



The CenterPiece

UC Berkeley Retirement Center

Volume 2, Number 1

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.

What's New

The Center continues to move forward in establishing itself as an active avenue between retirees and the campus. We have been successful in creating new ways for you to remain connected to the campus and to take better advantage of its many programs and services. In this edition of *The CenterPiece*, you will see the return of some very popular programs such as computer classes and the free docent-led tour at the Berkeley Art Museum. You will also find some exciting new programs and services.

Using a grant from Cal's Academic Geriatric Resource Program, the Center and CalFIT have developed a class where retirees can explore several fitness options simultaneously (p. 4). We will also launch "Wise Choices for Midlife and Beyond," a support group for women (p. 5). Finally, Center Board Member Sheldon Messinger has been instrumental in the establishment of a program designed to assist retired and active UC staff and faculty with their health plan problems. This program will be tested at the Berkeley and Irvine campuses for one year (p. 6).

In our *Cal Connection* section, we announce three new services. We have made arrangements for discounted parking for those attending our programs. Evening and weekend parking at a discounted rate will soon be available for non-permit holding retirees. Next, retired staff and their surviving spouse beneficiaries are now eligible to purchase computer hardware and software at The Scholar's Workstation. In addition, we will soon launch the *Cal Retirement Center Network*. This service will allow retirees to purchase an Internet connection and an email account through UC Berkeley. Remember, you must have a valid Cal retiree ID or surviving spouse beneficiary card (p. 2) to take advantage of these programs.

Campaigns Launched to Fund Retirement Center

To ensure its future and provide for its continuing development, the UC Berkeley Retirement Center launched a \$2 Million Endowment Fund and an Annual Giving Campaign late last year. These funds will counter the uncertainty of state funding and allow us to have greater flexibility in the type and number of programs we can offer. Professor Emeritus Robert E. Connick is Chair of the Gifts Committee. If you would like more information on making a contribution, please call the Center.

Retirement Associations Open for Membership

Are you a member of the UC Berkeley Emeriti Association (UCBEA) or the UC Retirees' Association at Berkeley (UCRAB)? These organizations perform a critical advocacy function for retired faculty and staff. Each hosts luncheons featuring entertaining and educational speakers and publishes an informative newsletter on a quarterly basis. UCRAB also organizes occasional Bay Area trips and tours. For more information on how to become a member, call the Center. For information about the Office of the President Retirees' Association, call Keith Sexton at (510) 376-5194.

UC Berkeley Retirement Center

2 Boalt Hall #7200

Berkeley, CA 94720-7200

Tel: (510) 642-5461

Fax: (510) 643-1460

Email: ucbrc@uclink4.berkeley.edu

Center Hours

Monday-Friday: 8:30 am-4:30 pm

Closed: Noon-1 pm

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 ID showing that you are a retired staff or faculty member or the surviving spouse beneficiary of a retiree. Both of these cards are available at the Center Monday- Friday between 1 pm and 4 pm.

Cal Performances Offers 15% Discount

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

Peony Pavilion by Tang Xianzu

Sunday March 7, 3 pm
Zellerbach Hall, \$22/\$32/\$46

Sung, acted and danced in Chinese and English, and illuminated by video, digital samplers, synthesizers, and traditional Chinese instruments, Peony Pavilion is about the dreams of a young generation, death, devotion and love, ritual and resurrection.

Mark Morris Dance Group

Thursday, March 18, 8 pm.
Sunday, March 21, 3 pm
Zellerbach Hall, \$20/\$35/\$45

Merce Cunningham Dance Company

Friday, April 23, 8 pm
Zellerbach Hall, \$18/\$28/\$36

Jazz: Michael Brecker, saxophone

Saturday, May 1, 8 pm
Zellerbach Hall, \$15/\$20/\$26

Considered one of the leading tenor sax players in the world, and seven-time Grammy Award winner, Brecker was recently named Best Soloist of the Year (JazzLife) and Jazz Man of the Year (Swing Journal).

The Retirement Center discount is limited to two tickets per ID card and is not to be combined with any other discount. To order, call the Cal Performances Box Office at (510) 642-9988, Monday-Friday from 10 am to 5 pm, or Saturday and Sunday from 10 am to 2 pm. Be sure to identify yourself as a UC retiree.

For a free brochure describing these and other Cal Performances events in more detail, call the Center.

Library Cards

You are eligible for a free campus library card good for use at all UC Berkeley libraries.

Free Hours at the Berkeley Art Museum

Enjoy the Berkeley Art Museum for free on Thursdays, Noon to 5 pm. Just show your retiree ID. (Free docent-led tour of the current exhibition, 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.

Cal Athletics

Cal Intercollegiate Baseball and Softball Teams invite all retired faculty and staff to attend their games now through early May. Tickets are \$5, \$3 for those over age 65. Most games start at 1 pm or 2 pm and last about two and a half hours. Each team plays about 20 home games. For specific dates and times, call 1-800-GO BEARS or visit their web site at www.calbears.com.

The softball team plays at Levine-Fricke Field located in Strawberry Canyon above Memorial Stadium. Baseball hosts their home games at Evans Diamond located behind the Rec Sports Facility and old Harmon Gym. You may purchase your tickets at the game. Gates open one hour prior to the start of the game. GO BEARS!

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.

The Connection

The Retirement Center has arranged to extend these discounts and services to you.



Discounts on Parking

As we all know, parking poses a challenge to those of us who want to attend on-campus functions because the demand for spaces greatly exceeds the number available. To help make the campus more accessible to retirees, the Center is piloting a program with the Department of Parking and Transportation. Non-permit holding retirees who attend Center programs will be able to purchase discounted fee parking in some campus lots. In addition, discounted rates will be available for parking on nights, weekends and holiday periods. Please call the Center for more information.

Wellness Bargains

The UC Berkeley Wellness Letter, the most successful health promotion/disease prevention publication of its kind, is offering retired faculty and staff a discounted rate on subscriptions. The first 12 monthly issues are available for \$15 (regularly \$28). 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 Retirement Center.



Search No More For Affordable Computer Equipment

The doors are now open for retirees to the campus computer resale outlet — The Scholar's Workstation (TSW). Retirees and surviving spouse beneficiaries 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 10 am to 4 pm Monday through Thursday, and 10 am to Noon on Fridays.

20/20 Vision Plan

Retirees and a designated beneficiary are eligible for the 20/20 Vision Plan developed by the UC Berkeley School of Optometry in conjunction with the UC Berkeley Retirement Center. For additional information about the School or the plan, or to make an appointment call (510) 642-2020. Be sure to identify yourself as a 20/20 Vision Plan member.

Benefits include: a Comprehensive Vision Examination performed by a clinical faculty member for a maximum out-of-pocket cost of \$39.00*; a twenty percent discount on any other vision service received from the University Eye Center; a twenty percent discount on any ophthalmic materials (such as spectacles, contact lenses or low vision devices) received from the University Eye Center; a complimentary "Cal" eyeglass case when spectacles are dispensed; free parking for patients at the Kleeberger parking lot (just next to Memorial Stadium) and a free shuttle ride to the eye center in Minor Hall from the lot.

**Where applicable, insurance will be billed first*

Coming Soon!

Internet and Email Access via UC Berkeley

For the first time ever, retired staff and their surviving spouse beneficiaries will be able to purchase Internet service and an email account through UC Berkeley. All you need is a telephone, a computer and a modem. The Cal Retirement Center Network will allow you to enter the email generation, explore the Web, check into Usenet news, access campus and off-campus databases, browse library catalogs, and do it all for a budget-comforting low-monthly cost.

Those who purchase this service can also take advantage of a detailed orientation class about how to install and use your email and Internet Service.

If you are likely to be a subscriber of this service, please call the Center as soon as possible.

Center Sponsored Events

All programs require reservations, except where noted. Call (510) 642-5461.

FITNESS

50-Plus Fitness Class

Fridays April 2-May 5 9:30 am-Noon

The sedentary lifestyle is fine for pebbles, dirt and silt, but it's damaging for people. Bodies are designed for action. They need to stretch and move.

The Center, along with the Cal FIT Program of Intercollegiate Athletics and Recreational Sports, has developed a six-week fitness class especially for UCB retirees 50 and older. The *50-Plus Fitness Class* introduces participants to an array of exercise options. Each class is designed to provide reliable information, exercise demonstrations and exercise practice in a friendly, supportive environment.

Students will hear lectures on topics such as creating and maintaining an exercise program that is right for you, cardiovascular health, and nutrition. Fitness demonstration and practice includes strength training, water exercises, ballroom dancing, Tai Chi, Yoga, Alexander Technique and walking.

This on-campus program is being funded by a grant from the UC Berkeley Academic Geriatric Resource Program so the cost to participants is only \$10.

Space is limited. Call the Center to reserve your place or to receive a more detailed program.

Strong in Body: Strength Training

Downtown YMCA 2001 Allston Way Berkeley
Tuesday March 23 10 am-Noon
Cosponsored by Downtown Berkeley YMCA, PODS Medical Group (www.podsmg.com) and Secure Horizons.

Strength training is great exercise for older adults. With minimal effort, you can improve your endurance, overall strength, body composition, bone mass (important in osteoporosis) and preventing balance. Join us to learn how you can achieve these benefits through the use of free weights and stretch bands in a class or in your home! Dress comfortably and please pre-register as space is limited.



If you cannot attend this session, but are interested in a strength training class, call Suzanne McQuade at CalFIT (510) 643-8032. The next classes begin March 10 and April 21.

INSURANCE

Medicare, HMOs and Supplemental Insurance

Shelley Glazer, MSW, MPH

Director, UC Berkeley Retirement Center

Saturday April 17 10:30 am-Noon

Whether you have just become Medicare eligible or have been on Medicare for some time, this program will enhance your understanding of Medicare basics and explain how Medicare fits in with HMOs and Supplemental Insurance.

Long-Term Care Insurance Counseling

Before purchasing a long-term care insurance policy, it is vitally important to know all the aspects 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.

ARTS/LEISURE

Figurative Painting From 20th Century Ireland

Berkeley Art Museum

Free docent-led tour for UCB retirees

Thursday March 25 1 pm

The last 100 years of Irish figurative painting is explored in Berkeley Art Museum's February to May exhibition, "When Time Began to Rant and Rage: Figurative Painting from 20th Century Ireland."

The exhibition spans the work of turn-of-the-century artists such as Sir John Lavery, mid-century artists such as Jack B. Yeats, and work of the last 25 years in which contemporary politics and the "Troubles" comprise an ever-present background.

James Steward, former BAM curator and current director of the University of Michigan Museum of Art, highlights several periods in the development of a distinctively Irish visual arts identity and in the involvement of Irish artists in international art movements. Call the Center for more information and reservations.

Center Sponsored Events

All programs require reservations, except where noted. Call (510) 642-5461.

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 1 and 2

The Most Basic Basics (2-session class)

Space Limited to 18 participants

Session A: March 11 and 18 10 am-Noon

Session B: April 8 and 15 10 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, open, close and navigate through programs; and how to create and save files.

Electronic Mail (Email)

Space Limited to 18 participants

Thursday March 25 9:30 am-Noon

Thursday April 22 9:30 am-Noon

Prerequisite: Completion of Computer Basics 1 and 2 or a working knowledge of the keyboard and the mouse

Keep in touch with friends and family-instantly! Get the latest information on health, finances or gardening sent directly to you! Students will learn how to set up a free email account, create mailboxes and send and receive mail.

World Wide Web: The Internet Starter Course

Space Limited to 18 participants

Thursday April 1 9:30 am-Noon

Thursday April 29 9:30 am-Noon

Prerequisite: Completion of Computer Basics 1 and 2 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.

WOMEN'S SUPPORT GROUP

Wise Choices For Midlife and Beyond

Tuesdays March 23-April 27 10am-11:30am

Over 50? Wondering what's next or where to go from here? You don't have to search for answers alone. The Center will launch a Wise Choices support group for female retirees or retirees' spouses over 50. Come join with others in sharing knowledge, fostering understanding, and exercising options.

Facilitated by Betty Soldz and Barbara Weiss (a UCB retiree), educational consultants on women and aging, and co-authors of the book *Wise Choices Beyond Midlife, Women Mapping the Journey Ahead*, the support group will have about 15 members and meet for six 1-1/2 hour sessions. It will be held at an off-campus location convenient to parking and public transportation.

Reservations are required and space is limited. The cost is \$60. Call the Center to reserve a place. Make your check payable to UC Regents and send to: UCB Retirement Center, 2 Boalt Hall, Berkeley, CA 94720-7200. For questions or more information, call the Center.

CAL DAY—Volunteers Needed



Cal Day, the campus-wide open house at Berkeley, will be held Saturday April 17, 1999 from 9 am to 4 pm. It is a great day to bring the family and see what's new and what's happening on this beautiful, dynamic campus.

There will be activities and programs for all ages. Volunteers are needed for the information centers located all over campus. If you could spend a couple of hours helping out, call the Retirement Center. Shifts start early (7am!) and last until 4:30 pm.

If you do come, make sure to visit the Retirement Center Booth!!! We will be having a raffle for six-months of free Internet and email service through the Cal Retirement Center Network (p. 3).

OnCampus

UC Health Plan Problems? Help Is On The Way!

A Health Care Facilitator (HCF) will be available later this year to resolve difficulties you may have in understanding, or dealing with, UC health plans. A tall order? That's what the one-year pilot program is designed to find out. The HCF will serve all active and retired UCB staff and faculty. He or she will be stationed in the campus Benefits Office, no further than a phone call away. If the HCF can't resolve the problem, a referral will be made to some who can—or who, at least, will try.

Funded by the Office of the President, under the auspices of Judith Boyette, Associate Vice President, Human Resources and Benefits, the program has the enthusiastic support of Chancellor Berdahl and other campus authorities. (It has been equally well-received at UC Irvine, a second site for the pilot program.) Recruitment for the HCF position will begin soon. Meanwhile, if you have any questions or concerns about your health plan, call the Center.

Retirement Center Champion to Be Honored April 30th by the Alumni Association

Adrian Kragen, long-time law professor and champion of the UC Berkeley Retirement Center, will be honored as the 1998 Alumnus of the Year during the April 30th Charter Anniversary Banquet at the San Francisco Marriott Hotel.

Kragen, who left a lucrative law practice in Hollywood to return to campus as a law professor in 1952, is the 56th UC graduate to be named "Alumnus of the Year," the highest award of the Cal Alumni Association.

An expert in tax law, Kragen taught at Boalt Hall for four decades. In 1998, the UC Berkeley Retirement Center named its conference room for him in recognition of his crucial role in founding the Center and for his continuing support. For more information about the banquet, call the Center.



Tutoring Offers Fulfillment, Campus Connection

One of the greatest satisfactions of my retirement has come from tutoring in the CALS Project, and in meeting learners of diverse backgrounds and skills.

*Katherine Stauffer, UCB Retiree
CALS Volunteer since 1993*

Stauffer is one of many retirees who volunteers for the CALS Project, an on-campus tutoring program for UC Berkeley employees who feel that they need to improve basic skills such as writing, speaking/listening, reading and math. The CALS Project focuses not only on technical aspects of writing and speech, but also on contextual information about campus and American culture.

Conceived in 1992, the project has served significant numbers of campus employees including researchers working in labs, foreign scientists, administrative assistants, and other staff.

CALS Coordinator Jane Griswold said she especially values the institutional insight and experience of retirees. "There is nothing better than a tutor who has had work experience on campus," she said. Griswold added that she hopes to see many more retirees at the next training series for volunteers that begins March 1. For more information, call the CALS project at (510) 643-5280.

Haas Pavilion Update

Despite the El Niño caused delays of 1998, the transformation of Harmon Gym into Haas Pavilion proceeds toward completion in time for next year's basketball season. When completed, Haas Pavilion will have incorporated 2,000 tons of steel and 10,000 cubic yards of concrete in the makeover. The \$50 million arena will seat 12,300, nearly twice as many as Harmon seated, which allows Haas to be considered as a site for NCAA Tournament play. The new pavilion, however, still maintains an old-fashioned intimacy that should make home basketball games exciting.

All funds are being raised from individual donors. No university money is being used for the makeover.

OnCampus

New Vice Chancellor for University Relations Named

Donald McQuade, a UC Berkeley English professor, has been named by Chancellor Berdahl to the position of Vice Chancellor for University Relations, following a nationwide search. "I am delighted that Don McQuade will join us as Vice Chancellor for University Relations," said Berdahl. "He is an accomplished scholar who has completed several challenging administrative assignments with distinction. The campus will be well served by his understanding of Berkeley's role and responsibilities as a public trust. As a highly respected member of the Berkeley faculty for 13 years, his ability to communicate to many constituencies the aspirations and values of our faculty and students is invaluable."

Since arriving at UC Berkeley in 1986, McQuade has held several senior administrative posts; most recently he served as Acting Vice Provost for the 1997-98 academic year. In his new position, McQuade, 57, will take the helm of fund raising and public affairs operations at UC Berkeley, overseeing a staff of 180 employees and an operating budget of \$12.3 million. Among his immediate responsibilities is to lead the campus's Campaign for the New Century to a successful conclusion. The private fund-raising campaign, among the most ambitious of any public university, is well on course toward its goal of raising \$1.1 billion by 2001.

McQuade will also serve as President of the University of California Berkeley Foundation, a \$400 million not-for-profit corporation, which raises, invests and administers donations to the campus.



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.

UC Berkeley Retirement Center Policy Board

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Off Campus

Seeking Interim Administrator

Northern Light School, an independent, non-profit, progressive pre-K to Eighth grade school serving families in Oakland and the East Bay, is seeking an interim administrator.

This two-days-per-week position requires a seasoned professional who can develop an effective management infrastructure, organize the development effort, and provide both leadership and counsel to the school's four co-directors.

Northern Light School's progressive curriculum with its whole-child approach and high academic expectations results in students' mean scores on national tests which are consistently 1-1/2 to 3 grade levels above other students nationwide. Approaching its 10th anniversary, Northern Light School has a Tuition Assistance Program and a diverse student body that includes African-American, mixed ancestry, Hispanic, Asian and Caucasian.

The interim administrator will report to the board of trustees and will be responsible for leadership, administration, finance, enrollment and fundraising. Contact: William B. Morrish, Chair of the Board of Trustees, Northern Light School, 4500 Redwood Road Oakland, CA 94619

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NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
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TIME SENSITIVE
MATERIAL

How to Get to 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.

Retirement Center Wish List

- *Working photocopier
- *IBM-compatible computers (pentium)
- *MacIntosh Computer (Performa to PowerMac)
- *Scanner (PC-compatible)
- *Printers (PC-compatible laserwriter)

Please call the Center if you can help.

Computer Users Survey: We Still Need Your Input!

The Computer Committee of the Retirement Center is building a structure to support the needs of retiree computer users. To do so, we need to know about your interests and needs. We want your input on future classes beyond our current offerings for beginners. To participate in the survey, please email us at ucbr4@uclink4.berkeley.edu or call the Center.