hopes and Fears of Military, Civilian, and Biomedical Applications of Nuclear Science

Organized by Professor Emeritus Didier de Fontaine, Department of Materials Science and Engineering

We citizens are sometimes required to make decisions concerning uses of nuclear energy, yet we and most political leaders have only fuzzy notions concerning the governing principles of nuclear science. This course aims to clarify those basic principles of nuclear physics that, we believe, informed citizens wish to understand. We will then explore some potential applications of these scientific principles, focusing, in turn, on the most devastating use of nuclear energy, on satisfying an increasingly energy-hungry world, and on the gentler bio-medical uses of radiation.

Thursdays 2pm-4pm

September 30	Professor Luciano Moretto: "Basic Principles of Nuclear Physics"
October 7	Professor Raymond Jeanloz: "Nuclear Warfare in the 21st Century"
October 14	Professor William Kastenbergl: "Prospects for Nuclear Energy-Generation"
October 21	Professor Jasmina Vujic: "Biomedical Applications of Radiation"

How We Pick Our Presidents

Organized and presented by Professor Emeritus Austin Ranney, Department of Political Science

The course describes and analyzes the singular American Electoral College system with special attention to the occasions in which it has not worked and other methods had to be used, including the election of 2000. It will also consider the prospects for the election of 2004 and an analysis of the outcome.

Mondays 2pm-4pm

October 18	"The Origins, Rationale, and Evolution of the Electoral College"
October 25	"System Breakdowns"
November 1	"Prospects for 2004"
November 8	"What Happened in 2004 and Why"

The Mark Twain Papers

Organized by Professor and Vice Chancellor Emeritus M. Watson Laetsch, Dept. of Plant and Microbial Biology

The course is intended to provide an overview of Mark Twain's career, punctuated by discussions of important aspects of that career, all told from the viewpoint of scholars who have been editing his private papers and published works for the last 30 years. The expertise of the speakers is grounded in their intimate knowledge of the surviving documentation. Students should come away with a coherent but thoroughly grounded idea of how Mark Twain grew and developed his skills throughout a long career. We expect students to acquire an appreciation of his skills as a writer of personal letters, deeper insight into how he composed his masterpiece, *Huckleberry Finn*, and a clear understanding of his unique contribution to American literature. There are no reading assignments for this course, but a free copy of *Huckleberry Finn* will be distributed to each course registrant.

Mondays 2pm-4pm

November 15	General Editor and Curator Robert H. Hirst: "Mark Twain Becomes a Writer: From Hannibal to San Francisco"
November 22	Associate Editor Michael B. Frank: "Mark Twain: You Have New Mail"
November 29	Associate Editor Victor Fischer: "'He Told the Truth—Mainly': Mark Twain and Huck Finn"
December 6	General Editor and Curator Robert H. Hirst: "From Huck Finn to 'No. 44, The Mysterious Stranger,'" "



Center Sponsored Programs and Events

LEARNING IN RETIREMENT

Emotions: How They Work, Develop, and Improve Us

Organized by Adjunct Professor Emerita Ravenna Helson, Department of Psychology and the Institute for Personality and Social Research

Our understanding of emotion has deepened and expanded dramatically in recent decades. Three professors of psychology will discuss major aspects of current knowledge. Professor Robert W. Levenson will treat the coordination of facial, subjective, and physiological aspects of emotion, describing how these are involved in emotional activation, regulation, and empathy. He will show some of the ways in which emotions are influenced by culture and disease, and the superior emotional skills of older people. Professor Joseph J. Campos will treat relational aspects of early emotional development, showing how an infant's emotional expressions powerfully affect caregivers and vice versa, the alternative ways that infants have to register and show emotion (e.g., blind infants) and major changes that take place in infancy and early childhood as joy, anger, fear, attachment, shame, pride, guilt and jealousy develop. Professor Dacher Keltner will discuss older ideas and recent arguments about the biological foundations of the benevolent emotions (compassion, gratitude, awe and love). He will then report evidence on the biological basis of love and compassion, the role of touch in emotion, and how benevolent emotions shift our cognition from self-interest to the welfare of others.

Thursdays 2pm-4pm

December 2 Professor Robert W. Levenson: "10 Things You Might Want to Know About Emotion"

December 9 Professor Joseph J. Campos: "How Emotions Emerge and Why That is Important"

December 16 Professor Dacher Keltner: "Evolution's Soul"

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: Partners and spouses of emeriti and retirees are welcome.

COMPUTER CLASSES

These courses are tailored for you. A \$10.00 per session fee includes instruction and materials.

Parking can be arranged for \$4.00 per day. Call the Center for reservations or if you have any questions.

Class space is limited to 18 participants.

Computer Basics (This is a two-session class.)

Tuesday October 5 9am-Noon

Wednesday October 6 9am-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.

Advanced Basics (This is a two-session class.)

Tuesday October 12 9am-Noon

Wednesday October 13 9am-Noon

Have you ever saved a file only to realize you couldn't find it later? Ever wanted to go beyond basic letter writing? This class offers instruction on how to navigate your computer and how to use programs such as Microsoft Word and Microsoft Excel. (Includes use of My Computer, Windows Explorer, menus and icons.)

Prerequisite: Completion of Computer Basics or equivalent experience.

World-Wide Web: The Internet Starter Course

Tuesday October 26 9am-Noon

Finding long-lost friends, researching the best price on airline tickets, purchasing books, and even academic research can now be done from the comfort of your home, or anywhere there is an Internet connection. This class covers Internet basics, including how to use browsers and search engines.

World-Wide Web II: The Next Steps

Wednesday October 27 9am-Noon

This new class is designed to help you take the next steps in using the Internet. Topics covered include researching, shopping, downloading and more. It also provides in-depth coverage of viruses and security issues. *Prerequisite: Completion of The Internet Starter Course.*



Center Sponsored Programs and Events

WORKSHOPS, TOURS AND CONFERENCES

Medicare and Your UC Health Benefits

Tuesday September 21 9am-10:30am

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 and identify issues to consider when selecting a plan. It will also detail what steps you will need to take with UC, Medicare and your health plan to complete your enrollment successfully.

Berkeley Art Museum Tour

Threshold: Byron Kim 1990 – 2004

Thursday October 7 12:15pm

Join us for a free docent-led tour of the exhibit **Threshold: Byron Kim 1990 – 2004**. Byron Kim is one of the most important American artists who came of age in the early 1990s. For the past decade he has maintained a steadfast commitment to exploring the potential content of abstract painting, drawing on post-war traditions of monochrome painting exemplified by Ad Reinhardt's black paintings and Brice Marden's waxy fields of color, as well as by Mark Rothko and other New York School painters of the abstract sublime. **Threshold**, guest curated by Eugenie Tsai, is the first solo museum exhibition of Kim's work, and offers an overview of the artist's career focusing especially on his significant body of easel paintings.

Enabling Technology for the Aging Population: From the Lab to the Home

The Center for Research and Education in Aging (CREA) and the Retirement Center invites the community to a free symposium on Saturday, October 30, 2004 from 9:45am to 5:00pm. UC Berkeley professors and other national experts will talk about the latest research as well as practical applications for such areas as: cell aging and longevity; stem cells, the role of physical activity in managing aging; information communication and technology to maintain independent living; early detection and everyday technologies for Alzheimer's; and imaging the intersection of aging and dementia. There will be time at the end of the day for questions and further discussion.

For a detailed program or to register, call the Center. Parking is very limited. The use of public transportation is highly recommended.

Open Enrollment Workshops

Monday November 15 9:00am-11am

Tuesday November 23 9:00am-11am

Open Enrollment (OE), held annually in the month of November, offers UC annuitants a chance to change medical plans. Although no major plan changes are expected, plan costs are expected to rise, and all active employees and annuitants are being asked to make health plan changes online at <http://atyourservice.ucop.edu> (November 1-30). To get the information that you need to make your OE decisions:

1) Carefully review the OE materials that you will receive by mail in late October or early November;

2) Visit <http://atyourservice.ucop.edu> for frequent updates;

3) Attend an OE information session co-sponsored by the Retirement Center and the Health Care Facilitator Program. Contact the Center to pre-register and request parking.

4) East Bay Annuitants can also attend the Annuitant OE Faire on November 16, from 8am-11am at the Holiday Inn, 1800 Powell Street, Emeryville. Representatives from the medical plans, as well as the Health Care Facilitator, will be available to answer your questions. (For OE locations in other areas, call the Center.)

WANT A PICTURE OF YOUR BRAIN?



*Seeking Healthy Volunteers
Age 55+, Native English
Speaking and Right-Handed For
Attention and Memory Studies*

Pays \$20/hour and transportation costs

**If you are interested, please call
Zalak Trivedi at 510.642.3004**



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Robert J. Birgeneau Appointed UC Berkeley Chancellor



Robert J. Birgeneau, an internationally distinguished physicist and current president of the University of Toronto, was appointed the ninth chancellor of the University of California, Berkeley, by the UC Board of Regents on July 27. He will assume the chancellorship from Robert Berdahl on September 22.

Birgeneau, 62, has served as president of the University of Toronto since 2000. He previously was dean of the School of Science at the Massachusetts Institute of Technology (MIT), where he spent 25 years on the faculty. He has been elected a foreign associate of the National Academy of Sciences, has received numerous awards for teaching and research, and is one of the most highly cited physicists in the world.

“Everything Bob Birgeneau has done has prepared him to be chancellor of UC Berkeley,” Dynes said. “He is a distinguished scientist of the highest academic caliber, known internationally as a leader in his field. He is a compassionate and courageous man who possesses a deep commitment to social equity and to the social responsibilities of a public university. He also is one of the mostly highly sought-after leaders in higher education today, and we are extremely proud to be bringing him to the University of California.”

“It is a tremendous honor to accept this appointment, and I am truly excited to be joining the UC Berkeley community,” Birgeneau said. “Berkeley is a remarkably innovative institution that continually sets new standards of excellence. I am eager to begin working with everyone in the Berkeley community—faculty, staff, students, alumni, and the broader community. Together, we will continue this university’s world-renowned tradition of producing cutting-edge research, creating new knowledge, and teaching and developing tomorrow’s leaders.”

A Toronto native and the first in his family to finish high school, Birgeneau received his B.Sc. in mathematics from the University of Toronto in 1963 and his Ph.D. in physics from Yale University in 1966. He served on the faculty of Yale for one year and then spent one year at Oxford University. He was a member of the technical staff at Bell Laboratories from 1968 to 1975 and then joined MIT as a professor of physics. He was named head of the physics department in 1988 and in 1991 was appointed dean of science. He became the 14th president of the University of Toronto on July 1, 2000. He and his wife, Mary Catherine, have four grown children.

A leader on gender issues within higher education, Birgeneau is well known for his commitment to diversity and equity in the academic community. Birgeneau will hold a faculty appointment in UC Berkeley’s Department of Physics in addition to serving as chancellor.

Additional information about Birgeneau is available on his current web site at <http://www.utoronto.ca/president/about.html>.

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*The
Connecting
Link*

the CenterPiece

FALL 2004

How to reach the Retirement Center:

The Retirement Center is located in 2 Boalt Hall. Boalt Hall is located on Bancroft Way, between Piedmont and College Avenues. Room 2 is on the ground floor, just off the Kroeber Plaza fountain area.

By BART:

Take BART to the Berkeley Station. After exiting the station, proceed to the bus stop in front of Scandinavian Designs. Catch a UCB Perimeter Shuttle to the intersection of Bancroft Way and College Ave. The shuttle costs 50 cents.

By AC Transit:

AC Transit bus lines 51, 52L, 604, and 605 stop at Bancroft Way and College Ave. Line 7 stops at Bancroft Way and Piedmont Ave. Bus lines 40, 40L, and 64 stop 3 blocks away at Telegraph Ave. and Bancroft Way. (Check with AC Transit for changes.)

By car:

Please call the Center for directions.