UCRAB SPRING LUNCHEON
Thursday, March 21, 2013
Berkeley City Club
No Host Bar at 11 a.m. Luncheon at Noon
Registration form inserted in this newsletter

Dr. Washington Burns, MD

Every Breath Counts

Dr. Washington Burns is the Executive Director of the Prescott-Joseph Center in West Oakland and a UC Berkeley alumnus. He is the 2008 recipient of the Peter E. Haas Public Service Award, which is one of UC Berkeley’s most distinguished alumni awards. Dr. Burns also received the Jefferson Award from the American Institute for Public Service for making a difference in his community.

Dr. Burns first settled in Oakland having moved from Northern Mississippi when he was a teenager. He earned a degree in Public Health from UC Berkeley and a medical degree from the University of Buffalo. In 2000, he retired from his post as Lab Director in the Department of Pathology at California Pacific Medical Center in San Francisco, where he had worked for 34 years.

Dr. Burns has devoted his retirement years working to better the lives of residents in the West Oakland neighborhood he once called his own. In 2009 Dr. Burns received approval from the California Department of Public Health to operate his Breathmobile® to help manage asthma for low-income people. The first school district to be served was Emeryville followed by West Oakland, East Oakland, Berkeley, and San Leandro. Dr. Burns’ Breathmobile® helps fight against asthma and keeps kids in school classrooms and out of hospital emergency rooms.

Patricia Hardy, Luncheon Coordinator

Senior Communities

In this spring issue of the UCRAB Newsletter we begin a column that will run for several issues featuring members discussing their residential communities. This is not an effort to endorse any specific community. The purpose of the column is to inform members about options available in the Bay Area, to address some of the issues involved with selecting and living in such residences, and to feature various UCRAB members.

The first contribution to this series is from UCRAB member K. Patricia Cross. Pat Cross is the David Gardner Professor of Higher Education, Emerita from the UCB School of Education. Her contributions to higher education in research and writing have been prodigious and her work has been recognized through numerous awards. In 1988 she returned to UC Berkeley from the Harvard Graduate School of Education until her retirement in 1995. Since 1996, Pat has been the sponsor for the K. Patricia Cross Future Leaders Award, recognizing graduate students who demonstrate promise as future leaders in higher education. We welcome her comments below.

Kurt Lauridsen, Editor

Lake Park Retirement Residence

1850 Alice Street, Oakland, CA 94612

I moved to Lake Park Retirement Residence two years ago at age 85. It has both pluses and minuses, depending largely on individual physical and social needs and preferences.

Pluses ++++

Physical features are outstanding. My apartment overlooks Lake Merritt with three spacious rooms, two bathrooms, a full kitchen, and exterior porch. It is a 2-block walk to Lake Merritt, and I enjoy daily walks along the Lake.

Meals are nutritious, well prepared, and with far greater variety than my own rather limited menus. There is weekly cleaning, and a full maintenance staff for repairs, large and small.

There is a full schedule of varied activities—music, lectures, movies, van trips to museums and

Continued on p. 2
President’s Message

Well, we made it through another successful year and look forward to 2013. Now, in this new year we plan to keep up our momentum by continuing to provide up-to-date health & benefit information, quarterly luncheons with speakers, our quarterly newsletters, interesting trips and social gatherings.

This particular newsletter includes constitution and by-laws revisions to be voted upon at our June 2013 membership business meeting.

Don’t forget that your contributions to our newsletter are always appreciated. Consider submitting news articles, photos, and editorials that would interest your fellow retirees.

Isn’t it great to be retired?

Iola James, President

Lake Park, Continued

places of interest. There are exercise rooms with full equipment and a variety of other spaces for special interests.

The social mix is the most varied I have ever experienced—all nationalities, religious preferences, educational and social backgrounds, gay and straight, old (100+) and young (80s), extroverts and introverts, wheel-chair bound, and exercise enthusiasts, world-travelers...and yes, there are bores and fascinating conversationalists.

Minuses- - - - -

The disadvantages are highly personal and depend so much on individual preferences that it is hard to provide an evaluation that applies to all. But here are a few things to think about . . .

For me, the constant social mixing for meals is tiring and sometimes stressful. Because of hearing aids, I may be more sensitive than most to the constant din of the dining room.

The location of Lake Park has the lovely close-by advantage of Lake Merritt, but within a few blocks are highly distressed and run-down areas of Oakland. It is not a place for evening walks, but I feel perfectly safe with the high security measures that are necessary.

I still have many connections in Berkeley and the campus. I am doing more driving than I have ever done, and the traffic at times is a real pain! The trip from Lake Park to campus takes between 20 and 30 minutes. However, BART and bus service are available within walking distance.

Overall—I think the administration, physical facilities, food, programs, care and concern at Lake Park are exceptional. It depends so heavily on highly personal preferences that the only advice I can give is take your time—Be sure that you are ready for communal living with its freedom from some responsibilities and loss of freedom to do things in your own time and way.

Excellent official information is available via www.lakeparkretirement.org. Please free to email me, call, or visit if I can answer questions or be of help. My email is patcross@berkeley.edu.

K. Patricia Cross, David Gardner Professor of Higher Education, Emerita, UC Berkeley

UCRAB Executive Board

Officers
Iola James, President & Trip Coordinator
iolaj@comcast.net
510/632-7264
Allan Jensen, Vice President
gramps@berkeley.edu
Marian Gade, Secretary
mgade@berkeley.edu
August Manza, Treasurer
510/526-1651

Directors
Patricia Hardy, Luncheon & Speaker Coordinator
hardypatricia@gmail.com
Lola Harris
lharris@berkeley.edu
Kurt Lauridsen, Newsletter
kurtv1@sbcglobal.net
925/376-1613
Isabelle Revoir, Membership
isabelle.revoir@gmail.com
Antonia Sweet, UCRS Liaison
510/652-9795

Editors Note:
Please direct your comments and contributions regarding this Newsletter to the editor, Kurt Lauridsen: kurtv1@sbcglobal.net or 925/376-1613.

Board Vacancy:
There is a vacancy on the UCRAB Executive Board. Persons interested in serving or nominating someone to serve out this term, please notify any Board member listed in this newsletter by March 15. In accordance with our constitution, a majority of the Board will select the new member to fill the unexpired term.
20 UCRAB members adventured to Reno aboard the Snow Train on a fun, Fat Tuesday Mardi Gras-inspired trip. The ride featured piano and dance cars, a roving Elvis Presley, and gorgeous views of Donner Pass from the Dome car. Attendees spent two nights in Reno.

*Iola James, Trip Coordinator*

### UCRB Constitutional Revisions

You will find, inserted into this Newsletter, revisions to UCRB’s Constitution and Bylaws. The Board of Directors periodically reviews these documents and suggests appropriate changes. In January, the Board undertook this task as part of its responsibility to you, our members.

Changes must be reviewed and approved by the membership at our one general meeting a year, always held in conjunction with our June luncheon.

The amendments you will see in the insert are minimal, mostly involving clarification of tasks (e.g., confirming the President’s duty of representing UCRB in a variety of meetings and events; making the Secretary responsible for seeing that UCRB records are preserved in the University Archives), or of language (changing “deposed” to “removed from office”).

The only substantive change of note is the affirmation in Article II, Section 2, “Objectives,” of the Constitution that one of UCRB’s purposes is “To assist retirees in continuing to be of service to the University.”

Please review the changes and let a Board member know if you have any objections or concerns. Please also come to the June meeting prepared to vote on the revisions.

Note that words removed are struck through while additions are in italics. After approval in June, a clean copy of the Constitution and Bylaws will be posted on the UCRB section of the Center’s website.

*Marian Gade, Secretary*
Please welcome these new members who have joined UCRAB since October 2012:

Barbara Baird, Agneta Bendsjoe-Schipper, Michael Buehler, Barbara Chan, Kristina Combs, Benito Contreras, David Farrell, Kathleen Gage, Gloria Garaventa, Patricia Harwood, Irene Kan, Keiko Kubo, Christine Leefeldt, Kenneth Lindahl, Eugenia Loken, Claire Lomax, Marietta McCain, Madelyn Misite, Hilary Naylor, Alexander Nichols, Elaine Ove, Barbara Plog, Martha Rabkin, Susan Reneau, Kenna Richards, Jerry Sanders, Linda L. Schmidt, Mary Sharman, Josiane Siegfried, Elisabeth Spohrer, Carol Lynn Stewart, William Uhlir, Diane Walker, Thomas Webster, Barbara Yoder, and Sharon Zarkin. We value your membership.

Let me know if there is something you would particularly like your membership in UCRAB to do for you. Please introduce yourselves to UCRAB Board members at the luncheons, trips and other UCRAB events. We are here to serve you.

_Isabelle Revoir, Membership Coordinator_

Thank you to the UCRAB members and local merchants who donated raffle items for our Holiday Party and gifts to Children’s Hospital. Thanks to the Retirement Center for three bottles of wine, to Little Star Pizza for two $50 gift certifications, to Lobelia’s for merchandise, to Romano’s Macaroni Grill for a $25 gift certificate and to the Junket Deli in El Cerrito Plaza for lunch for two. We appreciate all the support.

_Isabelle Revoir and Patricia Hardy_