

UCRAB Newsletter

University of California Retirees' Association at Berkeley

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UCRAB Spring Luncheon

Thursday, March 18, 2010

Berkeley City Club

Shovel-Ready Journalism

UCRAB Welcomes Lowell Bergman

“Eternal vigilance is the price of liberty.” So said Wendell Phillips, the great abolitionist, in 1852. Lowell Bergman would be the very first person to agree with this admonition. Dedicating his entire career to investigative journalism, he has dug into organized crime, international arms dealing and drug trafficking. From 1978 to 1983 he was a producer, reporter and executive in charge of investigative reporting for ABC News. He then became a producer for *60 Minutes*, the Sunday night CBS news magazine.

The story of Bergman’s investigation of the tobacco industry for *60 Minutes* was the basis for the provocative film, *The Insider*. Al Pacino portrayed him.

Bergman shared the 2004 Pulitzer Prize for Public Service with the New York Times. He has also won numerous Emmys and virtually every journalism award during his long career uncovering the truths that inform us and help protect our liberty. And as a professor in the UC Berkeley Graduate School of Journalism, he has mentored a generation of investigative reporters.

UCRAB is truly honored to welcome Lowell Bergman as its speaker for our Spring Luncheon on Thursday, March 18, at the Berkeley City Club. Please submit the enclosed reservation form by March 10.

Looking forward to our Summer Luncheon, Exploritas (formerly Elderhostel) will show us the world. Details in the next *UCRAB Newsletter*.

Milt Elbogen

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This organization would not exist without dedicated volunteers.

The UC Berkeley Retirees' Association invites its members to attend the Executive Board meetings, which are held on the third Wednesday of the month at the UC Berkeley Retirement Center, 1925 Walnut Street.

The coming schedule:

March 17
April 21
May 19
June 16

Please note that no meetings are held in August or December.

The UC Retirees' Association at Berkeley is located at:

1925 Walnut Street #1550
Berkeley, CA 94720-1550

Hours: 9:00am—4:00pm
Closed Noon—1:00pm

Telephone: 510/642-5461
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Retirement Center Liaison
to UCRA:

Patrick Cullinane, MS
Director

The UCRA Newsletter is published approximately three weeks before each quarterly luncheon.

Editor: Marcelle Baxter
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President's Report

Hello Fellow Retirees! Happy New Year to you and your family as we begin the second decade of the 21st Century.

Our December 29 Annual Holiday Party was well-attended. Children's Hospital conveyed their appreciation for the toys and gifts collected at the party. Thanks to everyone who participated. The letter of thanks from Susan Martinez, Director of Advocacy and Volunteers follows.

The January 2010 issue of *New Dimensions*, the retiree focused newsletter from Human Resources and Benefits, was exceptionally informative. In my opinion, it is one of the best issues published - brimming with great information. Additionally the spring 2010 *the CenterPiece*, the Retirement Center's newsletter, continues to provide campus and local program activity information. Of special note is the Center's Wellness Challenge. Find useful resources and take the StayWell or Kaiser health assessment by visiting <http://thecenter.berkeley.edu/wellness.html>.

We are fortunate that, as retirees, we continue to be an active part of the University and that so much information and activities are available to us.

We are elated to have the reknown journalist Lowell Bergman as speaker for our Spring luncheon. I hope to see you there. Also, several trips are planned for the spring: the Yosemite, March 15-16 was booked to capacity, the Eighth Annual Day at the Races takes place on April 22, and a special day trip, which includes the Napa Valley Wine Train and the Culinary Institute of America at Greystone takes place on May 13. We welcome your participation in each of these events.

CUCRA (Council of University of California Retiree Associations) and CUCEA (Council of University of California Emeriti Associations) will meet at UC Santa Barbara in April 2010. As noted before, these meetings allow representatives from all campuses and labs to come together and meet with representatives of the UC Office of the President to share information about retirees and receive information about pending legislative actions and other matters. Our UCRA and Emeriti Association will host the fall gathering at Berkeley in October 2010.

True to the spirit of the Association, we continue to advocate for you.

Iola James, President

Editor's Notes

Are you still following the Western diet, the source of so many health challenges? Or are you seeking to control or eliminate heart disease, high blood pressure, diabetes, obesity and the many ills that stem from the food we eat?

A good place to start is to read Michael Pollan's excellent books, *The Omnivore's Dilemma*, *In Defense of Food*, and *Food Rules*. They will change your life and the way you eat.

Do you check with your Primary Care doctor periodically? And do you have copies of lab reports to review with your doctor? California law entitles you to this information.

If you are seeking to lose weight it will help you to determine your

Editor's Notes, continued

BMI (Body Mass Index) to achieve your weight goal. You can calculate your BMI by using the following formula*:

$$\frac{\text{Weight in pounds}}{(\text{height in inches} \times \text{height in inches}) \times 703} = \text{BMI}$$

A BMI of 18.5 to 24.9 is considered healthful.

People with a BMI between 25 and 29.9 are considered overweight. A BMI of 30 or greater is obese.

Be kind to yourself and enjoy the good life!

*From *Mayo Clinic Healthy Weight for Everybody*

Marcelle Baxter, Editor

Thanks from Children's Hospital

Dear UC Berkeley Retirees' Association:

This holiday season is for the children. It is the time of year when the community has the same mission that Children's Hospital and Research Center Oakland has each and every day: to care for children in need regardless of their family circumstances. Thanks to you for your donation of toys and games, this season was brighter for our kids.

Community support and donations have been integral to the success of Children's mission since we opened our doors nearly 100 years ago. There are beautiful faces here all year, but during the holiday season, they really light up! Singing, gift giving, parties, activities, and a visit from Santa with gifts for each child in the hospital, make this holiday season a very special time. The children's smiles are made possible by the thoughtfulness and generosity of our community, and we thank you for your donation.

Children's Hospital Oakland is a non-profit freestanding children's hospital and is dedicated to providing world-class health care to all children in the region regardless of their family's ability to pay. Children's is the designated pediatric trauma center for Northern California and our Level 1 Emergency Room is the busiest pediatric ER between Los Angeles and Seattle. Your generosity helps brighten hundreds of lives and your support helps us continue our important mission.

Please accept my personal thanks, on behalf of the kids and families at Children's.

Susan Martinez, Director of Advocacy and Volunteers

Post-Employment Benefits Survey

Following up on its successful fall forums, the Post-Employment Benefits Task Force is developing a survey and planning a second round of local forums to gather additional feedback from faculty, staff and retirees as it considers recommendations for changes to UC's retirement benefits.

President Yudof established the Task Force early last year and directed it to study and make recommendations on preserving UC's competitive benefits while ensuring that pension and retiree medical benefits for current and future retirees become financially sustainable. A short, five-question survey on employee preferences will be available on the task force website from February 5, to March 1, 2010.

The Task Force continues to meet and consider a wide-range of funding, policy and plan design change recommendations. The group plans a second round of local forums later in the spring to present results of the employee survey and discuss potential changes to post-employment benefits under consideration. The Task Force expects to present its recommendations to President Yudof by early summer.

Access the survey from the Task Force website: http://www.universityofcalifornia.edu/news/ucrpfuture/ret_survey2010.html.

A Letter from Chancellor Birgeneau

Dear Campus Community:

The budget announced by Governor Schwarzenegger in January was hopeful for the University of California in many respects. However, ensuring the state's reinvestment in the University of California will require a concerted advocacy effort. We have been urging all members of our campus community, alumni, and friends to protest the state's disinvestment from public higher education and call for the reinstatement of funding to the University of California. A number of lobbying events and marches in Sacramento this spring are being organized to convey this important message to our legislators. We are writing to inform you about the campus's participation in and support of some of these events and our position with regard to some key issues.

On March 1st, the University of California

Birgeneau Letter, continued

Students Association (UCSA) is sponsoring a student-led series of meetings and a rally in Sacramento. We endorse our students' initiative to protest the state's disinvestment from public higher education, and demand for reinstatement of state support. To facilitate transportation to and from Sacramento of our students who want to attend the march, we will fund the rental of two buses, using non-state funds.

Demanding that the State of California reinvest in public higher education is a goal that we share with our students. However, we want to make clear that we cannot endorse demands for "no fees" and "no layoffs."

Student fees, besides providing essential operating funds, are also a redistributive mechanism for subsidizing the living costs of low-income students. Fees from all students contribute significantly to financial aid and help ensure access for our low-income students, by helping support their living costs. With no fees, the net cost of attending Berkeley would be unaffordable for as many as one-third of our students. Underrepresented minority students would be disproportionately affected by this loss of financial aid, so a "no fees" policy would severely compromise the diversity of our campus. The Chancellor has made this argument in an op-ed called "Zero Fees, Zero Low-Income Students?" which appeared this morning in the Sacramento Bee as "Viewpoints: 'Zero Fees' could hurt neediest students. How should students respond to fee hikes?" It can be viewed at: <http://www.sacbee.com/opinion/story/2541867.html>

With respect to "no lay-offs", while it pains us to resort to lay-offs, these actions have been unfortunately necessitated by the drastic cuts in state funding that supports staff salaries and benefits.

Another set of events is being planned for March 4th and organized by a coalition of labor leaders and others as a national day of action and strike in defense of public higher education. Rallies are planned in the Bay Area, throughout the state, and in the capital. The campus is not planning any official events on this day.

We urge faculty to be flexible about providing make-up opportunities to students who miss classes or examinations that may have been scheduled on either March 1st or March 4th. Faculty who wish

to participate in advocacy activities but who have teaching obligations on those days are expected to arrange for alternate coverage of their class.

Staff wishing to participate in these events should arrange in advance with their supervisors for time off through furlough or vacation. Supervisors are encouraged to grant such requests provided that the work needs of their unit can be met.

President Yudof, university administrators and some Regents will be in Sacramento on March 1st to visit legislative leaders with student leaders, although at the request of UCSA, the administration will not take a role in the public rally. Chancellor Birgeneau will travel to Sacramento with our campus student leadership on March 10th to advocate for UC funding and for issues that are specific to UC Berkeley. Other UC chancellors have similar plans.

Finally, the leaders of the University of California, the California State University, and the California Community Colleges are planning to lobby jointly in Sacramento on April 27th for state reinvestment of public higher education funding. We will keep you informed of this event as plans develop.

Further information about the University's advocacy activities is available on the Cal Advocacy website:

<http://www.ucforcalifornia.org/cal/state/main/?state=CA>.

Robert J. Birgeneau
Chancellor

George W. Breslauer
Executive Vice-Chancellor & Provost

Hold the Date!

PARRA (<http://thecenter.berkeley.edu/parra.html>)
Luncheon - April 1

UCBEA (<http://thecenter.berkeley.edu/ucbea.html>)
Luncheons - March 20 and May 8

UCRAB (<http://thecenter.berkeley.edu/ucrab.html>)
Board meetings - March 17, April 21, May 19 Luncheon - June 15 - Exploritas (formerly Elderhostel)

Volunteer Opportunities

Ashby Villange is a non-profit, membership organization that provides members with the practical means and confidence to remain in their own homes as they age. Volunteer opportunities include social visits, transportation, reading aloud, phone check-in, cooking, health advocacy and teaching classes. There is a link to the volunteer form at www.ashbyvillage.org or call 510.204.2860.

Ombudsman Services of San Mateo County Inc. is seeking volunteers who have compassion for the elderly and would like to serve as an advocate in long-term care facilities. This is a position that provides an intellectual challenge, as well as a chance to give back by serving the frail and vulnerable elders of your own community. Ombudsmen are trained to monitor facilities and receive, investigate and bring resolution to complaints made by, or on behalf of, residents.

The next training class begins on Wednesday, March 10, 2010 and involves 36 hours of classroom study followed by a brief internship. Volunteers should be able to contribute 20 hours each month.

If interested, call Jessica at 650-780-5707 or send an email to mailto:ossmc@sbcglobal.net

University Health Services (Tang Information Center Community Volunteer Position) at UC Berkeley is looking for volunteers to provide customer service to our Tang information desk (TIC). This position acts as the focal point for reception at the Tang Center by staffing the Information Desk located in the lobby of the building. Duties include greeting and directing visitors/patients, handling incoming calls and performing general administrative duties. Basic computer skills with Microsoft Word are preferred. This position requires complete confidentiality of all patient information in accordance with federal law & University policy (Health Insurance Portability and Accountability Act- HIPAA). Contact Diane Drew at ddrew@uhs.berkeley.edu

Berkeley Historical Society - Located at 1931 Center Street in Downtown Berkeley, needs volunteers for the following activities: Train at the History Center as docents dealing with the public (open 1:00-4:00pm, Thursdays/Fridays/Saturdays); walking tours

committee; research and writing; organizing events and exhibits; Oral History Program on recording life histories (some clerical, some hands-on with training provided; some administration; video or recording skills desirable). For information about most of these activities, email mlind@lmi.net or call Margot Lind at 510/658-3704. For Oral History information, contact Therese Pipe attpipeln@jps.net or 510/841-5493.

Experience Corps is working with the Oakland Unified School District to match volunteer tutors/mentors in elementary schools throughout North and East Oakland. They are looking for experienced adults who can volunteer a minimum of 2 hours a week for at least one school semester. Volunteers that serve 10+ hours a week qualify for a paid stipend! Your time is the asset most needed with our younger kids. Experience Corps will assist in training and preparing you for satisfying volunteer work that makes a measurable difference. Call David Moreno at 510/495-4966 or email dmoren@aspiranet.org.

Tony LaRussa's Animal Rescue Foundation (ARF) in Walnut Creek is always seeking volunteers to help in the office and thrift shop, work on pet adoptions, and be a greeter. Volunteer orientations and training are offered and you can sign up online at www.arf.net or by calling 925/256-1273.

The Friendship Line is a 24-hour phone line reaching out to older adults, offering support, reassurance and counseling. Sometimes, knowing there is someone who cares makes all the difference. Volunteers provide an ongoing connection for many depressed or lonely elders. No experience is necessary. For more information, please contact Diane Nathaniel, 415/750-4180, x236.

Habitat for Humanity of the East Bay has a number of volunteer opportunities available in offices and at construction sites. For information call Eliza Schissel at 510/251-6304 or visit their website at www.habitatEB.com

In Memoriam

Dorothy Benson (1920-2009)

Former UCRA Board Member

Roland Maples (1923-2009)

Former Director of Relations with Schools

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UCRAB, Campus & Community Events

UCRAB Events (See inserts)

April 22: Day at the Races (part of proceeds goes to UCRAB Scholarship Fund)

May 13: Napa Valley Wine Train and Tour of Culinary Institute of America at Greystone

Note: Due to unforeseen events we could only announce the Yosemite trip by email. We had an overwhelming response. Make sure you're on the UCRAB email list!

On Campus Events

Race: Are We So Different - A multimedia event at Lawrence Hall of Science (LHS) from January 30-May 2. Also, RSSP (Residential and Student Service Programs (Undergraduate Affairs) has scheduled staff events to coincide with the exhibit. While free to staff, retirees can attend for \$12 (\$9 senior).

March 6: Campus Equity & Inclusion Staff Day for families, 10am-5pm

March 16: Campus Equity & Inclusion Staff Day, 2-5pm

April 21: Campus Equity & Inclusion Staff Day, 8-11am

Women's Faculty Club

Arts in the Afternoon

March 11: Professor Katherine Sherwood, Art Practice – “Healing Arts”

March 17: Piano Trio – Works of Franz Schubert

April 1: Javanese Shadow Puppets and Gamelan Ensemble

May 6: University Baroque Ensemble