



# UCRAB Newsletter

University of California Retirees' Association at Berkeley

**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

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## 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](http://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](mailto: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  
grams@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  
kurtvl@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: [kurtvl@sbcglobal.net](mailto:kurtvl@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.

## Reno Snow Train



*Photo by Chuck Marut*

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*

## UCRS Report

The University of California Retirement System Advisory Board met on November 16th. The passage of Proposition 30 meant that no new cuts will be made to the UC budget. It was announced that there has been a 40% increase in the number of people returning to the savings program.

An article will appear in the UCOP publication “New Dimensions” which discusses the responsibilities of our individual beneficiaries regarding Power of Attorney, trusts, etc. Of particular interest is a checklist that each of us should be sure to provide to whoever will be handling our affairs when we die: where important documents are located, where our bank accounts and investment accounts are held, how to contact UC regarding pension and death benefits, and so on. Prepared by Adrian Harris, a UCLA budget office retiree and chair of the CUCRA-CUCEA Joint Benefits Committee, the checklist is a reminder to us of so many items we may otherwise forget to include.

Don't forget that CUCRA (the Council of UC Retiree Associations) has a website at <http://cucra@ucsd.edu/>. It contains interesting information gathered at its meetings. Representatives from

each retirees association attend the spring and fall meetings each year. The most recent meeting was held at the Santa Cruz Campus. Iola James, UCRAB President, attended the meeting along with Allen Jensen, our Vice President.

At the end of the UCRS Advisory Board Meeting on November 16th a special citation and plaque were presented to UCRAB Secretary Marian Gade for her role as an ex officio member of the UCRS Advisory Board in her capacity as President of CUCRA. Marian was praised for her contributions.

*Toni Sweet, UCRS Liaison*

## UCRAB Constitutional Revisions

You will find, inserted into this Newsletter, revisions to UCRAB'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 UCRAB in a variety of meetings and events; making the Secretary responsible for seeing that UCRAB 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 UCRAB'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 UCRAB section of the Center's website.

*Marian Gade, Secretary*

University of California, Berkeley  
Retirees' Association  
1925 Walnut Street #1550  
Berkeley, CA 94720-1550  
Telephone: 510/642-5461  
Fax: 510/643-1460

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## *Membership News and Thank You*

UCRAB invites you to attend our executive board meetings held at 10:30 am on the third Wednesday of the month at the UC Berkeley Retirement Center, 1925 Walnut Street.

The coming schedule:

March 20

April 17

May 15

June 19

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

Upcoming UCRAB Luncheons:

March 21

June 20

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Retirement Center Liaison  
to UCRAB:  
Patrick Cullinane, MS, Director

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 Uhler, 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*