



The CenterPiece

UC Berkeley Retirement Center

Volume 4, Number 2

What's News

Although regular class sessions have ended for the summer, there is still plenty of activity at the Center and on campus.

In the Cal Connection section, we announce the return of two special summer offerings including a **20% discount on Cal clothing and gifts** at the Cal Student Store and **summer parking coupons** that can be purchased at the Center. In addition, we have again arranged for **free long-term care insurance counseling** through the Health Insurance Counseling and Advocacy Program (HICAP). New to The Cal Connection is a **discounted price on The Chronicle of the University of California**. Finally, the Cal Retirement Center Network, which offers Internet and email accounts to Center constituents has added **i-drive** as a subscriber benefit (p. 2-3).

Our **Learning in Retirement** series takes on a different look for the summer as we move our classroom outside for two series of walks. The first series is designed to acquaint people with the great treasures of the Berkeley campus, including its architecture, foliage and natural history focusing on the two forks of Strawberry Creek. The second series lets you explore San Francisco as you never have before. Using observation as an analytic tool to reveal the history and changing problems of the City, students will learn to see what they are looking at by reading the implicit messages imbedded within the City's physical environment (p. 4).

In addition to our ever-popular beginning computer and Internet classes, the Center has teamed up with The

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.

Scholar's Workstation to bring you "**Before You Buy a New Computer...**". This program will give you the opportunity to quiz the experts on what you should know before you buy a computer in today's market. Speaking of computers, the Center is hoping to find some volunteers to join a group called **ClickSilver**, started by a UC retiree, that provides computer tutoring for those living in residential retirement communities (p. 5).

This summer, retirees are invited to join UC Berkeley, UCSF and Office of the President who will come together to sponsor a University of California team for **AIDS Walk San Francisco** (p. 5). You are also invited to take advantage of the many programs and activities at Cal. Highlighted in the On Campus section are **CalFIT, Summer Sessions and the Pacific Film Archive** (p. 7). Finally, we include both an update on the successful Health Care Facilitator program and an important announcement for all Berkeley email account holders (p. 6).

Staff Changes at the Center

In May, the Center bid a fond farewell to staff member Krista Macmillan, who returned home to her native Scotland. In her short tenure, she made many lasting contributions.

Joining us are three new staff members. Andre Porter is the Center's new administrative specialist, who will also coordinate our Cal Retirement Center Network. Pam Rewis, who has been on campus for over 17 years, is our new administrative assistant. And in July, Ronni Gravitz joins us as a staff intern. Ronni, who has also been working on campus for 17 years, will be developing new ways for retirees to participate in paid and volunteer positions on the campus, as well as finalizing our pre-retirement planning program for campuswide distribution.

UC Berkeley Retirement Center

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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.



Summer Parking Special

Between July 1st and August 19th, you can park on campus anytime, day or night, for a reduced rate. Daily coupons can be purchased from the Center for \$4.00 each. No hang-tag is required. Note: Parking in Faculty/Staff/Student lots only. If you are interested in Night/Weekend parking, see below.

Pacific Film Archive

The Pacific Film Archive now offers a reduced rate of \$5.00 for Cal retirees. The senior rate is \$4.50 for those age 65 and over (Summer program information, p. 7).

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.



Money Saving Coupon for the Cal Student Store



Bring this *CenterPiece* coupon to
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your next purchase
of Cal Clothing & Gifts


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• Not valid on catalog order
or with any other discount
• Expires 8/11/01

Bancroft & Telegraph



Long-Term Care Insurance Counseling

Before purchasing a long-term care insurance policy, it is 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.

The Connection

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

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.



Chronicle of the University of California

The Chronicle of the University of California is the publication devoted to the preservation of the University's past and the promotion of research in University history.

You now 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.

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 \$39.00*, 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 (510) 642-2020. Be sure to identify yourself as a 20/20 Vision Plan member. **Where applicable, insurance will be billed first.*

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*). You can also get a 25% 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 Center.

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 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 Monday–Thursday 10 am–4 pm, and 10 am–Noon on Fridays. You can also find product information by going to the Retirement Center web site at <http://thecenter.berkeley.edu> and clicking on the link to The Scholar's Workstation.



Internet and Email Access through Cal Retirement Center Network

Subscribe to the Retirement Center's email and Internet access service for just \$13.00 per month. Cost includes software, unlimited access to the Internet, an email account, and the recently added i-drive. I-drive provides 50 megabytes (MB) of free Internet storage to those with a "berkeley.edu" e-mail address. In addition to the 50 MB of storage space, i-drive allows users to post a personal home page, as well as visit the i-drives of other members. Visiting another's i-drive allows for the sharing of files, including digital photo albums. For more information on i-drive, please call the Center.

To be eligible for this service, you must be either a retiree or surviving partner from UC Berkeley or Office of the President. In order not to incur any toll charges on your phone bill, you must live within the local dialing area of campus (approximately a 12-mile radius).

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

Join us this summer for two informative courses, which walk you through the campus and the streets of San Francisco. Although courses are free, pre-registration is required due to limited class size (see below).

The Campus as a Living Museum

Tuesdays, 10am - Noon

August 14 ***Campus Architecture***

Ms. Sally Woodbridge, Architectural Writer and Historian

This walk focuses on campus buildings, old and new, their structure, their design and their history.

August 21 ***Trees of the Campus***

Professor Richard Dodd, Environmental Science, Policy and Management

Mr. Jim Horner, Campus Landscape Architect

This walk identifies and discusses a selection of the 300 species of trees, native and exotic, that flourish on the campus.

September 4 ***Strawberry Creek***

Professor G. Mathias Kondolf, Environmental Planning

Mr. David Mandel, Associate Planner, Physical and Environmental Planning

This walk highlights the natural history of the campus, focusing on the riparian features of the two forks of Strawberry Creek which flow through the campus, as well as on the several nature reserve areas the Creek has helped form.



Seeing San Francisco with New Eyes

Fridays 10am - Noon

Professor Emeritus Allan Jacobs, Urban Design, will offer two walks in this series:

July 6 ***The Mission District***

Walking through the Mission District, it is possible to see and understand: when it was built; who it was built for; how it has changed; who lives there now; what people have done in the past to solve problems; the problems today and what they are likely to be in the future.

July 13 ***Downtown***

Starting from Union Square, this walk exposes the past and reveals something of the forces currently changing the business district and its environs.

Registration: Please call or email the Center to register for one or more courses. While all Retirees and Emeriti are welcome to register for individual lectures, seating can be guaranteed only for those who register for an entire course. Note: Restricted to Retirement Center constituents and their spouses or partners only.

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 \$5.00 fee per class includes instruction and materials. Please call the Center with any questions or for reservations.

Computer Basics

The Most Basic Basics (*This is a two-day class.*)

Space is limited to 18 participants

Monday July 23 9 am–Noon

Wednesday July 25 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

(*This is a 1-day class.*)

Space Limited to 18 participants

Friday July 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 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.

Before You Buy A New Computer...

(*There is no fee for this class.*)

Monday July 30 10:30 am–Noon

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); and what you need to get onto the Internet and use email. An optional tour of The Scholar’s Workstation will follow.

HI-HO CLICKSILVER!!

Do you enjoy computers? Do you have a few hours a month to bring the fun of computers to others? Then ClickSilver, a volunteer organization started by university retirees, is looking for you. ClickSilver’s mission is to facilitate Internet access for those living in residential retirement communities and to build community among the residents who are interested in learning about the Internet, email and basic word processing.

So far, ClickSilver has recruited and trained retirees and high school students to volunteer in these community settings. Now, the Center would like to assist them in their efforts to find new volunteers. (Advanced knowledge of computer applications is not necessary, as training will be provided).

To attend an informational session and reception, or if you would like more information, please call the Center.

Related Event Off Campus

Join the UC Team for the AIDS Walk

The campus is currently organizing its participation in the 15th Annual AIDS Walk San Francisco. On Sunday, July 15th, the campus will join hundreds of other corporate, government, school and community teams and individuals in Golden Gate Park for Northern California’s largest and most successful AIDS fundraising event.

This year’s University of California team again will include UC Berkeley, UCSF and the Office of the President. Last year, more than 500 people participated on the UC team, contributing \$35,000 to the total and placing us tenth among the more than 700 teams participating.

You can register by going to the official AIDS Walk Web site at <http://www.aidswalk.net> or by calling the AIDS Walk office at (415) 392-9255. Be sure to give the operator the UC Berkeley team number (0087). When you register, you will automatically be sent a sponsor form and additional information. Also, those who raise \$25.00 or more will receive a thank-you gift (a UC Berkeley tote bag).

On Campus

Important Notice

New ID Needed for UC EMail and Internet Accounts

UC Berkeley has implemented a campus-wide secure identification and login system for anyone who has berkeley.edu in his or her email address (i.e., users of UCLink, Socrates, or specific departmental networks like stat, haas, law, nature, etc.). This system will affect computer users with UC Berkeley email accounts connecting to campus computer systems from any campus or non-campus site. In the future, you will need this ID to log on to certain UC Berkeley web sites.

The new identification number, called a CalNet ID, involves obtaining a “passphrase token”. To obtain your “passphrase token,” call the Center’s Cal Net Deputy, Andre Porter.

Emeritus professors please note: You can also get your “passphrase token” from your home department if you have your employee ID number. If you do not have that number, you will need to get your CalNet ID and “passphrase token” from the User and Account Services office in Evans Hall, which can be reached at (510) 642-7355. Make sure to identify yourself as professor emeritus.

Update on the Health Care Facilitator Program

Last year, Berkeley became one of two campuses to pilot a Health Care Facilitator (HCF) program. Now, because of the pilots' successful outcome, the HCF program will be replicated at all UC campuses. In only one year, Berkeley's HCF, Deborah Lloyd, provided services to more than 1,000 active and retired faculty and staff from UCB. Based on issues brought to her attention, she conveyed information to the Office of the President (OP). This information yielded improvements to our benefits coverage, such as higher benefit levels for the UC Care Out-of-Area plan used by many retirees when they relocate outside the Bay Area.

If you are having trouble getting the service you expect from your UC-sponsored medical insurance, Deborah is available for confidential one-on-one assistance. If necessary, Deborah will work with health plans, doctors or other health care providers, and government agencies such as Medicare to help you resolve your medical care, service, or billing issues. In addition to helping you navigate the health care system, she can also help you understand your UC medical plan coverage and rights, how Medicare benefits coordinate with the UC-sponsored medical plans or provide referrals to other campus or community agencies that may be helpful to you. Deborah is located in the UCB Benefits office, and can be reached by telephone at (510) 643-7547 or by email at dblloyd@uclink4.berkeley.edu.

The CenterPiece

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OnCampus

Summer Fun with CalFIT

This summer CalFIT is offering several classes that are especially good for those 50+ who are either beginning or continuing their fitness program.

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

Strength Training provides students with the tools necessary to integrate physical fitness into a sedentary lifestyle. Workouts using free weights and exercise machines are particularly effective in dramatically boosting fitness levels and also play a key role in the prevention of osteoporosis.

Qi Gong (chee-gong) is an exercise for the mind, body and spirit and can be practiced by anyone at any age or fitness level. It is considered to be one of the most effective ways of enhancing one's health in everyday life.

Water Exercises utilizes water as resistance in exercises designed to work both your muscles and your cardiovascular system and is ideal for all fitness levels.

Discounted rates are offered for UCB retirees and those over age 60. Call the Center for a full brochure.

Summer Sessions Senior Audit Card

Retirees are invited to audit classes at Berkeley Summer Session for a greatly discounted fee. In this program, retirees may purchase a Senior Audit Card for \$25.00 (Auditing usually costs \$325.00, so this represents savings of \$300.00). UC Retirees may purchase this card regardless of age; others must be at least 55 years old.

The Senior Audit Card allows you to sit in on an unlimited number of courses from a select list of classes offered in the summer. The list includes classes in philosophy, history, psychology, literature, the social sciences, and ethnic studies, among others. The next sessions begin July 9th and July 30th.

The Summer Sessions catalogue identifies the courses recommended for seniors with a special "S" code added to the course description. To obtain a card and a free copy of the catalog, call the Center.

Pacific Film Archive

This summer, the Pacific Film Archive (PFA) will carry on while the Berkeley Art Museum is closed for seismic improvements.

In July and August, the schedule includes internationally renowned Israeli director Amos Gitai,



who will appear in person on July 10th and July 12th. PFA will present fifteen of Gitai's films, on Tuesdays and Thursdays from July 3rd through August 2nd. The Jewish Film Festival, on Saturday, July 28th, presents the Northern California premier screening of Gitai's newest film *Kippur*, set during the 1973 war.

During July and August PFA will offer a special series of Sunday afternoon matinees of classic films suitable for all ages. Some of the offered films include *The Seventh Voyage of Sinbad*, the Marx Brothers' *Duck Soup*, *National Velvet* and *Charlotte's Web*.

On Saturdays in July and August, PFA will screen sixteen of Fritz Lang's American films, including *The Woman in the Window*, *Fury*, *You Only Live Once*, and *Ministry of Fear*. Fritz Lang, the German Expressionist film director famous for such fatalistic films such as *M* and *Dr. Mabuse*, is credited with helping create and define the genre of *film noir*.

On Friday and Sunday evenings from July 13th through the 27th, screenings at PFA will pay tribute to one of Japan's great directors, Kon Ichikawa. Known for such films as *The Burmese Harp*, and *The Makioka Sisters*, his 1999 film *Dora-Heita* will show on August 26th. This is a witty farce about a samurai who pretends to be a playboy while rooting out corruption.

All screenings are held at the New PFA Theater located at 2575 Bancroft Way at Bowditch, on the southern edge of the campus. For ticket information, phone (510) 642-1412. For complete program notes or more information, consult the PFA website at <http://www.bampfa.berkeley.edu>.

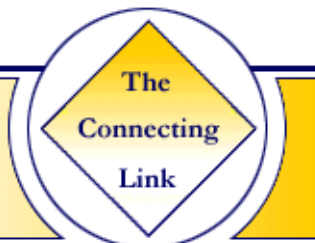
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UC Berkeley
Retirement Center



How to Reach the Retirement Center:

The Retirement Center is located in 2 Boalt Hall. Boalt Hall is located on Bancroft 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.