



The CenterPiece

UC Berkeley Retirement Center

What's News

Volume 5, Number 1

As 2002 begins, the Center celebrates its fifth year of enhanced service to Berkeley and UCOP retirees. This edition of *The CenterPiece* reflects the Center's continued commitment to an inclusive and enriched University Community.

The *Cal Connection* section of the newsletter highlights many ways you can continue to make the most of campus programs and services that are offered or discounted to you. This spring we announce "Bearmail," an enhancement to the campus-based Internet and email service. This new service allows you to access your uclink email account from anywhere you can connect to the worldwide web (p.3).

The *Center Sponsored Events* section features a cornucopia of different programs. Our **Learning in Retirement** series continues to attract considerable interest. In this, our fifth semester, we are offering three courses. **Stewardship of the Environment** will speak to critical issues and possible solutions to problems of the natural environment that are associated with human activities. **The History of Islam** will take us through the rise and growth of Islam and introduce us to its basic religious concepts. **Musicality in American Theatrical Dance**, which we announced through a special mailing in December, has had such a favorable response that we've had to secure a larger auditorium. So, we now have room for those of you who would like to join us for these lectures (p.5).

Retirement Center Mission Statement

The UC Berkeley Retirement Center is dedicated to developing programs and services that support the campus and contribute to the continued well being and creativity of retired faculty, staff and their families.

We are pleased to announce a new two-day **Intermediate Computer class**. This course has been requested by many of you who are among the over 600 retirees who completed our Computer Basics classes (p.4). Two insurance-related programs return this spring. Coinciding with open enrollment for the CalPERS long term care insurance policy, we will offer a lecture entitled: **Long-Term Care Insurance: Is It Right for You?** For those nearing Medicare eligibility we offer the workshop, **Medicare and Your UC Health Benefits** (p.4).

Also returning this spring is our popular **50+ Fitness Class**. In addition, we feature **two special lectures**: A tour into the mysteries of Greek board games, and a journey into an "uncommon friendship" between the son of a Nazi SS officer and a survivor of Auschwitz (p.6).

The *On Campus* section informs you about a variety of events coming to Berkeley in the coming months, including **Charter Day** and **Cal Day**. As well, we seek your contribution to a project the Center is working on with the Office of Human Resources in response to the Chancellor's work-force initiatives (p.7).

The chronic parking shortage on campus is no secret to anyone reading this newsletter. Because of the multitude of construction projects now under way, parking is even more of a challenge. So, we hope you will consider some other transportation options that we always list on the back cover of *The CenterPiece* (p.8).

Lastly, we want to introduce you to new administrative assistant, Christie Qualtrough. Christie brings skills and enthusiasm that have already made her a valuable addition to the Center team.

UC Berkeley Retirement Center

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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 Retirement Center.

Pacific Film Archive

The Pacific Film Archive now offers a reduced admission rate of \$5 for Cal retirees. The senior rate is \$4.50 for those age 65 and over.

Berkeley Art Museum

Enjoy free admission to the Berkeley Art Museum during any of their open hours by showing your retiree ID. The museum is now open 11 am–7 pm, Wednesday through Sunday (Free docent-led tour and discussion of the exhibit *Ansel Adams in the University of California Collections* is available for retirees, their families and friends (p.4).

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.

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.

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 Human Resources – Benefits Unit at UC Berkeley. Call (510) 643-7547 or email dblloyd@uclink.berkeley.edu.

Night and Weekend Parking Coupons Available

Purchase a book of ten parking coupons for night and weekend parking for only \$30. Coupons are good in most campus lots.

To purchase by mail, please send a check for \$31.50 *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 valid in UC public lots, 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 at least two days prior to the day of the event to reserve your parking pass.*

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.

You may receive a 15% discount off the price of a single issue of the Chronicle or 15% off any two-issue subscription. The regular price is \$20 for a single issue or \$36 for a two-issue subscription. For further information on how to subscribe, call the Center.

20/20 Vision Plan

Retirees, and their designated beneficiary, are eligible for the 20/20 Vision Plan. Benefits at the University Eye Center include a Comprehensive Vision Examination for a maximum out-of-pocket cost of \$39*, 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.

For additional information about the plan, 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.*

Center Sponsored Events

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



Long Term Care Insurance: Is It Right for You?

Tuesday April 30 Noon–1:30 pm

This session will explain long term care and options for its financing, while focusing on the features and pros and cons of long term care insurance. The session will also include information about available products and how they differ and offer guidelines for deciding whether or not to purchase a LTC insurance policy. (Presented by the Health Insurance Counseling and Advocacy Program – HICAP. This is a state-funded program that provides unbiased professional assistance to insurance consumers.)

Medicare and Your UC Health Benefits

Wednesday March 20 10:30 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 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

Free docent-led tour and discussion for retirees, their families and friends.

Ansel Adams in the University of California Collections

Thursday March 7 11 am

Take a different look at the extraordinary career of one of the twentieth century's most acclaimed landscape photographers. *Ansel Adams in the University of California Collections* features a rich selection of his work ranging from early Yosemite and Berkeley campus photographs to work he produced as a commercial photographer; the exhibition provides a candid insight into one of the leading figures of American photography.



Computer Classes

These classes are tailor-made for you. A \$5 per session fee includes instruction and materials. Please call the Center with any questions or for reservations.

Computer Basics (A two-day class.)

Space is limited to 18 participants

Monday March 25 9 am–Noon

Tuesday March 26 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

Space Limited to 18 participants (A one-day class.)

Wednesday March 27 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 find them? Now you can solve these problems and more by surfing the World Wide Web. This class will teach Internet basics, including how to use browsers and search engines.



Intermediate Computers

Space is limited to 20 participants (A two-day class.)

Monday April 1 9:30 am–12:30 pm

Wednesday April 3 9:30 am–12:30 pm

Prerequisite: Completion of Computer Basics or equivalent experience

Have you ever saved a file, only to realize you couldn't find it later? Have you wanted to go beyond basic letter writing? Then these sessions are designed for you, those who want to take the next step beyond the “basics”. There will be a review of the basics followed by more in-depth instruction on how to navigate your computer (including use of My Computer, Windows Explorer, menus and icons) and programs such as Microsoft's Word and Excel.

Center Sponsored Events

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

Learning in Retirement

Join us this Spring as our Learning in Retirement series continues for its fifth semester with the selection of offerings described below. Although courses are free, pre-registration is required due to limited class size.

Stewardship of the Environment

Our understanding of the effects of human activities on the natural environment increased rapidly in the last half of the 20th century. This is fortunate, because the technological advances which support growing and industrializing populations bring with them concerns for the sustainability of these technologies and hazards they may present to life supporting systems.

This series of five lectures will discuss possible human effects on global climate, reduced risk programs for dealing with insect pests, use of plants to remove toxic materials from surface waters, alternatives to pesticides for managing plant diseases, and the need for action on drainage management in the San Joaquin Valley.

Thursdays, 2 pm–4 pm

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| March 5 | Professor Steven E. Lindow, “Alternatives to Pesticides for Managing Plant Diseases” |
| March 12 | Professor Inez Fung, “Global Warming: Why Worry?” |
| March 19 | Professor Stephen C. Welter, “Reduced Risk Pesticide Programs: Building Agricultural Partnerships” |
| March 26 | Professor Norman Terry, “Using Plants to Clean Up the Environment” |
| April 2 | Professor Emeritus Lawrence Waldron, “The Future of Irrigated Agriculture in the San Joaquin Valley” |

The History of Islam

This well-informed series will enhance your background knowledge of Islam. The first two lectures cover the Prophet Muhammad and the revelation of the Qur’an (Koran), the rise of an Islamic empire, the relationship to Judaism and Christianity and the division into Sunni, Shi’ite and other forms. The final lectures focus on North Africa, the collapse of the great Islamic empires, the rise of colonialism, the importance of oil and the creation of nation-states after World War II.

Thursdays, 2 pm–4 pm

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| April 18 | Dr. John L. Hayes, “The Beginnings of Islam” |
| April 25 | Professor Emeritus William M. Brinner, “The Religion of Islam” |
| May 2 | Dr. Laurence O. Michalak, “Islam in North Africa” |
| May 9 | Professor Emeritus William M. Brinner, “Islam from the 19th Century to the Present” |

Registration: Please call or email the Center to register for the courses. While all emeriti and retirees 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.

Center Sponsored Events

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

An Uncommon Friendship: From Opposite Sides of the Holocaust

Thursday

February 28

Noon–1 pm

Professor Emeritus Frederic C. Tubach and Bernat Rosner will read from and discuss their book *An Uncommon Friendship: From Opposite Sides of the Holocaust* (University of California Press, 2001).

Tubach, though born in San Francisco, was living in the German village of Kleinheubach in 1944 when he was drafted, at the age of thirteen, into the Jungvolk (the Hitler youth movement). That same year twelve-year-old Bernie Rosner was sent to the concentration camp at Auschwitz. He was the only member of his family to survive.

At age 18, Tubach renounced his German citizenship, settled in California and attended San Francisco State College and the University of California, Berkeley. He received his Ph.D in German Literature and taught at UC from 1959 to 1994.

Rosner encountered an American GI named Charles Merrill, Jr. whose wealthy banking family sponsored his entry to the United States in 1948. The Merrill family helped him through prep schools, Cornell University and Harvard Law School. He retired from law in 1993.

Ancient Greek Board Games and How to Play Them

Wednesday

April 10

2 pm–4 pm

This lecture is presented by Leslie Kurke, Professor of Classics and Comparative Literature at UC Berkeley and winner of a 1999-2004 MacArthur Foundation “Genius” Fellowship. Since the publication of *Coins, Bodies, Games, and Gold: The Politics of Meaning in Archaic Greece*, (Princeton University Press, 1999), Professor Kurke has been thinking about the conceptual world of Greek board (and other) games: What were the symbolic associations of particular games for the Greek populace? How do these different games function, and what do they mean when we see reference to them in literary texts or visual images?

Center Co-Sponsored Event

50+ Fitness Class

Fridays

April 5 – May 3

9:30 am–Noon

UC Berkeley’s Retirement Center and CalFIT, a program of Intercollegiate Athletics & Recreational Sports, once again offer the 50+ Fitness Class. This program was developed especially for those ages 50 and older and introduces participants to a variety of exercise options (e.g., strength training, yoga, easy aerobics, mindful movement, arthritis exercise) through demonstration and participation. It also features lectures from experts on healthy aging and developing an exercise program. Please call the Center to sign up or to request a full brochure.

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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On Campus

Return to Work Project

Historically, many retirees have returned to work on campus to provide much needed assistance in a variety of departments or units. Some come back for part-time, temporary assignments, others return to do project work. To expand these possibilities, the Retirement Center is working with the Office of Human Resources to explore new ways to connect retirees to projects and short-term, temporary opportunities on campus.

If you have any interest in learning more about the project as it develops or if you have any suggestions to aid in its development, please call the Center.

CalFIT Classes

CalFIT is offering several classes that are especially good for those 50+. Here are two examples:

Keep Moving/50+ includes light, yet challenging exercises designed to improve your mobility, balance, strength, coordination, and flexibility.

T'ai Chi is enjoyed by millions as a way to reduce stress and promote both physical and mental health, benefitting the body, mind, and spirit.

You are invited to try one class before enrolling. All fitness levels welcome. For schedules and further information call Susanne McQuade at (510) 643-8032.

Campus Offerings

The following is a small sample of events happening on campus in the coming months.

Noon Concerts are offered for free at Hertz Hall on Wednesdays and four special Fridays at 12:15 pm. For schedule information please call (510) 642-4864 or visit <http://music.berkeley.edu>.

Elderhostel will have two programs at the International House: *A Feast of Early Music: The Berkeley Festival* (June 2–8) and *Attacks on America: Causes and Consequences* (June 9–15). Registration is going on now. For information call (877) 426-8056 or visit <http://ihouse.berkeley.edu>.

Noontime Poetry Reading Series is offered on the first Thursday of each month at 12:10 pm in the Morrison Reading Room at Doe Library. For more information call (510) 642-0137.

Retirees are invited to join us for:

Charter Day Ceremony Friday, March 15, Noon–1:30 pm

The noon Campanile bells announce the colorful Charter Day procession of graduation classes, faculty and staff into Zellerbach Hall. This year's highlights will include the presentation of the Haas International Award to Costa Rica's President Miguel Angel Rodríguez Echeverría, keynote speaker; Medal of California to Maxine Hong Kingston, UC English Department; and Haas Public Service Award to Joanna Lemon, Executive Director and Founder of East Bay Conservation Corps.

Dating back to 1874, the Charter Day celebration commemorates the unanimous vote by the California legislature to establish the University of California and the signing of the act into law on March 23, 1868. It is also when the Berkeley campus officially celebrates its 1868 founding.

Cal Day! Saturday, April 20, 9 am–4 pm

You are invited to join us for Cal Day 2002 where students, faculty and staff will be your hosts for a day of discovery, learning and fun on the Berkeley campus. Schools, colleges, departments, museums, athletic facilities, and libraries will be open and waiting for you. Make sure to stop by the Center's booth!



For more information on Cal Day festivities, please email calday@uclink.berkeley.edu or call (510) 642-2294.

UC BERKELEY RETIREMENT CENTER
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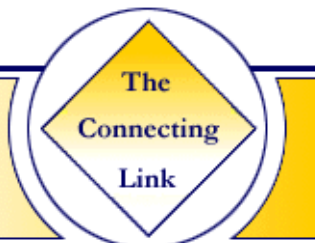
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UC Berkeley
Retirement Center



How to Reach the Retirement Center:

The Retirement Center is located in 2 Boalt Hall. Boalt Hall is located on Bancroft Way, between Piedmont and College Avenues. Room 2 is on the ground floor, just off the Kroeber 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 the *UCB Perimeter "P"* or *Reverse Perimeter "R" Shuttle*. Get off at College and Bancroft. The shuttle costs \$0.25 (over age 65 and disabled ride free).

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.