

THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists

January 2018

Upcoming Sunday Services

Services at 10:30 a.m.



January 7: Keeping the Chalice Lit

Rev. Elena Rose Vera, Worship Leader

The new year is a chance to renew and refresh our commitments to ourselves and our communities. Have we held up to who we hoped to be? What are the principles and values we hold dear? How can we keep the beacon fires of our best selves lit, even in hard times? Join Rev. Elena Vera as we greet the year to come together.

January 14: Through the Looking Glass

Andy Chirch, Guest Worship Leader

Sometimes when we're fearful, discouraged, or upset by others' actions, we wear these emotions like a cloak. They inform everything we do. What if we were able to take off that cloak – recognize those emotions, and go through the looking glass to learn what's really going on? We'll ask for guidance from religion, nature, spirit, and humanity. Come along! Who knows what we'll find.



face photos by RockinDave1 flickr
altered by office



image by Ibrahim wikimedia commons

January 21: Let's Predict the Future

Rev. Marsh Agobert, Worship Leader

Though this sounds pretty woo-woo and some would call it heresy (not UUs!) Predicting future events is not only possible with a greater or lesser degree of accuracy – but is, in fact, a necessary and fundamental human trait. It's not a matter of whether or not we can do it but whether or not we get better at it. Getting better can not only improve your results – it can make change less irritating.

January 28: Many Paths to the Goal: Wisdom from the Hindu classic, the Bhagavad Gita

Alessandro Gagliardi, Guest Worship Leader

When the warrior, Arjuna, faced his enemies in battle, he saw on both sides his own friends and family. Unsure of what to do, he asked his childhood friend and chariot driver, Krishna. In the dialogue that follows, we learn how to align ourselves with greater purpose and that there are many ways to do this but that they all lead to the same end which is freedom.



image by Arnab Dutta 2011 wikimedia commons

Clergy & Staff

Reverend Marsh Agobert, *Minister*

Reverend Elena Rose Vera, *Minister*

Reverend Earl Koteen,
Community Minister

Susan T. Mashiyama, *Music Director*

Deborah Hamouris,
Event Space Coordinator

Susan Macke, *Office Coordinator*

Ed Keating, *Facilities Manager*

Richard Sandling, *Custodian*

Board of Trustees

Doug Chambers, *President*

Elayne Ryder, *Vice President*

Nanci Armstrong-Temple

Michael Gardner

Jeff Palmer

Judith Granada-Dewey, *Treasurer*
(Alternate)

Elinor Roberts (Alternate)

Committees

Aesthetics Subcommittee of B&G
Joanna Foley, *Chair*

Building & Grounds Committee
Abbot Foote, *Co-Chair*
Ben Burch, *Co-Chair*

Caring Community
Kathy Riehle, *Chair*

Committee on Ministry

Finance Committee
Ben Burch, *Co-Chair*
Abbot Foote, *Co-Chair*

Hospitality Committee

Membership Committee
Doug Chambers, *Chair*

Music Committee
Holly Harwood, *Chair*

Personnel Committee
Kathy Riehle, *Chair*

Poetry Committee
Holly Harwood, *Poet Laureate*

Religious Education (RE) Committee
Sharon Colligan, *Chair*

Social Justice Committee (SJC)
Cynthia Johnson, *Chair*

Sunday Services Committee
Joanna Foley, *Chair*

FOOD DONATIONS FOR HOMELESS PEOPLE

The box covered in plaid wrapping paper at the back of Fellowship Hall is for dropping off non-perishable food items for people living in homeless encampments. Some items donated at the “Hang the Greens Party” have already been dropped off at “First They Came for the Homeless” in front of City Hall. If you want to visit the folks there and make an individual donation, fruit such as oranges, apples and bananas would be most welcome!

The BFUU Choir Brings Holiday Cheer to Our Neighbors



photo: Dr. Susan Mashiyama

On Monday, December 18, 2017, the BFUU Choir brought some festive holiday songs to Lawrence Moore Manor, a retirement community right across the street from BFUU where beloved and longtime member Frances Hillyard resides. Songs included Christmas classics as well as African and Hawaiian holiday songs played with ukuleles. BFUU’s Andy Jamieson accompanied the carols, and Brett Torres played some lovely piano music afterwards for the residents to enjoy listening to during their holiday potluck dinner.

Hospitality Corner will return next month. We always welcome your help with greeting, setup, cleanup, coffee, and putting out the welcome mat – please contact Elinor Roberts or Kathy Riehle, or just check in at the Welcome Table.

Thank You

To BFUU member Karen Dewald for donating two advent calendars full of yummy milk chocolate treats!

Gatherings At BFUU

Hanging of the Greens at BFUU

BFUU decked the Hall with a lovely living Christmas tree, a native evergreen of the Monterey Cypress species. Members and friends joined in to decorate, dance and nibble on treats. Mrs. Claus made an appearance, with special holiday balloons, including a prancing reindeer and a baby Jesus or two!



photos: Joanna Foley

Ukulele Happenings at BFUU

More folks are taking part in music by learning and playing the ukulele at BFUU! Come join in on the fun and bring a friend to some of our ukulele happenings on this friendly, and portable instrument. We have free ukulele jams on the third Friday of each month at 7 pm in the Preschool room. Also, starting on January 9, 2018 we'll have low-cost weekly beginner ukulele classes on Tuesdays from 4 pm – 5:30 pm in the Fireside Room (\$40/month; \$15/class drop-in; 50% off for BFUU members and friends!) For more information, please contact Susan Mashiyama (music@bfuu.org), Jeff Palmer, or Margaret Hurlbert.



Regular Committee Meetings

Aesthetics(Subcom. of B&G)
2nd Friday at 1:30 PM
in the Fireside Room

Buildings & Grounds
Meets once per month,
contact Ben Burch

Caring
4th Sunday at 12:30 PM
in Fellowship Hall

Committee on Ministry
Meets as needed,
contact Abbot Foote

Finance
Meets as needed
in the Fireside Room

Hospitality,
4th Sunday at 12:30 PM
in Fellowship Hall

Membership
4th Sunday at 12:30 PM
in Fellowship Hall

Music
1st Sunday 12:30 PM
in Fellowship Hall

Poetry Committee
Meets as needed
contact Holly Harwood

Social Justice
1st & 3rd Sunday 12:30 PM
in Fellowship Hall

Sunday Svc
1st Tuesday at 6:30 PM
in the Preschool Kitchen

Gratitude for and from Rev. Dr. Carrie Knowles

“Until We Meet Again”

Rev. Dr. Carrie Knowles, a psychologist, lawyer, and UU-ordained minister, has played many roles at BFUU and in her life as well. In her 80's she became a seminarian at Starr King and went on to serve a ministerial internship at the Fellowship. After Rev. Carrie earned her M.Div., she became BFUU's Caring Minister, providing pastoral counseling to members in time of need. From there it was a small step to preaching sermons once month and a slightly larger step to joining the Three Minister Team.

Rev. Carrie has since moved on to other leadership roles in the UU world. She was invited back on Dec. 3 for a ceremony of appreciation. Fifteen members shared songs and words of deep appreciation for her wisdom and the positive ways she has touched lives at BFUU over the years. Some women spoke about how Rev. Dr. Carrie was a role model at BFUU as a deeply educated and intelligent woman in a position of high responsibility and how she encouraged them to step forward and take on leadership roles. She brought a spiritual presence of kindness, compassion, and knowledge to BFUU. Her sermon that day was on “Who We Are.” It was her last sermon for the immediate present but she remains available for future appearances in BFUU's pulpit.

Rev. Carrie sent the following note to thank everyone for the “Gratitude Fest.”

From: Rev. Dr. Caroline Knowles

Subject: Today!

Dear Friends,

Today's experience was extraordinary for me, like none other. I am so moved, reflecting on the deep words I heard from all of you whom I hold in my heart. I had no anticipation of what today might hold, other than some good conversation. The word “thanks” doesn't begin to express what I felt and what I understood from all of your sharing. I know I will never forget the words, the voices, the essential being of each of you.

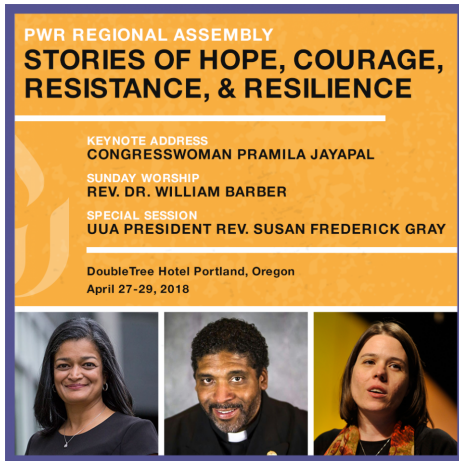
I wonder if you can share my reflection with all who joined us after the service today.

In deepest gratitude,

Rev. Carrie



2018 Pacific Western Region Assembly in Portland, Oregon



Pacific Western Region Assembly April 27-29, 2018 Double Tree Hotel, Portland, Oregon

Stories of Hope, Courage, Resistance, and Resilience

Plan to join attendees from 185 PWR congregations as the four districts of the Pacific Western Region convene in Portland, Oregon, April 27-29, for the 2018 Regional Assembly. Three dynamic speakers will address the theme, Stories of Hope, Courage, Resistance, and Resilience. The Rev. Dr. William Barber, a national figure in civil rights activism, will be in the pulpit for Sunday's worship service. Saturday's keynote speaker will be Congresswoman Pramila Jayapal, the first

Indian-American woman to be elected to U.S. Congress. Jayapal has spent the last twenty years working internationally and domestically as a leading advocate for women's, immigrant, civil, and human rights. The Rev. Susan Frederick-Gray, UUA president, will speak at Friday evening's opening ceremony. Frederick-Gray will share her emerging vision for the future of the UUA and the wider movement.

Several workshops will be offered during Saturday's programming. If you prefer, you may opt to participate in a local social justice activity. Full details about workshops and the social justice activity will soon be posted on the Pacific Western Region website (www.uua.org/pwr).

All four districts of the Pacific Western Region will hold concurrent annual meetings on Saturday afternoon. Meeting materials and delegate information will be distributed in February/March.

If you are a minister, religious educator, or music director you will want to attend the day-long Professional Day activities on Friday, April 27. Rev. Erika Hewitt, UUA staff Minister of Worship Arts, and Dr. Glen Thomas Rideout, Director of Worship and Music at the First Unitarian Universalist Congregation of Ann Arbor, will be presenting a workshop for religious professionals on multi-generational, multicultural worship. In addition, the Revs. Elizabeth Stevens, Emily Brault, and Susan Maginn will be presenting "From Burden to Blessing: Working with Secondary Trauma" for community-based ministers. Professional Day programming will be held at First Unitarian Church of Portland prior to the start of Regional Assembly. Registration for Friday's Professional Day will be available via the Regional Assembly registration form.

Regional Assembly registration will be open by January 4. You will be able to access full details and the registration form through the Pacific Western Region website (www.uua.org/pwr).

The Portland DoubleTree by Hilton Hotel, site of the Regional Assembly, is offering discounted room rates through March 29. You can reserve your room [here](#). If you book through another link or by phone, be sure to use the group code, UU8. Full details will be posted on the PWR website before registration opens January 4.

PWR staff is working hard to keep registration costs low. An Early Bird adult registration fee will be available through January 31 and fees for young adults, youth, and children will be discounted.

2018 UUA General Assembly in Kansas City, Missouri



UUA GENERAL ASSEMBLY

UUA General Assembly June 20-24, 2018
Kansas City Convention Center,
Kansas City, Missouri
Registration will open on March 1
All Are Called

Grounded in a deep belief that we are all prophets, Unitarian Universalists ask, “How can we faithfully meet the demands of our time?”

The call to witness and act for justice in our society and in the world is clear. So, too, is the

call to examine our structures and practices, dismantling and transforming those which fail to recognize the full humanity of all people and to honor the interdependent web of life. Join us in Kansas City as we dive deeply into questions of mission for our Unitarian Universalist Association, for our congregations and communities, and for each of us as individuals. Together, we'll ask:

Who and how are we called to be at this time, individually and collectively?

How are we called to act and to live?

How does our Unitarian Universalist legacy strengthen us in living out our mission? In what ways does our legacy present challenges and impediments to answering our call?

The call of our faith has a place for each of us. Join us in Kansas City to build courageous, collective leadership with tools, skills and connections.



Other UU Events

WhaleCoast Alaska 2018



Have you ever dreamed of visiting Alaska? If so, WhaleCoast Alaska 2018 is for you! Four Alaska UU fellowships invite you to experience our eco-cultural and spiritual program this summer. See Alaska through the eyes of local UUs, with friendly homestays and unique tour activities. See wildlife, including moose, bears, caribou, whales, bald eagles, seals, and otters. Visit Denali National Park. Experience Native Alaskan culture. Forget the cruise ships – our program is the best way to visit Alaska!

Tours led by Dave Frey, member of the Fairbanks UU congregation and

Alaska travel expert. Find out more about this Alaskan trip of a lifetime. For complete information go to: www.WhaleCoastAK.org, email dfrey@whalecoastak.org or call

907-322-4966. Discount for groups of 8 or more. We would love to share our Alaska with you!

Community Voices



Elinor Roberts
Marge Turngren

View From Rooms@bfuu.org



Focus on Families

There are many family-oriented groups and events here at BFUU. Here are a few:

Protest Playgroup (Benjy Room, 2nd Sundays monthly, 4:30-6:30)
Liza McNulty, a familiar face here at BFUU, started this group in February, 2017. Local families gather with their children, bringing pizza and political issues to mention in letters to their representatives. The kids play, the parents write & discuss, and everyone has a casual dinner!

Support Group for Mothers (Fireside Room, Tuesdays, 11-1) Jennifer Marks runs weekday sessions for both new mothers and 2nd time mothers in the Fireside Room. Excellent support for the isolation of new motherhood and discussion of mothering issues. <http://www.supportgroupformothers.com/>

Peer Development Class, Down Syndrome Connection of the Bay Area (Connie Barbour Room Thursdays, 4:45-6:30pm) These classes are groups that support key skills for the adult-aged population, focusing on skill building in the areas of Social/Friendship, Leisure/Recreation and Inter/Independent Living. <http://www.dsconnection.org/>

BFUU Ukulele Classes (Fireside Room, Tuesdays starting 1/9/18, 4-5:30pm) Susan Mashiyama will be teaching everything you need to know to get started on the friendly, portable uke! All ages welcome; kids under 9 are requested to learn with a parent. \$40/month; \$15/class drop-in; 50% off for BFUU members and friends. Monthly Uke Jams on 3rd Fridays, 7-8:30, too. For more information, email music@bfuu.org.

On a personal note, 1/13/18 will mark the end of my 5th year as Event Space Coordinator, here. I'm happy to be a part of the BFUU family!

All the best,
Deborah Hamouris
Event Space Coordinator

Featured BFUU Events



Winter Solstice Dance

Saturday, January 6 at 6PM in Fellowship Hall – 1924 Cedar St.

Come have fun, eat and dance at the Winter Solstice Benefit Dance, featuring classic rock by “As Good as it Gets.” Benefits Earthjustice, the legal team for Standing Rock and fighting climate change.

6 - 7 PM Potluck

7 - 9 PM Dancing

\$10-30 suggested donation - less if you can't, more if you can; no one turned away for lack of funds.

See FaceBook event at <https://www.facebook.com/events/806479052873863/> Tickets available on EventBrite at <https://www.eventbrite.com/e/winter-solstice-benefit-dance-tickets-41440248900>



Beginner Ukulele Classes Starting Jan. 9, 2018

Tuesdays, 4-5:30 PM in the Fireside Room – 1606 Bonita Ave.

Everything you need to know to get started on the friendly, portable uke! All ages are welcome; kids under 9 are requested to learn with a parent. \$40/month; \$15/class drop-in; 50% off for BFUU members and friends. Contact Susan Mashiyama (music@bfuu.org) for more information.

Recurring/Ongoing BFUU Events



T'ai Chi & Qi Gong with Gene Herman

Mondays, 4-5 PM in the Connie Barbour Room– 1606 Bonita Ave.

Wednesdays, 3-4 PM in the Connie Barbour Room– 1606 Bonita Ave.

This practice improves health and well-being at any age.



BFUU Choir Practice

Wednesdays at 7-8:30 PM (except 1st Wed. of each month) in Fellowship Hall – 1924 Cedar St.

We practice songs for the Sunday services, learning melodies, and working on musicality.

During the first part of the evening, we focus on choir numbers with harmonies. From about 8 pm on, we practice the hymns we'll lead on Sunday. Everyone is welcome to join

in for fellowship and to be able to sing more confidently and joyously on Sundays. Please invite your friends and neighbors. There's no pressure to sing in the choir on Sundays. These gatherings are something BFUU offers as a service to build community.

Elders Circle

Tuesday, January 2 at 11 AM in Fellowship Hall – 1924 Cedar St.

The BFUU Elders Circle meets at 11:00 AM on first Tuesdays in Fellowship Hall.

Orientation for Newcomers

Sunday January 7 at 12:15 PM (after service) in the lobby of Fellowship Hall – 1924 Cedar St.

The Rev. Elena Rose Vera conducts an orientation for newcomers after service on the first Sunday of each month in the Fellowship Hall lobby. All are welcome, whether or not you are considering membership.

Recurring/Ongoing BFUU Events

Pastoral Care

Tuesday, January 9 and Tuesday, January 23 at 2 PM in the Ministers' Office

Rev. Elena Vera will be offering open office hours for discussion and pastoral care at BFUU

She will also be available for pastoral meetings and visits by appointment. If you would like to schedule a time, please get in touch via RevElena@bfuu.org or contact the Caring Committee.



The Hardly Strictly Acoustic Jam

Friday, January 12 at 7 PM in Fellowship Hall—1924 Cedar St.

Join us for BFUU's new jam session format. Come sit in our circle, share music, songs, poetry, excerpts from your new book, jokes and stories. We welcome all entertainers and entertainees to fill the Hall with performance, connection and appreciations for all forms of art. Suggested donations of \$5 – \$20 No one turned away for lack of funds! Volunteers appreciated!

BFUU Second Sundays Potluck*

Sunday, January 14 after service (12:30 PM) in Fellowship Hall– 1924 Cedar St.

Come one, come all! Whether you have a dish to share* or not, we invite you to join us as we break bread in the spirit of loving community. If you can, please help us set up tables and chairs before and put them away afterward. In between, join in the bounty provided by members and friends. Members, friends, neighbors, and the wider community are welcome!

**If you bring a dish, please also bring a printed list of all ingredients so those with allergies, interactions and dietary restrictions can enjoy the dishes they can eat and avoid those they can't eat.*



BFUU Writers Group - no animals please note updated information!

Sunday, January 14 and January 28 at 12:30 PM in the Preschool Room – 1606 Bonita Ave.

Wheelchair accessible. Beginners welcome! People only - our current organizer is allergic to animals so none will be allowed in the room. Our writers group is for all levels, from beginner to experienced, and all genres, including poetry, memoir, and fiction. After a 7 min. writing exercise, we write for an agreed upon period of time. Then we read our work aloud and give each other positive feedback.



Uke Jam

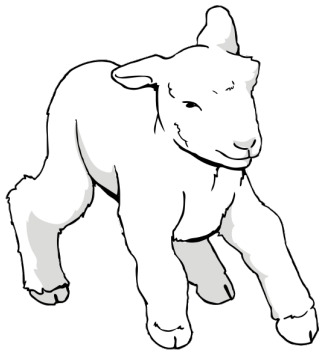
Friday January 19 at 7 PM in the Preschool Room – 1606 Bonita Ave.

BFUU holds a uke jam once a month for those who want to experience more music in their lives. First time players are welcome and if you need to borrow a ukelele, let us know because we might be able to loan you one. If you have questions or want to let us know you're attending, please send your name and email address to jeffpalmer123@comcast.net for details on next meeting Otherwise, please just drop in and join us! Welcome!

BFUU Board Meeting

Thursday, January 25 at 7:00 PM in Fellowship Hall – 1924 Cedar St.

BFUU Bought a Sheep!



BFUU's evening Christmas Eve service featured a Christmas pageant that told the story of Christmas from the perspective of the wives of the three wise men. The collection from the service was donated to Heifer International. Many thanks to the whole RE group, including Doertlis Schultze-Allen, Holly Harwood, Sharon Hwang Colligan, Nirajan, Annabelle, Arlo, Tahlulah, Yoichi, Paikea and Dawn for the wonderful play and the inspiration to provide an animal to a family in need.

Other Community Events held at BFUU



Women & Song, a women's singing group

Directed by Deborah "DJ" Hamouris

January 11 & 25, 7 - 8:30pm,

Preschool Kitchen, 1606 Bonita Ave.

\$20-\$10, sliding scale

Women & Song are looking for a few good women to sing & laugh with us! At each rehearsal we learn traditional and contemporary songs & rounds, including some originals. Women & Song have been meeting regularly for over a decade and welcome new singers. If you can hold your own on a round or maybe read a bit of music, you're welcome!

Reserve your space! 510/910-2574 or deborahj@djhamouris.com



Creative Indian Dance by Dr. Jyoti Argade

Sundays beginning 1/21/2018 in Connie Barbor Room – 1606 Bonita Ave.

Inspired by bharatanatyam, yoga & storytelling

12 – 1:00pm, 7 sessions

Kindergarten Bharatanatyam for ages 5 to 6, \$160

1:00 – 2:15pm, 7 sessions

Be Your Own Goddess Choreography Workshop for ages 11- 16, \$175

3:00 – 4:00pm, 7 sessions

Yoga Natyam for all ages, \$130 for 7 weeks/ \$20 drop-in

Email: jyotiargade@gmail.com

Fellowship Calendar January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 6 pm T'ai Chi Chuan 6:30 pm Soul Motion New Year's Day Office Closed No T'ai Chi/Qi Gong class	2 7:30 am Augustine Fellowship 11 am Elders Circle 4 pm Ukulele Class 6:30 pm Sunday Svcs Cttee Mtg 7 pm AA Men's Mtg	3 3 pm T'ai Chi/Qigong* 7 pm NA Men's Mtg	4 11:45 am AA Meditation	5 7 pm Soul Motion	6 9 am ASCA 6 pm Augustine Fellowship 6 pm Winter Solstice Benefit Dance*
7 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:15 Newcomer Orientation* 12:30 pm SJC Mtg* 12:30 pm MusCom* 8 pm AA Mtg	8 4 pm T'ai Chi/Qigong* 6 pm Tai Chi Chuan 6:30 pm Soul Motion	9 7:30 am Augustine Fellowship 4 pm Ukulele Class 7 pm AA Men's Mtg	10 3 pm T'ai Chi/Qigong* 7 pm NA Men's Mtg 7 pm Choir Practice*	11 11:45 am AA Meditation 7 pm Women & Song	12 12 noon Aesthetics Subcommittee Mtg 7 pm The Hardly Strictly Acoustic Jam*	13 9 am ASCA 6 pm Augustine Fellowship
14 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm 2nd Sunday Potluck* 12:30 BFUU Writers Group 1 (no animals)* 8 pm AA Mtg	15 4 pm T'ai Chi/Qigong* 6 pm Tai Chi Chuan 6:30 pm Soul Motion	16 7:30 am Augustine Fellowship 4 pm Ukulele Class 7 pm AA Men's Mtg	17 3 pm T'ai Chi/Qigong* 7 pm NA Men's Mtg 7 pm Choir Practice*	18 11:45 am AA Meditation	19	20 9 am ASCA 6 pm Augustine Fellowship February Communicator Deadline
21 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm SJC Mtg* 8 pm AA Mtg	22 4 pm T'ai Chi/Qigong* 6 pm Tai Chi Chuan 6:30 pm Soul Motion	23 7:30 am Augustine Fellowship 7 pm AA Men's Mtg	24 3 pm T'ai Chi/Qigong* 7 pm NA Men's Mtg 7 pm Choir Practice*	25 11:45 am AA Meditation 7 pm BFUU Board of Trustees Mtg*	26	27 9 am ASCA 6 pm Augustine Fellowship
28 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 BFUU Writers Group 2 (svc animals)* 12:30 Hospitality, Caring and Membership Mtg*	29 4 pm T'ai Chi/Qigong* 6 pm Tai Chi Chuan 6:30 pm Soul Motion	30 7:30 am Augustine Fellowship 4 pm Ukulele Class 7 pm AA Men's Mtg	31 3 pm T'ai Chi/Qigong* 7 pm NA Men's Mtg 7 pm Choir Practice*	The BFUU office will be closed, and there is no BFUU T'ai Chi/Qi Gong class on New Year's Day		

* denotes Fellowship event

Spiritual Growth and Social Justice in the Heart of Berkeley

Building character, enriching spirits, promoting community, and serving humankind through spiritual growth and social action.

BFUU OFFICE HOURS

Monday - Friday: 11 a.m. to 5 p.m.

BFUU OFFICE STAFF

Deborah Hamouris - Event Space Coordinator
Phone: 510-841-4824, ext. 3
Office Days: Tue, Wed & Fri
Email: rooms@bfuu.org

Susan Macke - Office Coordinator
Phone: 510-841-4824, ext. 1
Office Days: Mon, Tue, Thu & Fri
Email: office@bfuu.org

SUBMISSION DEADLINE FOR NEXT *COMMUNICATOR*: January 20

Please email newsletter@bfuu.org with submissions.

Address Correction Requested

Berkeley Fellowship of Unitarian Universalists

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Berkeley, CA 94709