



# the CenterPiece

## UC BERKELEY RETIREMENT CENTER NEWSLETTER

### 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.

### CONTACT US

1925 Walnut Street #1550  
Berkeley, CA 94720-1550  
Phone: 510.642.5461  
Fax: 510.643.1460  
Email: [ucbrc@berkeley.edu](mailto:ucbrc@berkeley.edu)  
Web: <http://thecenter.berkeley.edu>

### CENTER HOURS

Monday–Friday:  
9am–Noon by appointment  
1pm–4pm Walk-in  
Closed: Noon–1pm



### Director's Notes

"I now never start a novel until I know the last sentence." So spoke John Irving at a recent book signing for his latest novel, *Last Night in Twisted River*. Once that sentence is fixed, he can develop the story. As we begin a new year and ponder our goal(s), what do we want this year's last sentence to be?

Dr. Gene Cohen, Geriatric Psychiatrist, was a visionary researcher who devoted his last decade encouraging older adults to reject stereotypes of aging decline and awaken their creative capacities to create new and exciting chapters and last sentences for themselves. He authored two books for general readership exhorting older people and their families to engage in creative activities arguing that science had shown such activities lead people to longer, healthier lives – *The Creative Age: Awakening Human Potential in the Second Half of Life* and *The Mature Mind: the Positive Power of the Aging Brain*.

The July 2009 issue of the *Journal of Gerontology: Social Sciences*, reported a study that found older adults with a strong sense of meaning in life less likely to die over a specified period than older people who do not have a strong sense of purpose in their life. More research and attempts at replication need to be done on this potentially pivotal relationship.

The Center strives to be a valued resource for you in nurturing your connections to each other and to the University you served so long and well, and to support your well being, your creativity and your curiosity.

**UC Berkeley Retirees Living Well:** On p.4, read about a new collaboration between the UCB Health Matters program

and the Center. Challenge yourself and take action for a healthy 2010. You do not need to visit the campus to benefit from this program.

**Retiree of Distinction:** Read on p.6 about another one of your colleagues who continues to tap her experience and wisdom for your benefit and the benefit of the University.

**Website Resources:** Use the Center website (<http://thecenter.berkeley.edu>) to stay abreast of issues important to your retirement like the UCOP Task Forces on Post Employment Benefits and the Future of UC.

**Learning in Retirement:** Check out p.3 for information about sessions on *Christians in the Roman World*, the *The Financing of the University: Privatization is the Issue* and *Hominid Evolution*, highlighting the discoverers of Ardi who dates back some 4.4 million years.

**Other Sponsored Events:** See pp.4-7 for information on a three session Opera course, a Berkeley Museum Tour and Tea of the James Castle retrospective, and classes on social networking.

Lastly, the Center and the University are living in interesting times. We thank you for your financial and moral support as we weather the budget challenges for the University that do touch the Center. Your subscription to an electronic version of the newsletter does help.

Andre, Summer and I wish all of you a healthy, happy and meaningful 2010. Be well.

*Patrick C. Cullinane, MS, Director*

**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.

**Cal Connections**

The Retirement Center has arranged these discounts and events for retirees:

- Discounts on eye exams and eye glasses at University Eye Center
- Free admission to the Berkeley Art Museum
- Faculty/staff rates at the Pacific Film Archive
- Discounts on select Cal Performances events
- Use of Cal Rentals to find and list rentals
- Cal Athletics season tickets
- Care Services Elder Care Program
- Discounted membership at the Cal Rec Club
- Lower membership rates at the Faculty Club
- Free UCB Library Card
- Resolve health plan problems through the Health Care Facilitator (HCF) program
- Access to free Health Insurance Counseling from HICAP
- Reduced price on issues of the Chronicle of the University of California
- Discounted Admission to Music Department concerts.
- Special membership rate at Osher Lifelong Learning Institute (OLLI @Berkeley)
- Discount on UC Press publications
- Wellness Letter discount for new subscribers
- Discounted membership at the Women's Faculty Club (WFC)
- Access to The Scholar's Workstation (TSW) @ Cal Student Store
- Email Forwarding and CalMail accounts through the Cal Retirement Center Network (CRCN)

For full descriptions and details on any of these programs, contact the Center or visit <http://thecenter.berkeley.edu/connect.html>.

**Cal Performances Discounts**

Enjoy select Cal Performances events at 15% off regular prices (limit two; cannot be combined with other discounts and all sales are final). To order tickets, call Cal Performances at 510.642.9988 or order online. For more information visit [calperformances.org](http://calperformances.org). Note: discount is not available for performances not listed below. Retiree ID card required at the door. All locations are in Zellerbach Hall unless listed differently. Discount is represented in prices below.

**Russian National Orchestra**

**Mikhail Pletnev, conductor**

**Stefan Jackiw, violin**

**Lisa Delan, soprano**

February 19 . . . . . 7:30pm . . . . . \$28, \$40, \$60

**Angélique Kidjo**

February 20 . . . . . 8pm . . . . . \$24, \$32, \$46

**Lisa Delan, soprano**

**Mikhail Pletnev, piano**

February 23 . . . . . 8pm . . . . . \$48

First Congregational Church

**Swedish Radio Choir**

**Ragnar Bohlin, guest conductor**

February 28 . . . . . 3pm . . . . . \$52

Hertz Hall

**Altan**

March 19 . . . . . 8pm . . . . . \$20, \$28, \$36

**Moscow State Radio Symphony Orchestra**

**Robert Cole, conductor**

**Alexander Sinchuk, piano**

**Julian Schwarz, cello**

March 20 . . . . . 8pm . . . . . \$28, \$40, \$60

**Ian Bostridge, tenor**

**Julius Drake, piano**

March 21 . . . . . 3pm . . . . . \$30, \$42, \$56, \$72

**Merce Cunningham Dance Company**

March 26 & 27 . . . . . 8pm . . . . . \$30, \$40, \$50

**Saimir Pirgu, tenor**

April 11 . . . . . 3pm . . . . . \$42

Hertz Hall

**Baaba Maal**

April 20 . . . . . 8pm . . . . . \$24, \$32, \$46

**Arlo Guthrie**

**Guthrie Family Rides Again**

April 23 . . . . . 8pm . . . . . \$26, \$38, \$48

**Ballet Folklorico "Quetzalli" de Veracruz**

May 2 . . . . . 3pm . . . . . \$24, \$30, \$38



## Center-Sponsored Programs

### LEARNING IN RETIREMENT

There are no enrollment fees for Learning in Retirement (LIR) courses, but advance registration is required. Please call the Center to register; course location will be provided with your confirmation. Parking information for Center-sponsored events can be found at the bottom of page five.

#### Christians in the Roman World

Organized by Professor Robert Knapp, Department of Classics

Tuesdays, 2pm-4pm

**February 23: Professor Robert Knapp, Department of Classics: *Were Christians Normal?***

The Roman world in which Christianity arose provides the context to compare the mores, social strata, and organization of first and second century Christians to that of their non-Christian neighbors, and to investigate whether early Christians were fundamentally different within that context.

**March 2: Professor Susanna Elm, Department of History: *Roman Christians: Transforming the Empire into the Christian Roman Empire.***

The conversion of Constantine is a crucial event in the evolution of Christianity in the Empire. "Roman Christians" treats imperial Roman Christians and how they are different in some (e.g., asceticism) but not at all in other respects in pre- and post Constantine Christianity.

**March 9: Professor Carlos Noreña, Department of History: *Christian Rome: Imagery, Architecture and Space.***

The change from a society controlled by non-Christians to one controlled by Christians is marked by the transition from imperial to Christian architecture in the city of Rome. Rome monumentality changed in significant ways, while in others the earlier traditions left their imprint on how Christians built Rome.

#### A Financial Slant on UC Berkeley History: What Does the Budget Mean?

Organized by Carroll Brentano, Ph.D., Center for Studies in Higher Education

Tuesdays, 1pm-3pm

These topics are history, not economics. No graphs!

**April 6: John Douglass, Ph.D., Senior Research Fellow, Center for Studies in Higher Education, *The Master Plan is Dead: Long Live the Master Plan***

**April 13: Anne MacLachlan, Ph.D., Specialist, Center for Studies in Higher Education, *Berkeley's Role in the Development of Graduate Studies in America***

**April 20: Carroll Brentano, Ph.D., *A 1922 Dust-up Between the President and the Faculty Wives***

#### Hominid Evolution

Tuesdays, 1pm-3pm

A series of four lectures dealing with different approaches to the study of the evolution of the Hominid Family.

**April 27: Professor Walter Hartwig, Chair, Department of Basic Sciences, Touro University - California, *Primate Evolution: Evidence From Fossils and From Living Species***

**May 4: Professor Tim White, Department of Integrative Biology, Director of the Human Evolution Research Center, *Origins of the Hominid Line***

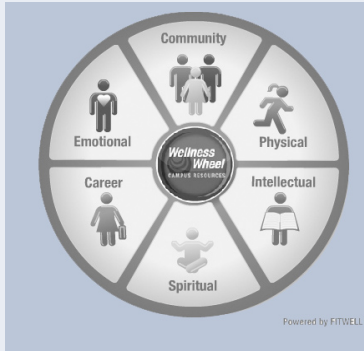
**May 11: Eddy Rubin, Director of the Genomics Division, Lawrence Berkeley National Laboratory and U.S. Department of Energy Joint Genome Institute, *Recent Discoveries on Neanderthal DNA***

**May 18: Professor Terrence W. Deacon, Department of Anthropology, *The Evolution of Human Cognition***

## Co-Sponsored Program

## ACTION FOR A HEALTHY 2010

The UC Berkeley Retirement Center and Health Matters, UCB's wellness program for faculty and staff, are collaborating on the UC Berkeley Retirees Living Well initiative. The retirement centers at UC Berkeley, UC Davis, UC Irvine, UCLA and UC San Diego and are collaborating on wellness initiatives to inform and to encourage our respective UC communities of healthier habits to improve well-being now as well as contribute to a meaningful and healthy retirement.



The Retirement Center initiative will be integrated with the Stay Well and Kaiser health assessment tools and follow-up programs and UCB campus resources. The initiative will have three major components to support individual action: 1) The Wellness Challenge 2) Raising awareness for knowing your numbers and health calculator resources and 3) Promoting completion of a Health Assessment. Knowing your numbers will encourage retirees to learn their key health indicators such as blood pressure, cholesterol, and body mass index. Retirees can use this information in a free health assessment offered by Stay Well or Kaiser to learn more about their health risks and to identify next steps in improving their health. For your next steps to a healthier 2010, go to <http://thecenter.berkeley.edu/wellness.html>.

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The initiative will conclude with a Wellness in Later Life lecture by John Swartzberg, MD, editor of the UC Berkeley Wellness Letter -- [www.wellnessletter.com/](http://www.wellnessletter.com/), during May's Older Americans Month.

The UC Davis Retiree Center originally conceived of the "Healthy 'til 100" Wellness Challenge in 2009. Participants in the challenge agreed to adopt at least one new healthy habit for 100 days. Conventional wisdom assumes if one can implement a change for 100 days, it is likely to become a lifelong habit. The Center prepared a list of 100 healthy habits for inspiration, based on a wellness wheel. A wellness wheel emphasizes the importance of paying attention to several aspects of health—physical, emotional, community, spiritual, intellectual, and career. Healthy habits include common recommendations, such as eating healthy and exercising regularly but also less obvious choices such as cultivating friendships outside of family and practicing meditation.

### Older American's Month Lecture Wellness in Later Life

Presented by Dr. John Swartzberg, Editor, Berkeley Wellness Letter, School of Public Health

Thursday May 6 1pm-3pm

We have more control over the determinants of our health than most people realize. This discussion will focus on the evidence behind our health choices. It will also address preventive care, what's worthwhile and what's not.

## Announcements from Campus Partners

### CARE Services Elder Care Program

The UCB CARE Services Elder Care Program is offering the following free workshops this semester (all 12:10-1:30pm at the Tang Center:

- Dementia: The Middle of the Road - February 9
- Communication with Mom & Dad about Change - March 16
- Planning for an Elder's Funeral - April 27
- Finances During Catastrophic Illness - May 11

For registration and information call CARE Services, 510.643.7754 and leave your name and telephone number.

### OLLI @Berkeley Winter Term Begins

We all know the lure to take the simple road. But in order to age successfully, our bodies and brains need new challenges to remain healthy. It is not enough to continue the same activities, year after year, with the same expenditure of mental and physical effort. That's one reason why OLLI @Berkeley is so strongly committed to bringing novelty and challenge to its diverse and ever-growing programming.

Thank you for your continued support, and for your personal dedication to enriching your life through learning. To learn more, visit OLLI @Berkeley online at [olli.berkeley.edu](http://olli.berkeley.edu) or call 510.642.9934.



## Center-Sponsored Programs

### CLASSES, WORKSHOPS, TOURS

#### Berkeley Art Museum Tour & Tea

Thursday February 18 2pm-4pm

*James Castle: A Retrospective*

*James Castle: A Retrospective* marks the first comprehensive museum exhibition of the work of James Castle (1899–1977), an artist from rural Idaho who, despite undergoing no formal or conventional training, is especially admired for the unique homemade quality, graphic skill, and visual and conceptual range that characterize his works. Deaf since birth, and presumably never having learned much language, Castle turned his obsessive and constant production of drawn images into his primary mode of communication. The exhibition examines the full visual and conceptual range of Castle's work, bringing together almost 300 examples from 60 public and private collections. Join us for this docent-led tour and following tea/open discussion.

#### Social Networking on the Internet

Monday-Wednesday March 15, 16, 17 9am–Noon

Tuesday-Thursday April 13, 14, 15 9am–Noon

Course fee: \$25



Social networking and social media are changing the way we connect with the world. News networks and businesses and organizations of all kinds have integrated Twitter and Facebook into their broadcasts and strategies. Families, friends, classmates and alumni use the same or similar sites. Employers and job seekers use LinkedIn for professional social networking, too. These three-session courses define social networking and introduce you to some of the most popular and useful sites. The course is geared to showing you how to find the information important to you.

#### UCBRC Book Club

Tuesday February 16 10:30am–Noon

Professor Robert L. Middlekauff's UCBRC Book Club selection this spring is Professor Gene Brucker's *Giovanni and Lusanna: Love and Marriage in Renaissance Florence*, University of California Press, Paperback. Contact us to get on the book club notifications email list or to register for this program.

#### Planning Today for Your Fiscal Tomorrow

Wednesday March 10 1-5pm

*Guest Speaker: Adrian Harris, UCLA Vice Chancellor—Planning, Emeritus*

Yes, you can become your own financial planner. And if you are uncomfortable with that, this workshop will give you the tools to better deal with professionals. This workshop was designed to assist individuals of all ages in personal estate and retirement planning, understanding investment opportunities and strategies, and dealing with a wide-range of fiscal and related matters. Topics covered are key for those already retired or who are interested in retiring soon, including leaving survivors well informed, retirement needs, how to achieve planned goals, and converting assets into life-income. No specific investment recommendations made. Email the Center at [ucbrc@berkeley.edu](mailto:ucbrc@berkeley.edu) or call 510.642.5461 to register.

#### Accessing Your Fidelity® Account Online

Tuesday April 13 10:30am–Noon

This session provides hands-on information as it relates to online accounts at <http://netbenefits.fidelity.com>. In this session the facilitator will work from examples projected on a screen, while retirees can work with their own accounts. To facilitate this effort, please come to the workshop with a valid P.I.N. to access your account. Don't know your P.I.N? Contact HR and Benefits at <http://atyourservice.ucop.edu> or 800.888.8267. To reserve a space and find out the location of the program, contact the Center.

#### Parking for Center Sponsored Programs and Events

When attending a Center-sponsored event, you are eligible to park at \$5, plus \$2 postage and handling for mailed permits. You must prepay by sending a check or money order **to be received by the Center at least one week prior to the day of the event**. The Center will then mail the permit to your home for use at that program. Alternatively, you may come into the Center and purchase the permits in person.



## Spotlight

### EMERITI AND RETIREES OF DISTINCTION

#### Marian Gade - Distinguished Retiree



Marian Gade served as President of the UC Retirees' Association at Berkeley and as its representative on the Center Policy Board; She is now the chair of CUCRA (Council of University of California Retiree Associations).

For 35 years, Marian was a Research Associate of UC President and Chancellor Emeritus Clark Kerr, working with him on a variety of projects, and then publishing in her own name titles such as "Presidential Careers" and "Presidents and Trustee Relationships." In Kerr's two-volume memoir of his years as Berkeley Chancellor and UC President, he had this to say about Marian: "For over thirty years, she has pulled together documentation and statistical data, edited my prose, corrected my errors, and added to my understanding with her comments, all with endurance and goodwill and intellectual talent that no one else in my long experience could have matched. In the course of this, she has become, in her own right an authority on American higher education sought after and admired around the nation and around the world. She has accepted my endless requests for information with the

calm of a Stoic and the understanding of a Swarthmore honors student, as she once was."

Marian and her partner, Jerry Michaels, are long-time San Francisco Folk Music Club members who have, for a number of years, held a Gospel Sing kick-off for festival activities. Jerry's a current member of the San Francisco Folk Music Club's Board of Directors, and Marian is Corresponding Secretary. They also host occasional East Bay Pickin' & Fiddlin' events, participate in club campouts, and have recently begun playing and singing for a local senior center's Alzheimer's respite program.

She is a 50-plus-year Girl Scout, a former president of the SF Bay Area Council, and has been a member of a committee recommending a governance structure for the consolidated Northern California council. Marian is a former whitewater kayaker and kayaking trainer. Other long-time and current interests and activities include being a ham radio operator involved in West Contra Costa County emergency preparedness efforts, the mother of two daughters and the grandmother of a five-year-old girl.

Marian was also in the last decade Deputy Director of UC Berkeley's Center for Studies in Higher Education – an institution of which she has been a warm friend and valuable colleague for many decades.

*Carroll Brentano*

## Special Retirement Center Program

### Opera: Concept, Creation, Realization

This course is aimed at providing insights into Festival Opera's 2010 season which will perform Puccini's "Madame Butterfly" in July and Donizetti's "Lucia di Lammermoor" in August. The course will be presented by opera experts on four consecutive Wednesdays from from 2-4 pm. Course location will be provided with your registration confirmation.

**May 26:** Session 1 covers a brief history of opera in general, *Italian opera, Gaetano Donizetti, and Lucia di Lammermoor*, presented by opera lecturer John Kendall Bailey.

**June 2:** Session 2 will be a **panel discussion featuring the executive, artistic, music, and production directors** on what it takes to produce opera in general.

**June 9:** Session 3 will be a **panel discussion among the staging director, conductor, design and production team** on producing Lucia.

**June 16:** Session 4 will feature a **panel of principal artists, conductor, and stage director** and will include a selection of arias from Lucia.

Email the Center at [ucbrc@berkeley.edu](mailto:ucbrc@berkeley.edu) or call 510.642.5461 to register.



# the CenterPiece

The CenterPiece is published by the UC Berkeley Retirement Center, which reports to the Office of the Vice Provost for Academic Affairs and Faculty Welfare. The CenterPiece is distributed to annuitants of UC Berkeley, the UC Office of the President, and Lawrence Berkeley National Laboratory.

## UC BERKELEY RETIREMENT CENTER POLICY BOARD

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## Aging Research Study

### Participants Needed

The Memory and Aging Center at UCSF is collaborating with researchers at the University of Southern California and UC-Davis to study changes in brain and mental abilities associated with aging. Their team of investigators is particularly focused on measuring changes in individuals who may have experienced a stroke or heart attack, or who may be at risk for vascular disease.

The project involves an initial screening interview (usually over the phone), physical and neurological exams, a blood draw and EKG, carotid ultrasound, retinal photography, neuropsychological testing, an MRI scan, and re-evaluation every one to two years. Study results, including MRI reports and neurological examination reports, are made available to your physician upon your request.

You may be eligible to participate if you are in good health, aged 70+, speak English, may have experienced a stroke or heart attack, and/or may currently experience or have a history of high blood pressure, high cholesterol, or diabetes, and have a partner willing to answer some questions about your memory and thinking.

If you would like further information about this study, please do not hesitate to contact the study coordinator, Jon Gooblar, at 415.476.1686.

## On and Around Campus

### The University Section Club - Annual Beehive Luncheon

Tuesday February 23, 11:30am–2:30pm

UC Faculty, Staff and Retirees are invited to join the University Section Club for its annual Beehive Luncheon and Silent Auction at the Unitarian Universalist Church of Berkeley, 1 Lawson Road, Kensington. Enjoy poached salmon, salads, baguettes, cheeses and home baked cookies. Bid on unique Auction Treasures, buy jewelry and crafts, win a raffle basket full of goodies! Proceeds will fund UC student emergency grants. Pay \$30 at the door or pre-reserve for \$25. Send your check payable to University Section Club, Inc. to Rita Purcell, 14 Selkirk St., Oakland, CA 94619. Please mail by Tuesday, February 16th.

## Association News

Mark your calendars for the following retiree association events.

**UCBEA** (<http://thecenter.berkeley.edu/ucbea.html>)

Luncheons- March 20 & May 8

**UCRAB** (<http://thecenter.berkeley.edu/ucrab.html>)

Annual Day at the Races (scholarship fundraiser), April 22

Luncheon - Mid-March (check web page)

**PARRA** (<http://thecenter.berkeley.edu/parra.html>)

Luncheon - April 2010 (check web page)

**EX-Ls** (<http://www.lbl.gov/EX-Ls>)

Luncheon - February 18, May 20, August 19, November 18

UC BERKELEY RETIREMENT CENTER  
University of California  
1925 Walnut Street #1550  
Berkeley, CA 94720-1550

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the **CenterPiece**  
SPRING 2010

### Directions to the Center

**By BART:** Take BART to the Berkeley Station. Exit the station. Walk two blocks north on Shattuck. Turn right on University. Walk one-half block east. Turn left on Walnut. Walk one-half block north. Building is on your right.

**By AC Transit:** AC Transit bus lines 1, 7, 9, 16, 18, 19, 51, 52L, 65, 67, 79, 800, 851, and F stop at the Berkeley Bart Station.

### Campus Accessibility Information

Check out the online FASDI Access Guide, which includes building accessibility information, as well as other useful accessibility tools. <http://fasdi.berkeley.edu/index.cfm>

### Options for *The CenterPiece*

As you may know the State budget crisis deepens, which continues to lead to cuts in the Retirement Center's budget. In an effort to be more environmentally appropriate and to reduce our publication, printing, and mailing costs yet maintain our high level of programming, we would like to encourage you to subscribe to *the CenterPiece* by electronic delivery (email). Simply email [ucbr@berkeley.edu](mailto:ucbr@berkeley.edu) with "electronic delivery" in the subject line. You can also download previous issues of *the CenterPiece* from our website: <http://thecenter.berkeley.edu>