

# 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

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### CENTER HOURS

Monday–Friday:

9am–Noon by appointment

1pm–4pm Walk-in

Closed: Noon–1pm

*Transforming Retirement  
for 17 Years*



### Director's Notes

Goodbye. Thank you. Hello. This is my last director's column. In thinking about my next life chapter, I have had many thoughts about you, your value, your contributions, your inspiration and modeling of meaningful next chapters.

It has been an honor to serve you. The existence of the Retirement Center is recognition by this great University of your contributions during employment and continuing contributions and value as retirees. As I noted to President Napolitano before her recent presentation at the President's and Regents' Retiree Association (PARRA) luncheon, our 13,000 retirees represent three very important resources for the university. You are advocates for the university you served so well. You are providers of services in volunteer and call back arrangements, leveraging your institutional knowledge and talent. And you are financial contributors through donations and emeritus research efforts that bring hundreds of millions of dollars to the campus. Your efforts through the retiree associations and other venues to help the university recognize and engage the ongoing value of retirees is commendable.

Thank you for modeling meaningful next chapter lives. You have shared and demonstrated a rich variety of next chapters that validate the Center's favorite definition of an older adult, from the Live Oak project: "An elder is a person who is still growing, still a learner, still with potential and whose life continues to have within it promise for, and connection to, the future." Your wise counsel and experience illustrate the many meaningful options that await one as one transitions from full time employment to a next chapter. Seeing your engagement and enjoyment affirms that this transition

is indeed a bridge to continued vitality and engagement, and not a plank off the campus ship.

We have established one of the most comprehensive and resourceful university retirement centers in the country, if not the world. UCBRC is a unique resource within an institution of higher education. With the financial and leadership support of the Office for the Faculty and Vice Provost Janet Broughton and Associate Vice Provost Angelica Stacy and the Lawrence Berkeley National Laboratory, the Center offers a firm foundation of services. Our Transforming Retirement initiative offers the potential to effectively address and serve aging baby boomers and demonstrate new, innovative options for retirement transitions. Berkeley can make a unique contribution and be seen as a retirement friendly campus where the transition from full time employment to a meaningful next chapter is part of a new career path befitting the quality faculty and staff at this institution.

The Center's Policy Advisory Board and the four retiree associations support the Center in responding to your concerns and advocating for the best interests of retirees and the university. In combining their voices with the associations from the other UC campuses, they are a powerful voice for our best interests. Your membership and support of these associations is a wise investment.

A new director will be introduced this summer. The Center also plans to complete a major database upgrade and embark upon a website redesign to make interactions more efficient, especially regarding program registrations and payments. Since these events will consume most of our small staff resources, we need to postpone some usual

*Continued on p. 3...*



## Cal Connections

### ID Cards

To take advantage of these special offers, you must use a Retiree ID card that identifies you as retired staff, retired academic, or emeriti or their surviving spouse or partner. To obtain your free card, come by the Center between 1pm and 4pm daily or call 510-642-5461 to order by mail.

### Selected Cal Connections

- 20/20 Vision Plan discount at the University Eye Center
- Free admission to the Berkeley Art Museum
- Faculty/staff rates at the Pacific Film Archive
- Discount on annual membership to the UC Berkeley Botanical Garden
- Cal Athletics season tickets discount
- Discounts on select Cal Performances events
- Use of Cal Rentals to find and list rentals
- Discounted membership at the Cal Rec Club
- Chronicle of the University of California discount
- bConnected account or email forwarding through the Cal Retirement Center Network (CRCN)
- Access to the campus Health Care Facilitator
- Free Health Insurance Counseling from HICAP
- Access to International Travel Care
- Free enrollment to the *Berkeleyan* e-newsletter
- Free UCB library card
- Music Department performance discounts
- Osher Lifelong Learning Institute (OLLI@Berkeley) membership discount
- Cal Student Store discounts
- Discounts on online purchases at UC Press (use code 04A5154 for discount)
- Wellness Letter discount for new subscribers
- Discounted membership to the Faculty Club
- Discounted membership at the Women's Faculty Club (WFC)

For full descriptions and details on any of these programs, contact the Center at 510-642-5461 or visit <http://thecenter.berkeley.edu/connect.shtml>.

## Audit Summer Sessions Classes with OLLI@Berkeley

Join OLLI@Berkeley and audit Summer Sessions classes on campus. There are 5 sessions between May 27 and August 15, and many courses available. Some courses are excluded from auditing. Summer Sessions auditing is a benefit available to OLLI@Berkeley members. Remember, retirees get a discount on OLLI membership with Retiree ID!

In addition, OLLI is offering 5 classes in the month of June including Asian American Literature and The Long Affair: Americans and Baseball 1876-2014. Classes meet for four weeks and cost \$95 + membership. To learn more, visit <http://olli.berkeley.edu> or call 510-642-9934.

## Fidelity Investment Services

Do you want guidance or education from Fidelity for your Retirement Savings Program? If so, schedule a one on one appointment with a Planning and Guidance Consultant to cover topics such as reviewing your portfolio's mix of investments or your retirement income options. Or, attend an Education Workshop that covers a range of retirement and savings topics.

To learn more, or sign up today, visit [ucfocusonyourfuture.com](http://ucfocusonyourfuture.com) or call Fidelity at 1-800-558-9182.

## Night and Weekend Parking Passes

Need to park on campus? Retirees are eligible to purchase single-use night and weekend campus parking hang tags for \$5 each. Permits are valid after 4:30pm Monday through Friday, and all day on weekends.

To purchase hang tags by mail, send a check made payable to UC Regents to the Retirement Center. Permits are \$5 each, plus \$2 per order for mailing and handling costs. You may also purchase Night and Weekend permits in person at the Retirement Center, Monday through Friday between 1pm and 4pm. Please call ahead before stopping by to make sure Center staff is available to assist you.

These permits are not valid in UC public lots for sporting or special events. *We are unable to accept cash or credit cards for payment.*



## On-Campus Programs and Opportunities

### DIRECTOR'S NOTES, CONTINUED...

summer activity, e.g., the picnic, campus tours, and the golf event. There may also be an office upgrade in the near future. There is still considerable activity available for you this summer, however, as you will read in this newsletter.

Lastly, let me express a heartfelt thank you to the Center's Project Manager, Summer Scanlan. She is a major resource in ensuring that the Center's services are delivered in a thoughtful and effective manner.

So goodbye, thank you, and hello to our next chapter lives together on the other side of the bridge. Be well.

*Patrick C. Cullinane, Director*

### 50+ FITNESS

#### A UCB Recreational Sports Facility (RSF) fitness class for older adults

Staying fit, healthy and active as you get older is key to ensuring vitality. 50+ Fitness programs are designed around a range of topics promoting an active and healthy lifestyle at an older age. Get stronger, learn better ways to take care of yourself. Increase your strength and fitness level by learning to use free weights and weight lifting machines safely and effectively in a supportive environment.

Increasing endurance and muscle strength can make it easier to work in the garden, lift a grandchild or climb stairs. Wear loose, comfortable clothing and sneakers or solid shoes.

To register, contact the RSF Customer Service Center at (510) 642-7796, [crcinfo@berkeley.edu](mailto:crcinfo@berkeley.edu).

#### 50+ Fitness Program Information:

Member Price: \$150.00

Non-member Price: \$190.00

Begin Date: 7/8/2014 8:00:00 AM

End Date: 8/14/2014 10:00:00 AM

Days/Times: TuTh 8:00AM - 10:00AM

Location: RSF - Recreational Sports Facility  
Weight Room Annex

Sales Begin: 4/3/2014 12:00:00 AM

Sales End: 8/14/2014 10:00:00 AM

Remember, retirees with a Retiree ID card can join the RSF for a significantly reduced annual rate of \$332. Find out more online at <http://recsports.berkeley.edu/>. Click on the membership button on the top right corner of the main webpage, and then the UC Berkeley Retirees link.

### OPPORTUNITY: INTERNATIONAL STUDENT ENCOUNTERS

Are you interested in helping students from all over the world have a summer at Cal they will never forget? Our "Summer English Language Studies" participants have only 6 weeks in the US to make that linguistic breakthrough they've been striving for. A key component of the language immersion experience we want to provide is you, the local native speaker of American English.

This year's themes include "California Stories" and "Television, Culture and Communication." We are interested in matching students with retirees for classroom Q&A and/or a more relaxed and social event on or off campus. What is your "California story"? Do you have connections, memories, experience with television and culture you can share? Do you have other ideas for language-rich interaction with visiting English learners?

If interested, please email us with days/times of availability. We will reply with an event announcement and/or invitation to be a classroom guest, depending on your preferences. Program dates are July 7–August 15, 2014.

Contact: Lincoln Davis, Lecturer, Summer English Language Studies, College Writing, Summer Sessions  
[lincolndavissels@gmail.com](mailto:lincolndavissels@gmail.com)

#### Get the latest Center news by email!

Stay connected and up-to-date! The Retirement Center supplements this newsletter with regular emails to our retirees. To sign up to receive emails from the Center announcing program and benefits updates, campus events, and other items of interest and importance, send your name and email address to [ucbrc@berkeley.edu](mailto:ucbrc@berkeley.edu).

You can also sign up to receive this newsletter electronically instead of by paper copy -- just send an email to [ucbrc@berkeley.edu](mailto:ucbrc@berkeley.edu) with your name and email address, and ask to be put on the e-CenterPiece list.



## Campus Events

### FACULTY CLUB SPECIAL EVENTS

Remember, the Faculty Club offers all retirees membership at the Professor Emeritus rate of \$14 per month upon presentation of your retiree ID card. Call the Faculty Club at 510-540-5678 for more information.

#### Taco Tuesdays

Every Tuesday, 5 pm-7pm

Taco Tuesday includes several selections of freshly prepared meats, fresh-made salsas and guacamole, with sides of beans, Mexican rice and more – all for only \$3.50 per taco. In addition, Margaritas are only \$5.00 each.

#### Tapas Thursdays!

Every Thursday, 5pm-7pm

Spend your summer Thursdays on the Faculty Club's beautiful Kerr Deck, and enjoy freshly prepared Tapas, Sangria & Margaritas (\$17 Pitchers, with purchase of 3 Tapas) & live acoustic guitar.

### SUMMER CONCERTS IN THE REDWOOD GROVE

#### Thursdays, June-August, 5:30pm – 7:30pm; Doors Open at 5pm

Join us at the UC Botanical Garden for a magical musical experience under towering redwoods! Visit the Garden's website for pricing and additional information: <http://botanicalgarden.berkeley.edu/>. All tickets include admission to the Garden before 4:30pm. Shows may sell out – buy your tickets online with no additional fees!

**June 26** – Kelly McFarling + The Range of Light  
Wilderness

**July 3** – Alela Diane + Yesway

**July 10** – Special Bastille Benefit Soirée: Baguette Quartet  
+ Hot Club SF

**July 17** – Berkeley Symphony & Friends Ensemble

**July 24** – Sean Hayes

**July 31** – David Berkeley + We are the West

**August 7** – Dustbowl Revival + American Nomad

**August 14** – Earl Brothers + Bill Evans Banjo in America

**August 21** – Todd Sickafoose's Tiny Resistors  
+ Etienne de Rocher

**August 28** – Rupa & the April Fishes

+ Lou Lou & the Dypsy Jivers

### BERKELEY GRADUATE LECTURES

The Berkeley Graduate Lectures have been hosting distinguished speakers on Berkeley's campus since 1909 to speak on a wide range of topics, from philosophy to the sciences. These lectures are open to the public and admission is free. Visit our website, [gradlectures.berkeley.edu](http://gradlectures.berkeley.edu), to learn about lectures past and future, and to join our mailing list to stay informed about upcoming lectures. We also host the Berkeley Tanner Lectures once a year, [tannerlectures.berkeley.edu](http://tannerlectures.berkeley.edu). Questions? Contact us at [lectures@berkeley.edu](mailto:lectures@berkeley.edu) or 510-643-7413.

### TIBET IN THE 1930s

#### Exhibition: Tibet in the 1930s: Photographs from the Theos Bernard Archive

April 24 – July 24, 9am – 5pm

Institute of East Asian Studies

2223 Fulton Street, 6th Floor, Conference Room

A selection of photographs that survive from the 1937 sojourn of American Theos Bernard capture images of a Tibet steeped in Buddhist tradition and feudal custom. Photographs include images of the monasteries, monks, and rituals of Tibetan Buddhism, as well as life in the villages and countrysides. The photographs reveal the rich and diverse society of Tibet in its last years of independence.

The exhibit & lecture are free and open to the public.

#### Lecture: "In Search of the Divine"

Thursday, June 26, 4pm

Julia M. White, Senior Curator for Asian Art, UC Berkeley Art Museum and Pacific Film Archive

Institute of East Asian Studies

2223 Fulton Street, 6th Floor, Conference Room

In conjunction with the exhibition "Tibet in the 1930s: Photographs from the Theos Bernard Archive," currently on view at the Institute of East Asian Studies, BAMPFA Curator Julia White will speak about Bernard's quest in the context of American Orientalism and fascination with Tibet, and what Bernard encountered during his sojourn.

For more information, contact [ieas@berkeley.edu](mailto:ieas@berkeley.edu), 510-642-2809, or see <http://ieas.berkeley.edu/events/2014.04.24.html>.



## Spotlight

### STAFF RETIREE OF DISTINCTION

#### Susie Huang - Staff Retiree

Susie Huang likes challenges.

A self-motivated individual, Susie started her campus career in the service side of Housing and Dining and enrolled in management, accounting, and finance classes in order to have more opportunities for upward mobility. A supportive manager created an internship that allowed Susie to rotate through different units to learn and observe. She then enrolled in the Executive MBA weekend program at Golden Gate University, and got her degree after 18 months. “I was lucky,” says Susie, “because my Director encouraged me, and I had people there for me along the way.”

Susie’s first administrative appointment was in the college of Chemistry where she worked in finance, supervising, accounting, and supporting professors. After six years, Susie moved to the School of Public Health managing pre- and post-award finances. “The work was very different, and I was always learning new things. New challenges and opportunities made it interesting.” Susie took an early retirement in 2009 when the Chancellor called for it, with 23 years of service. “I could have coasted to retirement, but I had lost my passion for the work. I need to feel alive and look forward to each day – and younger people need jobs, too.”

After retiring, Susie felt lost for one day, her second day of retirement. “I didn’t do anything. I had no deadlines and no pressure.” Supported by friends who had retired at the same time, Susie started constructing new routines and finding new, difficult challenges. You can now find her visiting patients in the post-surgery ward at Alta Bates every week. “Bringing tea to patients is my greatest joy. It feels good to solve even small challenges. Helping people is very addictive, and very different than working.” Susie finds joy in volunteering and mentoring, and particularly likes training new students at Alta Bates, who are eager and respectful. She also volunteers for the Retirement Center and other campus departments and as an usher at Berkeley Rep. “When you give, you learn. Keeping the brain active is very important. It’s our responsibility to have a happy, productive life, and put our experience, wisdom and money to work for the greater good.”

Susie also does regular yoga, swimming, running and bicycling. She is currently pursuing a goal to run half marathons on all seven continents. A member of

the Seven Continents Club, Susie has completed five of seven; North America, South America, New Zealand, Africa and, just this May, she ran on the Great Wall (with elevation of 1630 feet) in China. She will run London’s Royal Parks in October 2014, and Antarctica in 2016. To prepare for Antarctica, Susie plans to train in Tahoe and on Mount Whitney. “Antarctica will be a 12-day trip. It’s better to be prepared – I don’t want to kill myself!”



Susie advises new retirees to have a good plan, to execute it properly, and to ask for help if needed. “Participate. Make the world better. When you retire, think of at least two charity groups to volunteer for. Take small steps and build your way up.” Susie also suggests finding a mentor or group of mentors with your goals in mind.

“Start local, start small. You have to connect with your community when you get older – it’s not healthy to isolate.” Susie’s next project is to get a committee together to create the Eureka Pathway – a sidewalk that will run along a busy street that connects Kensington to San Pablo. She anticipates that the project will pull her neighborhood together, increase property value, and result in neighbors looking out for each other more often.

Susie has two married daughters who live in the Bay Area and have careers as environmentally conscious City Planners. They often meet for hiking, kayaking and, mostly, to wine and dine.

*Interviewed by Summer S. Scanlan*



## RETIREE CONFERENCE MATERIALS WEBSITE

### An Aging America - Challenges and Opportunities

<http://thecenter.berkeley.edu/conference14.shtml>

Living, loving, learning... The UC Berkeley Retirement Center's conference had it all! Over two hundred retirees and guests gathered at Hs. Lordships on the Berkeley Marina on May 15 for a day that began with a fantastic keynote by Jennifer Granholm and was filled with informative workshops, relevant and interesting exhibitors, and more.

We have set up a conference website to share the wealth of information that was available at this special event. Navigate to <http://thecenter.berkeley.edu/conference14.shtml> to find workshop materials and exhibitor information.

#### Workshop topics included:

- Care Partners: The Journey of Caregiving & Carereceiving
- Living Arrangements and Aging in Place: Options, Costs, Resources
- Technology and Aging: Tablets and Twitter and Google, Oh My!
- Sexuality, Intimacy & Aging
- The Future of Aging and Alzheimer's Disease
- Writing One's Story
- Creative & Dramatic Options

A limited number of **conference readers** are still available for purchase for \$15 each. The conference reader contains selected information and resources about each workshop topic. To order a reader, send a check or money order made out to UC Regents to the Retirement Center — or call us at 510-642-5461 for more information!

## RETIREE TRAVEL WITH COLLETTE

*A portion of the proceeds from tours booked by retirees is returned to the Council of UC Retiree Associations to support their advocacy work on behalf of UC retirees. See page 9 for more information about CUCRA.*

What a wonderful way to get into the Holiday spirit by partaking in the “**Classic Christmas Markets**” in Austria, France and Germany. The tour commences on December 13, 2014 and for the following 9 days you will be traveling through the Black Forest, Strasbourg, Franconia Region, Wurzburg, Nuremberg, Neuschwanstein Castle, Oberammergau, Munich and Innesbruck enjoying their Christmas markets. The base price is \$3,299. Book now and save \$250 per person. Booking No. 620646.

Discover the magic and wonder of “**Antarctica**” aboard the stylish and comfortable MS Fram. The 18 day tour, departing December 31, 2014, includes Buenos Aires, Ushuaia, Tierra del Fuego National Park, Home-Hosted Dinner, The Drake Passage, Half Moon Island, Deception Island, Paradise Harbor, Antarctic Sound and Port Lockroy. Pricing starting as low as \$11,699. Book now and save \$250 per person. Booking No. 563669.

Welcome to Spring and the “**Reflections of Italy.**” This tour begins March 25, 2015 in “The Eternal City” of Rome. For the next 9 days you will be enjoying the sites of Assisi, Perugia, Siena, Florence, Venice, Murno Island, Lugano, Switzerland and Como. The base price is \$3,999. Book now and save \$250 per person. Booking No. 620653.

“**Magnificent Cities of Central & Eastern Europe**” featuring Berlin, Prague, Vienna, Budapest, Krakow and Warsaw. This 14 day tour will depart April 19, 2015 with a base price of \$4,299. Book now and save \$250 per person. Booking No. 620662.

If you have never been to the British Isles, the tour “**British Landscapes**” is a wonderful 10 day journey through England, Scotland and Wales. This Spring tour departs April 23, 2015 and has a base price of \$3,849. Book now and save \$250 per person. Booking No. 620668.

If you enjoy music, this tour is for you! “**America's Music Cities**” featuring New Orleans, Memphis and Nashville, departs April 26, 2015. You will be touring the French Quarter, New Orleans School of Cooking, Swamp Tour, Graceland, Grand Ole Opry and Backstage Tour, Historic RCA Studio B, Country Music Hall of Fame, Ryman Auditorium and the Wildhorse Saloon. The base price for this fun tour is \$2,499. Book now and save \$100 per person. Booking No. 620682.

For more information/reservations contact Collette at 1-800-852-5655 and mention the Booking Number. All tour costs are per person, double occupancy and includes round trip airfare from LAX. Remember, you do not have to be a UC retiree to enjoy these tours; feel free to invite your family and friends. Collette also has alternative departure dates that you can consider.



## CYBER SECURITY THREATS AND DEFENSE

Cybersecurity threats are difficult for most Internet users to identify and combat. Websites are getting better at keeping our online information secure, but the best technology is useless if you, the user, unknowingly engage in risky online behavior. Malware and Phishing are two common types of cyberattacks that older internet users are particularly susceptible to.

**Malware:** Unlike computer viruses, which typically disrupt how a computer or laptop operates, malware runs quietly in the background. Its trickery is what makes it so difficult to deal with – because it is hard to detect. Malware steals user names, passwords, and personal information – which means your bank accounts, medical records, and other important online data could be at risk.

Most malware infections are caused by clicking a website link, downloading a piece of malicious software, or opening an unsafe email attachment. Be extremely careful when you open unsolicited emails – and if you get an email from a friend that doesn't seem “quite right,” err on the side of caution and verify with the sender.

**To better defend against malware,** run dedicated anti-malware software regularly, as traditional anti-virus software is often unable to detect malware. Most security software can be purchased with a yearly subscription that will prompt you to update it annually. At the very least, Microsoft Windows 7 and 8 platforms have Windows Defender, a built-in program that includes some security tools. Apple products are also at risk of being compromised by malware. If you use any device to connect to the Internet, run security software on it to stay safe!

**Phishing:** Phishing is a popular and effective scam that relies on you giving scammers your personal information via email. You have likely seen phishing emails in your inbox or spam folder: they look like they are from your bank, insurance company, or other reputable service and ask to reset your password or verify personal information via email.

Phishing is popular because users mistakenly provide personal and financial information without realizing they have been tricked. **Banks and reputable organizations will NEVER request personal or sensitive information via email.** If you receive such an email, call the organization directly to verify its authenticity.

Sometimes phishers create fake websites that look identical to real websites in the hope of stealing your data. When in doubt, type an institution's web address directly into your web browser rather than clicking links inside an

email. And **never download attachments or files from unknown sources.**

Be on the lookout, too, for Facebook and Twitter phishing messages, which are becoming more popular. Also, you can't win a contest you never entered. If you receive an email that says you are a prize winner, do not respond!

Trying to stay safe in the digital age might seem confusing or frightening, but it doesn't need to be. Be cautious and hesitant, especially when opening emails. Don't install software from unknown sources, and be sure to regularly run anti-virus and anti-malware scans on all your internet-connected devices.

You don't need to do this alone! Organizations such as Community Technology Network (<http://ctnbayarea.org/>), a participant in UCBC's recent retiree conference, provide free training seminars to help you become a better Internet Citizen, or, 'Netizen!'

*Michael Hatamoto is a technology journalist and cybersecurity specialist, currently serving as US Editor of TweakTown.com. He also operates AlamedaTech.com, an East Bay blog with a focus on the PC industry, security, and mobile technology.*



To learn how your bequest can support the **Retirement Center**, while fulfilling your personal, financial, and philanthropic goals, please call **800.200.0575** or visit **planyourlegacy.berkeley.edu**.



## Volunteer Spotlight

### COMING OF AGE: BAY AREA

#### COA Member Profile - Mary DeShaw

In 2010, as I was preparing for that “jumping off” place I once thought of as “retirement,” I spotted a bumper sticker with this sage advice: “PREPARE TO BE AMAZED.” It was just the paradigm shift I needed from what I thought “retirement” was to what it really is, or at least has been, for me.

I had loved my robust career with UC Berkeley. Starting as a benefits counselor, then manager, then director, I was supporting one of the greatest educational institutions in the world. It was mission-driven, purposeful and rewarding.

Like so many others, I was also preparing for a day without deadlines, when I could enjoy lazy mornings, leisurely lunches, travel, and personal interests. Those things realized, it didn't take long to miss the feeling of working with others on behalf of the greater good, so I set about finding new project with deeper meaning.

During my search, I found **Coming of Age:Bay Area**, (COA:BA) a local advocacy group dedicated to people 50+, while at the Retirement Center's 2012 “Transforming Retirement” conference. I was impressed by COA:BA's enthusiasm and knowledge, and I was struck by the quality of their partner organizations. By coincidence, I was already volunteering with one of them - WriterCoach Connection (WCC) headed by a family friend, Robert Menzimer.

When I saw the COA:BA website, I realized that not only WCC, but many other gold-standard nonprofits needed volunteers. I signed up for COA:BA's “Explore Your Future” workshop and was connected with several opportunities to volunteer as a photographer. I can't thank COA:BA enough for what they have added to my life.

It is so satisfying to help kids improve their reading and writing skills! What a joy to see youngsters light up when they realize they have the innate ability to conceive of an idea that is worth communicating, and then find the words to express it in compelling and unique ways. At the end of the year the kids are given the opportunity to write thank you notes to their coaches. I prize the notes I have received over the years. I consider it an honor to be a WCC coach.

WritersCoach Connection tutors recognize that we're also mentors for the kids we tutor. I was fortunate to have had many mentors that made a difference in my life when I was younger, including a school counselor who encouraged me to take a chance on an elective photography class. Fast-forward 35 years: When my

retirement was set, I pulled my camera off the shelf. Enthralled by photography though lacking the satisfaction of giving to something greater than myself, I enrolled in CSU East Bay's Nonprofit Management Certification Program. Nonprofits need a never-ending stream of images and words to tell their stories in compelling ways. In the years of being “career-free” (my new favorite term for “retirement”) I have given many framed prints to nonprofits and have shot thousands of images for others including Habitat for Humanity, Alzheimer's Services of the East Bay, San Francisco Senior Center, SOAR for Youth and Friends Care (children of incarcerated parents).

Though I am not getting rich with my camera, it has flooded my life with rich experiences, people, adventures, and most of all, that elusive sense of purpose that is so essential to happiness. By engaging my desire to make a difference & reconnecting with my past love of photography, I found I was capable of more than I had imagined. At the outset of this new journey a simple bumper sticker alerted me to what lay ahead, and gratefully, I have amazed myself!

*Mary DeShaw, UC Retiree*

#### New Volunteer Opportunity - Experience Corps

We need your experience! Experience Corps, an award-winning tutoring and mentoring program, is currently seeking volunteers ages 50 and older to share their life experience to support students in literacy in grades K-3. As we expand into TWO MORE public schools in Berkeley, we need your help to kick off the 2014-2015 school year! This intergenerational exchange has been proven to not only boost students' academic performance, but also to improve the health and well-being of older adults and build stronger communities in the process.

Volunteers are asked to commit for the rest of the school year for a minimum of four hours per week. The unique experience and talent of older adults is the foundation of Experience Corps, so no prior tutoring experience is necessary, and training is provided. This program is a recipient of the Chancellor's Community Partnership Fund and is supported by the UC Berkeley Retirement Center and Coming of Age:Bay Area. If you are interested in this fun and rewarding volunteer opportunity, email [ecba.today@gmail.com](mailto:ecba.today@gmail.com) or call 415-759-4223.

**Find out about Coming of Age:Bay Area online at:**  
<http://www.comingofage.org/bayarea/>





## the CenterPiece

The *CenterPiece* is published by the UC Berkeley Retirement Center, which reports to the Office of the Vice Provost for the Faculty. 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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*Edwin Epstein*

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### RETIREMENT CENTER STAFF

Director

*Patrick C. Cullinane*

Project Manager

*Summer Scanlan*

Rehired Retiree

*Patricia Hom*

## Retiree Association News

### UCB HOSTS CUCRA-CUCEA MEETING

#### October 22 and 23, 2014

The Council of University of California Emeriti Associations (CUCEA) and the Council of University of California Retiree Associations (CUCRA) are consortiums of the Emeriti and Retiree Associations at UC campuses and the UC-managed National Laboratories.

The goal of each council is to advocate on behalf of University and laboratory emeriti and retirees on issues that affect retiree benefits and privileges. The councils operate on an academic year basis, meeting twice a year in October and April, generally alternating between a northern and a southern campus.

This October, UC Berkeley will host the CUCRA and CUCEA meetings at the Alumni House. In addition to the scheduled meetings, the two-day event includes a tour of the UC Museum of Paleontology and a meeting dinner for all attendees.

#### You Can Help! Volunteers Needed!

Volunteers will be needed to help set up for the two days of meetings, prepare materials, assist at the registration tables, and act as campus ambassadors. If you are interested in volunteering to help the Retirement Center and our emeriti and retiree associations host this meeting, please email [ucbr@berkeley.edu](mailto:ucbr@berkeley.edu).

### AROHE CONFERENCE, AUGUST 10-12

The 2014 Association of Retirement Organizations in Higher Education (AROHE) conference, August 10-12, hosted by the University of Minnesota Retirees Association (UMRA), will offer two full days of stimulating workshops, discussions and networking opportunities.

Whether you are a seasoned retiree organization leader, a retiree interested in starting or improving a retiree organization or a campus administrator wanting to connect more effectively with retirees, you are encouraged to attend.

Go to <http://www.arohe.org/2014ConferenceDetails> for more information about the conference and registration information.

**Did you know?** Retirement Center Director Patrick Cullinane is AROHE's President Elect.

### RETIREE ASSOCIATION MEMBERSHIP INFO

Stay connected to the University and colleagues through a retiree association. These associations advocate on behalf of UC retirees, and hold regular luncheons and other special events. Find membership applications online.

#### UC Berkeley Emeriti Association (UCBEA)

(<http://thecenter.berkeley.edu/ucbea.shtml>)

#### UC Retirees' Association at Berkeley (UCRAB)

(<http://thecenter.berkeley.edu/ucrab.shtml>)

#### President's and Regents' Retiree Association (PARRA)

(<http://thecenter.berkeley.edu/parra.shtml>)

#### LBNL Ex-Ls Retiree Association

(<http://www.lbl.gov/ex-l-express/>)

Luncheons - August 21, November 20

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the CenterPiece

Summer 2014

### Directions to the Center

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

**By AC Transit:** AC Transit bus lines 1, 18, 49, 51B, 65, 67, 800, and 851 stop at the Berkeley Bart Station.

### Payment Reminder

The Retirement Center only accepts checks and money orders made to UC Regents as payment for parking, course fees, CRCN email, or other charges. We do not accept cash or credit cards. Please be prepared when coming in to make a payment.

### Options for the CenterPiece

In an effort to reduce costs and to help Cal be as environmentally conscious as possible, the Retirement Center no longer sends paper copies of *the CenterPiece* newsletter to retirees with email addresses on file.

To continue receiving a paper copy of *the CenterPiece*, send an email to [ucbrc@berkeley.edu](mailto:ucbrc@berkeley.edu) or call 510-642-5461 with your name and email address indicating your preference. If you currently receive *the CenterPiece* by email only, no action is needed.

You can view *the CenterPiece* online at <http://retirement.berkeley.edu>.