

The CenterPiece

UC Berkeley Retirement Center

Volume 6, Number 1

What's News

As 2003 begins, we wish you all a happy and healthy year to come and look forward to hearing from you or seeing you at one of our upcoming programs.

In this edition of *The CenterPiece* we introduce a new benefit in the *Cal Connection* section. You can now list or find available housing through the Cal Rentals program.

Center-Sponsored Events highlights **Learning in Retirement**, continuing its third year with four courses, including: Inner Asia: Cultural History, Geopolitics, Water and Oil; Main Currents in the Last Half-Century of American History; Political Theater in World History; and Elementary Particle Physics – Where We Are and Where We Hope to Go (p.4).

We also continue to offer our **computer basics** series, given their popularity. And, if you are in the market for computer equipment, you don't want to miss "**Before You Buy a New Computer**," a workshop co-sponsored with The Scholar's Workstation (p.6). In addition, we're holding a new class, taught by Cal's Planned Giving Office, called "**The Last Great Tax Deal**" (p.6).

Of special note *On-Campus* is **Cal Women's Basketball's special invitation to Retiree Day**. Retirees from Cal, UCOP and LBNL can use the enclosed coupon (p.7.) to buy a ticket to the February 8th game for just \$1! So, take advantage of this great offer while supporting the deserving gals in blue and gold! As well, you will find invitations to: volunteer for the campus Observer Program; participate in Cal Fit's 50+ classes; and attend a workshop on managing your medication costs.

UC Berkeley Retirement Center

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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.

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.

The Electronic CenterPiece

Currently, all Center constituents receive a printed *CenterPiece* by U.S. mail. Responding to your requests and to recent state budget cuts, we have now made it possible for you to receive *The CenterPiece* electronically.

To do this you can go to the Center's website and download a print-friendly version. (Click on "Download the Centerpiece" under News on our home page.) Alternatively, you can request that we email *The CenterPiece* to you. To do so, just email or call the Center and we will commence sending you the newsletter by email starting with our Summer 2003 edition.

In addition, from time to time we send out emails about important events or issues that emerge between newsletters. If you are interested in receiving such communications, please let us know.

Update on Return to Work Project

The Return to Work Project is moving forward. As we reported in the last *CenterPiece*, the Retirement Center is working with the Office of Human Resources to explore new ways to connect retirees to consulting projects and short-term, temporary work opportunities on campus. We are designing a password-protected web site to facilitate this process. So far, we have been contacted by fifty-three retirees who are interested in such assignments and who are willing to help us test and roll-out this possible new employment tool. Are there others of you out there? Call Ronni at the Center for further information and to become a part of this pilot project.

The Connection

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

ID Cards

To take advantage of these offers, you must have an identification card issued by the campus or the Center showing that you are retired staff, retired faculty or their surviving partner. These cards are available by mail or at the Center between 1 pm and 4 pm daily.

Cal Rentals

Retirees and emeriti can 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> for information.

Pacific Film Archive

The Pacific Film Archive (PFA) offers a reduced admission rate of \$5.00 to Cal, UCOP and LBNL 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 its open hours by showing your retiree ID. The museum is open 11 am–7pm, Wednesday – Sunday.

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.

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 will 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 \$20.00 for a single issue or \$36.00 for a two-issue subscription. For further information on how to subscribe, call the Center.

Cal Rec Club

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

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.

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.*

Health Care Facilitator

Retirees having problems with or questions about their health plans can receive confidential one-on-one assistance provided by the campus Health Care Facilitator (HCF). Because the HCF is location specific, call the Center for contact information.

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.

Wellness Bargains

The *UC Berkeley Wellness Letter* offers you a discounted rate of \$15.00 (regularly \$28.00), on the first year of a subscription (*for new subscribers only*).

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.

The Connection

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

Cal Performances Offers 15% Discount

Enjoy select Cal Performances events at fifteen percent off regular ticket prices. To order tickets, call the Cal Performances Ticket Office at (510) 642-9988. For more information on these and other Cal Performances events, visit their web site at www.calperfs.berkeley.edu. The Retirement Center discount is limited to two (2) tickets per ID card and cannot be combined with any other discount. *Please note: the Retirement Center discount is not available for on-line purchases or for performances not listed below.*

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

Keiko Nosaka, *koto*

February 18 8 pm \$32

Gamelan Sekar Jaya

Kawit Legong: Prince Karna's Dream

March 21 & 22 8 pm \$18, \$24, \$30

Inti-Illimani

April 8 8 pm \$20, \$28, \$36

Afro-Cuban All Stars

May 4 7 pm \$20, \$30, \$40

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 with the retiree ID card can purchase hardware and software at low educational prices. You can also place orders on-line with a credit card, using your CalNet ID and passphrase. CRCN members (see below) and emeriti can call the Center for their CalNet ID. All other retirees can fax a copy of their retiree ID after placing your on-line order.

The Scholar's Workstation is located on the ground floor of University Hall in Room 41. It is open Monday–Thursday 9 am–4 pm, and 9 am–Noon on Fridays. You can also find product information by going to the Retirement Center web site and clicking on the link to The Scholar's Workstation.



20/20 Vision Plan at University Eye Center



Retirees and their designated beneficiary are eligible for this plan. Benefits include a comprehensive 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” glasses 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.*

Internet and Email Access through Cal Retirement Center Network

Subscribe to the Retirement Center's email and Internet access service (CRCN) for just \$13.00 per month, plus a one-time \$10.00 set-up fee. Cost includes software, unlimited Internet access, an email account and access to your email through a web browser, a free Eudora class, which includes sending and receiving email, attachments and downloads. (*Note: Eudora training is on PCs; however the information is applicable for Mac users.*) Call or email the Center for details.

To be eligible for this service, you must be either a retiree or surviving partner from UC Berkeley, Office of the President, or LBNL. Also, 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.



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).

Center Sponsored Events

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

Learning in Retirement

Inner Asia:

Cultural History, Geopolitics, Water and Oil

Between more recognizable places like Russia, China, India, and the Middle East, there is an area as large as the United States — high, dry, and without outlets to the oceans. In and out of the spotlight of world history for millennia, it is now back in; but it remains a black hole in the American public awareness. Professor Hooson has devoted himself to studying the political geography of Asia, with emphasis on the former Soviet Union and with considerable attention to Europe and the other Asian regions, extending from the Caucasus to Mongolia and Tibet and from Siberia to Afghanistan to China. In a series of lectures, he will focus on the diversity of peoples, environments, problems, and geographies of this complex and little-known part of the world. He then plans to explore implications for future U.S. policy toward the region.

Main Currents

in the Last Half-Century of American History

We have all lived through events of the past half century or so as participants and observers. Yet, changes in the society and in daily life usually occur incrementally, so we may fail to appreciate the scope and depth of those changes. Not counting the astounding advances in medical science and in technology, Professor Richard Abrams counts at least eight changes in American life since 1940 that have been so dramatic as to justify describing them as revolutionary. In a series of four lectures, Professor Abrams will review four of them.

Political Theater in World History

Theater speaks in voices of conformity and dissent, relating directly to the historical framework in which it plays. This series of lectures will focus on four specific moments from the world of drama, beginning in Classical Greece and culminating in 20th Century America, exploring the impact of theater on politics and politics on theater. Professor Mark Griffith, will first examine the theater space in Sophocles' Athens and its integration into civic and religious life. Professor Marni Wood then explores the spectacle of the Court Masque as a measure of the social and political power of the English Monarchy in the 17th Century, looking specifically at how the star

struck performances of the royalty added to the allure of England's majesty and why the theatricality of court advisors affected the affairs of state. Professor Emerita Lew Thomas will review the reemergence of the German theater in mid-20th century, its sources and the political-ideological origins of the creative explorations after reunification in 1989. Then Professor Peter Glazer plans to examine the use of Expressionism in Eugene O'Neill's plays and proposes to expose the relations between theatrical genres and political or social efficacy.

Elementary Particle Physics

Where We Are and Where We Hope to Go

Our understanding of the physics of subatomic particles has expanded greatly during the last 50 years. Ever-improving experimental technology and close collaboration between theorists and experimenters have revealed an extraordinarily rich underlying fabric. This work is enriching our understanding of the universe and its origins. In a series of lectures, four members of the physics faculty promise to tell us about these new insights. Professor Emeritus George Trilling will introduce us to particle physics by discussing some important discoveries about subatomic particles during the last 50 years — including forces acting among them and their relevance to understanding the universe. Professor Marjorie Shapiro will discuss goals of experiments at the energy frontier, including understanding the origins of particle masses, experimental tools for research at the highest energies, and expectations for discovery in the foreseeable future. Professor Hitoshi Murayama will tell about neutrinos — the three distinct types and their properties; transformation from one type to another; and neutrinos from the sun and their relation to solar energy generation, a 40-year puzzle finally resolved (this year's Nobel Prize). Professor Lawrence Hall will speak about theoretical challenges and new directions, including Einstein's dream unifying the forces of nature; new symmetries and new dimensions of space; the connections between particle physics and early universe cosmology. Together they will trace the history of the discoveries and describe the coherent framework that is evolving. They will discuss some continuing mysteries, describe ongoing research efforts, and consider possible connections to our understanding of cosmology.

Center Sponsored Events

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

Learning in Retirement Spring Schedule

Inner Asia: Cultural History, Geopolitics, Water and Oil

Wednesdays, 2 pm–4 pm

Professor Emeritus David Hooson, Department of Geography

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| February 5 | Overview - Physical, Cultural, and Locational |
| February 12 | The Sweep of Empires Outward and Inward: Genghiz Khan to the 19th Century
“Great Game” |
| February 19 | Diversity: Caucasus, Caspian, Afghanistan, Mongolia, Sinkiang, Tibet |
| February 26 | A New “Great Game” — Pointers for U.S. Policy in the Neighborhood |

Main Currents in the Last Half-Century of American History

Thursdays, 2 pm–4 pm

Professor Richard Abrams, Department of History

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| February 20 | “Chapter One: The Revolution in Sexual Behavior” |
| February 27 | “Chapter Two: The Revolutionary Rise of the Military in American Life” |
| March 6 | “Chapter Three: The Third American Revolution: The Reorganization of America’s
Business System” |
| March 13 | “Chapter Four: The Collapse of the Liberal-Democratic Coalition; or Why Watergate
Was Followed by the Reagan Revolution” |

Elementary Particle Physics — Where We Are and Where We Hope to Go

Tuesdays, 2 pm–4 pm

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| April 1 | Professor Emeritus George Trilling, “The Development of Particle Physics Since
the End of WWII” |
| April 8 | Professor Marjorie Shapiro, “Particle Experiments at the Frontier of High Energies” |
| April 15 | Professor Hitoshi Murayama, “Neutrinos” |
| April 22 | Professor Lawrence Hall, “Theoretical Challenges and New Directions” |

Political Theater in World History

Mondays, 4 pm–6 pm

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| April 7 | Professor Mark Griffith, Department of Classics “Antigone's Choices: Family, State,
and Religion in Classical Greek Tragedy” |
| April 14 | Professor Marni Wood, Department of Theater, Dance, and Performance Studies,
“Magnifying the King's Command: Politics Shaping the 17th Century English Court
Masque” |
| April 21 | Professor Emerita Lew Thomas, Department of World Arts and Cultures, UCLA,
“Politics as Text/Subtext in Some German Performances 1950-2002” |
| April 28 | Professor Peter Glazer, Department of Theater, Dance, and Performance Studies,
“The Politics of Form in 1920s and 1930s American Theater” |

Note: *Although these events are free, pre-registration is required due to limited class size. Partners and spouses of emeriti and retirees are welcome.*

Center Sponsored Events

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

Computer Classes

These classes are tailor-made for you. A \$5.00 per session fee includes instruction and materials. Parking can be arranged for \$4.00 per session. Please call the Center with any questions or for reservations.

Computer Basics (A two-day class)

Space is limited to 18 participants

Monday	March 24	9am–Noon
Tuesday	March 25	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

Space is limited to 18 participants (A two-day class)

Wednesday	March 26	9am–Noon
Thursday	March 27	9am–Noon

Prerequisite: Completion of Computer Basics or equivalent experience

Have you ever saved a file only to realize you couldn't find it later? Ever wanted to go beyond basic letter writing? These sessions are designed for 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 Word and Microsoft Excel.

World Wide Web: The Internet Starter Course

Space is limited to 18 participants (A one-day class)

Thursday	April 3	9am–Noon
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Prerequisite: Completion of Computer Basics or a working knowledge of the keyboard and the mouse

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. Learn how you can perform these tasks and more by surfing the World Wide Web. This class covers Internet basics, including how to use browsers and search engines.

Before You Buy a New Computer...

Space is limited to 18 participants

Tuesday	April 1	10:30am–Noon
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Confused by all the different options available in today's computer market? This interactive session conducted by UC Berkeley's The Scholars' Workstation will introduce you to the major issues involved in buying a computer including: Personal Computer (PC) versus Macintosh (MAC); brand differences; new versus used; choosing peripherals (printers, scanners, storage devices, digital cameras); and what you need to get onto the Internet and use email. (*There is no fee for this class*)

Medicare and Your UC Health Benefits

Thursday	March 20	10:30 am–Noon
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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.

The Last Great Tax Deal

Tuesday	March 11	10:30am–Noon
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In this age of volatile investments there are still a few opportunities to receive a rate of return between 6 and 10%. Better still, these arrangements allow you to receive an income

tax deduction and support your favorite charity. You can achieve all of these benefits by contributing funds to a variety of planned gifts.

Come hear attorneys from Cal's Office of Planned Giving speak on various charitable gift planning techniques, such as charitable remainder trusts, charitable gift annuities and pooled income funds.



On 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, the Office of the President, and LBNL.

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Christie Qualtrough

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Managing Your Medication Costs

Tuesday

February 11

Noon-1:30 pm

Deborah Lloyd, Health Care Facilitator and a campus pharmacist present what you need to know about UC's prescription benefit for all the UC medical plans, including: the three-tier co-payment structure; brand name versus generic medications; formularies; and how to use the mail order service to manage your costs for maintenance medications.

Co-Sponsored by the Health Care Facilitator Program and Health*Matters.

Fitness Classes Tailored to Those 50+

Due to the success of our annual 50+ Fitness Class, CalFIT now offers classes just for those 50+. Here are their offerings for Spring:

Keep Moving: Light yet challenging exercises designed to improve mobility, strength, coordination, and flexibility. **Strength Training:** Increase your strength and fitness level and lower the risk of osteoporosis by learning to use free weights and weight lifting machines safely. **Tai Chi:** This beautiful ancient martial art will help you improve your coordination, strength, and balance. **Yoga:** Gentle yoga poses and breathing techniques help you to improve your flexibility, balance, and muscle tone. For times and location or to register, call CalFIT at 643-5151. If you're not sure you want to enroll, come and try out the first session for free!

Observer Program Volunteers Needed

The campus observer program provides volunteers who serve as impartial observers at campus events that might involve confrontations between protesters and police, or where violations of laws or campus regulations might occur. On average, observers serve two to three hours per semester and there is a required two-hour training session. If you are able to give time to this extremely important program or would like further information, call Hal Reynolds at 510/642-6772 or visit <http://thecenter.berkeley.edu/volunt.html>.

You are Invited!

Come join us for Retiree Day. Watch the Cal Women's Basketball team take on the Oregon Ducks, February 8, 2002 at 2:00 pm in Haas Pavilion. Take advantage of this special coupon offer we have available for you. Hope to see you in the stands.



Go Bears!

Caren Horstmeyer

Caren Horstmeyer
Head Coach

Cal Women's Hoops Retiree COUPON

Cal v Oregon

Saturday, February 8, 2002 at 2:00 pm

Redeem this Coupon at the Door
One Adult Ticket for \$1, Save \$7!



One coupon per person, no photocopies accepted

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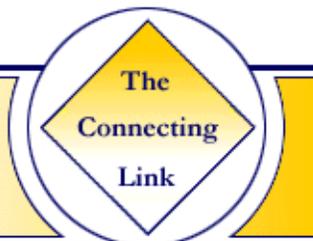
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Visit us online!

<http://thecenter.berkeley.edu>

UC Berkeley
Retirement Center



How to Reach the Retirement Center:

The Retirement Center is located in Two 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.

By BART:

Take BART to the Berkeley Station. Exit the station. Proceed to the bus stop in front of Scandinavian Designs. Catch a *UCB Perimeter Shuttle*. Get off at College/Bancroft. The shuttle costs \$0.25 (over 65 and disabled ride free with disabled/senior card from Berkeley Trip call (510) 643-7665 for details).

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.