

Dear PARRA Friends, cont.
hold another round of public meetings this spring; the UCOP listening forum will be held March 31 in the auditorium at the Kaiser Center. You can find a summary of the 2009 listening forum presentation at http://www.universityofcalifornia.edu/news/ucrpfuture/peb_presentation09.html. See the message in this newsletter from UC Berkeley Retirement Center Director Patrick Cullinane for more information about the listening forums scheduled for the spring. If you have views you'd like to share with PARRA, please let us know.

Let me conclude with some unalloyed good news. The first is your extraordinary generosity in responding to our appeal for support in the last newsletter. Our treasurer, Joe Azzolino, reports that he received more than a thousand dollars from PARRA members last fall. Among other things, this will make it possible for us to continue publication of the Network News in its usual printed format while we consider whether PARRA will need to institute mandatory dues. I can't thank you enough for your help. It will enable PARRA to continue keeping us all in touch.

Speaking of which, we have at last launched our listserv. This is another means we'll use to bring you important information about your benefits and upcoming events. If you haven't already sent us your e-mail address, please send it now to Cindy Pace Ballard at BALLARD658@aol.com.

UCRAB Luncheon, March 18

Lowell Bergman, the much-honored Reva and David Logan Distinguished Professor of Investigative Journalism at UC Berkeley, will speak at the UCRAB (University of California Retirees at Berkeley) luncheon at the Berkeley City Club at noon on March 18. Bergman, whose investigation into the tobacco industry was the subject of an Academy Award-nominated film starring Al Pacino called *The Insider*, is nationally known for an extraordinary career that includes work as a reporter for the New York Times and as a producer for 60 Minutes and FRONTLINE.

The luncheon costs \$25 a person. To reserve a place, send a check for \$25 per person, made out to UCRAB, to 1925 Walnut Street #1550, Berkeley, CA 94720. Remember to include your name and that of any guests.



Dear PARRA Friends, cont.

Finally, our guest presenter for the PARRA Spring luncheon, Professor Mike Merzenich of UCSF, is an excellent speaker with a great message about what neuroscience is telling us about keeping our brains in shape. I know you will enjoy his interesting and uplifting talk. I look forward to seeing you there.

Happy Year of the Tiger! Like all felines, the Tiger is known for landing on its feet. Let's hope the same will be true for our Golden Bear.

Best Wishes

Pat Pelfrey
President
ppelfrey@berkeley.edu
510-528-4490



President's and Regents' Retiree Association

NetworkNews

Spring 2010

Published for Retirees of the Office of the President and Office of The Regents, University of California

Dear PARRA Friends,

As I write this message, the Chinese Year of the Tiger is just getting underway. The Tiger is said to be engaging, lucky, and brave. These are assets that seem to have fled California during the past year, which has seen massive budget cuts, unceasing political wrangling, and open pessimism about the state's ability to solve its mounting challenges. Because California's financial problems quickly translate into problems for the University of California, this has been a tumultuous year for UC as well.

At our October luncheon, Regents' chairman Russell Gould told us about the UC Commission on the Future, due to make its first report to the Regents in March. The Commission has solicited a wide variety of views about how UC can find a path out of its present difficulties into a rosier future. At a public meeting on November 12, Commission members heard three different perspectives on this issue, from Presidents Emeriti Richard Atkinson and David Gardner and Berkeley faculty member and economist Richard Reich. Mark Baldassare of the Public Policy Institute of California (PPIC) shared the results of a recent survey of public attitudes toward education and an analysis of the state's workforce needs into the future. All four presentations are available at <http://ucfuture.universityofcalifornia.edu/presentations/>.

PPIC's survey results suggest some of the reasons California is finding it so hard to deal with its problems. By 2025, the survey predicted, forty-one percent of California jobs will require at least a bachelor's degree, but only thirty-five percent of Californians will have earned one. This skills gap is a serious threat to the state's economy, PPIC believes, and bridging it requires a renewed commitment to a strong educational system, from the bottom up. The good news for UC, CSU, and the community colleges is that Californians have a favorable opinion of public higher education and want to support it. The bad news is that they don't feel they can afford to pay more, whether in the form of increased taxes or higher student fees, to make that support a reality. All of which is further confirmation, if any were needed, that many tough choices still lie ahead.

Some of those choices will be proposed by the Post-Employment Benefits Task Force and these are, of course, particularly important to us as retirees. The task force held listening forums at the Office of the President and the Berkeley campus this fall to hear from retirees in our area and will

continued on page 4

PARRA Spring Luncheon on April 1, 2010

Come to our Spring Luncheon on April 1 at Hs. Lordships Restaurant in Berkeley. Our speaker will be Dr. Michael Merzenich, Professor Emeritus in the Keck Center for Integrative Neurosciences at UCSF.

Dr. Merzenich has been a leading pioneer in brain plasticity for more than three decades. Brain plasticity refers to the brain's ability to change – for better or worse – throughout life. Recent research has shown that under the right circumstances the older brain can grow. He and his colleagues have developed training programs, based on this science, that are designed to improve the behavioral capacities and neurological abilities of children and adults in need of help.

Dr. Merzenich was the founding CEO of Scientific Learning Corporation, which developed and distributes brain science-based training programs to improve the language, reading and cognitive abilities of school-aged children. He also co-founded Posit Science Corporation, which applies brain plasticity-based training programs to improve the abilities of normally aging adults. Dr.

continued on page 3

Wednesday Walks: the East Bay at (and on) your feet

The East Bay Regional Park District sponsors nature hikes every Wednesday that offer a great opportunity to explore the extraordinary natural beauty and variety of our East Bay parks. They are open to walkers of all ages and abilities. Every walk begins at 9:30 a.m. and has a different destination; most range from two-and-a-half to six miles round trip. You might even run into a few Office of the President friends because more and more UCOP retirees are joining these Wednesday Walks. You can find information about upcoming walks at <http://www.ebparks.org/activities>; click on the "Regional in Nature" program for the schedule of Wednesday Walks.

News from the Retirement Center

Post-Employment Benefits

Watch for late April listening forums on recommendations from the UCOP Post-Employment Benefits Task Force. The forum on the Berkeley campus is likely during the last two weeks of April. To support your ideas being heard, the Retirement Center website – <http://thecenter.berkeley.edu> – will post the exact date, time and location. For more information about this effort and a recent retiree survey, go to http://www.universityofcalifornia.edu/news/ucprfuture/emp_task.html.

Retiree Wellness Initiative

By now, you should have received your spring 2010 issue of our newsletter, *the CenterPiece*. In coalition with other UC Retirement Centers and in collaboration with UCB's Health Matters program, the Center has launched a Retiree Wellness Initiative. The initiative provides you with valuable information to promote a healthy 2010. The goal is to support living well as you live long. John Swartzberg, MD, Editorial Board Chair, *Berkeley Wellness Letter* will speak on Wellness in Later Life on May 6th. Go to <http://thecenter.berkeley.edu/wellness.html> to learn more.

PARRA Newsletter and Website

The Center supports PARRA with its newsletter production and on our website by providing a venue for members and others to learn more about PARRA and member activities -- <http://thecenter.berkeley.edu/parra.html>.

Free Educational Opportunities

A rich offering of lifelong learning programs awaits you this semester: Three sessions on Christians in the Roman World, four sessions on the Hominid Evolution highlighting the discoverers of Ardi who dates back some 4.4 million years, three sessions on A Financial Slant on UC Berkeley History: What Does the Budget Mean?, three sessions on Opera: Concept, Creation, Realization, and classes on social networking on the internet for the Facebook, MySpace, LinkedIn curious among you. Check the Center website for more information or call us.

Stay Connected for Breaking News

Events like the upcoming benefits listening forums often are scheduled after newsletters are published. If the Center has your email address, then we can include you in email notices on breaking news that you may want to be aware of and take action on. You can also choose to receive the CenterPiece electronically which is more environmentally appropriate. Simply email ucbrc@berkeley.edu with "electronic delivery and/or email list" in the subject line.

Chalmers said, "The grand essentials for happiness are something to do, something to love and something to hope for." The Retirement Center is dedicated to contributing to your well being and creativity. Be well.

Patrick Cullinane, MS, Director

Retirement Center, 510-642-5461, ucbrc@berkeley.edu, <http://thecenter.berkeley.edu>



We Remember

Beth Hansen, September 13, 2009, Berkeley, California.

PARRA Financial Report

For the five months ended November 30, 2009

Checking Account Balance, July 1, 2009 \$ 3,421.59

Deposits:

Member Donations (88 donations) 1090.00

Collections for fall PARRA Luncheons 2325.00

Contribution from UCOP (Fall Newsletter) 500.00

Total Deposits 3915.00

2635.22

Travel-Representative to CUCRA Meeting 258.13

Cost of Production of Fall Newsletter 615.89

Total Expenditures 3251.11

Checking Account Balance, November 30, 2009 \$ 4085.48

Expenditures:

FALL PARRA Luncheons-Food and Other Costs

Note: The five month report was prepared by Joseph Azzolino, 2009-2010 Treasurer.

PARRA Spring Luncheon, continued

Merzenich and colleagues have published several hundred articles, including many in leading peer-reviewed journals. His work has also been widely covered in the popular press. He has been elected to the National Academy of Sciences and the National Academy's Institute of Medicine, one of very few individuals elected to more than one of the National Academies. This will be a stimulating presentation. Use the flyer in this newsletter to make your luncheon reservation.

PARRA Donors, continued

Neville Manderson, Gary Matteson, Steven Matthews, Susan Mathews, Bonnie McKellar, Karen Merritt, Gary and Gerry Morrison, William Newton, Ann Nurakami, Thomas O'Shea, Lewis Perry, Paul Peyrat, Jim Putkey, Louise Randolph, Peggy Rogers, Joan Rogin, Sharon Ross, Roger Samuelsen, David Sanchez, Peggy Sanui, Elda Sales, Joyce Schnobrich, Jesse Shaw, Cleopatra Sims, E. James Smith, Edna Smith, Sandra Smith, Barbara Stratton, Ellen Switkes, Milt Von Damm, Allen Wagner, Stephen Weiner, Deke Welch, Susan White, Withold Willer, Harry Winters, Agnes Wong, Ralph Young, Randall Young, John Zimmermann, Ami Zusman.

If you would like to make a voluntary contribution for this fiscal year, the suggested donation is \$5.00. Please mail your check to our Treasurer, Joe Azzolino, 258 Barnett Terrace, Pleasant Hill, CA 94523. Thank you.

PARRA Donors September 2009 through January 2010

PARRA Treasurer Joe Azzolino has received donations from the following people:

Karen Akerson, Adele Amodeo, Robert Bailey, A. Jan Behrsin, Maria Bertero, Ad Brugger, John and Susan Burnett, George Cage, Sherry Carletta, Joanne Cate, Carol Copperud, Richard Cornils, Judy Coy, Joyce Davis, Romana Davis, Lynne Dee, Norman Devries, Lynn Disharoom, Hendrick Doeff, Sandra Douglas, Madeline Drake, Karl Droese, Marylynn Kykstra, Dorothy Edwards, Robert Evans, Samuela Evans, Linda Fabbri, Kenneth Farrell, Richard Filbrun, Alan Fishleder, Lorna Fong, Nancy Francis, Roy Fredrickson, Leslie Gallagher, Barbara Gerber, Milton Gordon, Gordon Graham, Nancy Harding, Trudy Heinecke, Con Hopper, Susanne Huttner, Susan Issacs, Marilyn Jaeger, Patricia Johnson, Gabriele Kassner, Judith Kowarsky, Gary Lawrence, Eleanore Lee, Linn P. Lee, Rulon Linford, Emerito Lopez and Eileen O'Callahan, Kathryn Maack,

The Editor Wants News!

Please send any tidbits, book reviews, travel plans, family news, or any idea you would like to express, to the Editor: Eunice Childs (alfredchilds@yahoo.com), or 1661 Pine Street, San Francisco, CA 94109, 415-447-5382. Please send any change of address to Eunice as well. Thank you!

Directions to H^s Lordships

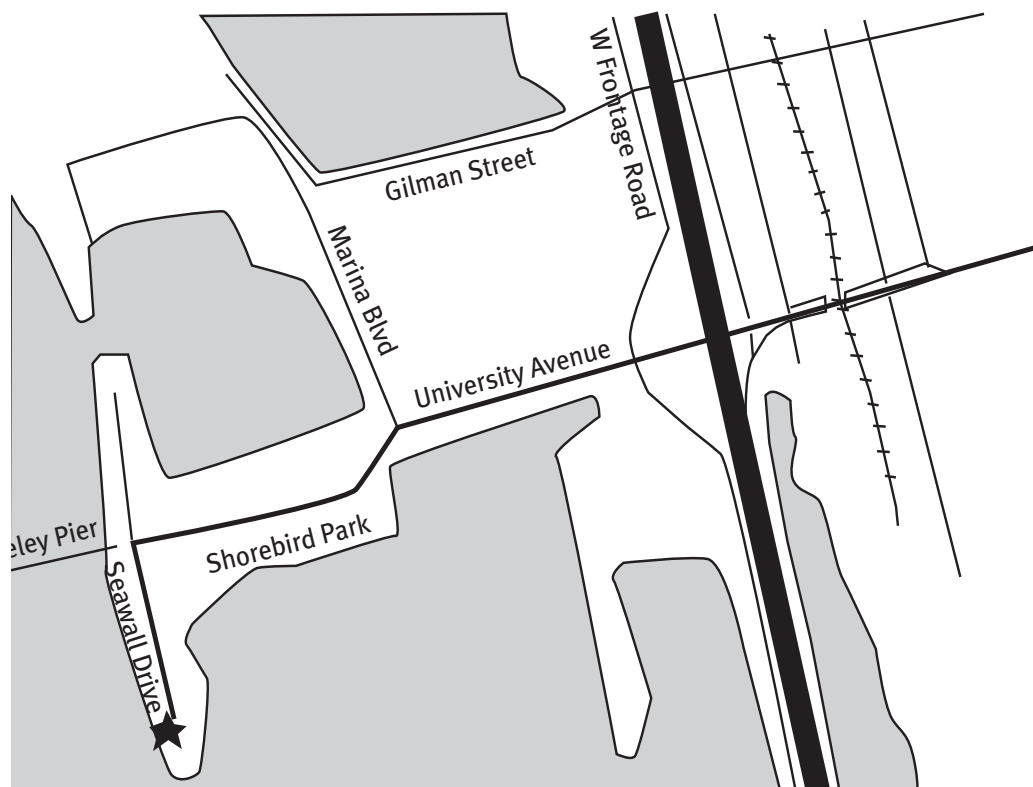
From the East Bay Oakland, Hayward using 580 West towards San Francisco. Proceed to I-80 East towards Sacramento. Take the Emeryville Powell St. exit. Turn left and go under the freeway overpass. Make an immediate right onto Frontage Rd., following the road until you get to University Ave., and turn left onto University. Stay in the left lane. At Marina Blvd. stop sign, stay left and go to the end. (Berkeley Pier will be in front of you.) Turn left on Seawall Dr. and go to the end of the road.

From the East Bay Oakland Using Highway 880 North take Highway 880 North to I-80 towards Sacramento. Exit at University Ave. and proceed on University. At the third light, make a U turn and head back toward the water. Stay on your left until you get to Marina Blvd. and go to the end (Berkeley Pier will be in front of you). Turn left on Seawall Dr. and go to the end of the road.

From the North Bay (Richmond, Hercules, Vallejo) Take I-80 West to Berkeley. Exit at University Ave. Follow Loop West to University Ave. Turn left onto University Ave. Stay in left lane. At Marina Blvd. stop sign, stay left and go to the end. (Berkeley Pier will be in front of you.) Turn left on Seawall Dr. and go to the end of the road.

From San Francisco Take Highway 101 North to I-80 across the Bay Bridge. Take the Emeryville Powell St. exit. Turn left and go under the freeway overpass. Make an immediate right onto Frontage Rd. Proceed on Frontage Rd. until you get to University Ave. and turn left onto University. Stay in left lane. At Marina Blvd. stop sign, stay left and go to the end. (Berkeley Pier will be in front of you.) Turn left on Seawall Dr. and go to the end of the road.

Free and Ample Parking H^s Lordships Restaurant, 199 Seawall Drive, Berkeley, CA 94710, 510-843-2733.



President's and Regents' Retiree Association

PARRA Spring Luncheon

Thursday, April 1, 2010

H^s Lordships, Berkeley

Plenty of free parking. A map and directions are enclosed, but you probably won't need them. Just go to the end of University Avenue and at the Bay, turn left and proceed to the end (199 Seawall Drive).

Professor Emeritus Mike Merzenich

How To Have More Fun With Your Brain

Mike Merzenich, an emeritus professor still in harness in the Keck Center for Integrative Neurosciences at UCSF, has been studying that underutilized asset, the human brain, for more than three decades. His pioneering studies have compiled impressive evidence that the brain can actively re-wire itself as we age—if we know how to help the process along. He'll tell us about his research and his company, Posit Science Corporation, which develops software programs for improving cognitive, perceptual, and motor performance in older adults.

- A no-host social hour will start at 11:30 a.m; lunch will be served at 12:00. The cost is \$25 per person. Please make your check out to PARRA and return in the enclosed envelope with your name and the names of any guests. This luncheon will be a buffet with a variety of choices, so no prior designation of what you want to eat is necessary. Please return this form by Monday, March 22.

If you have any questions, please call Nancy Nakayama at 510-524-2358 or Pat Pelfrey at 510-528-4490.



Yes, I will be attending. Enclosed is my check in the amount of _____ (\$25 per person) made payable to PARRA

Name _____

Name of Guest(s) _____

Email Address _____

Return this form to:

PARRA c/o Nancy Nakayama, 8724 Don Carol Drive, El Cerrito, CA
94530-2735