



EX-Ls

Retiree Newsletter

Lawrence Berkeley National Laboratory - May 2016

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EX-Ls EXPRESS - May 2016

Published Quarterly at the end of January, April, July, and October

Editor: Louise Vogelsberg

Deadline for Newsletter submittals is 7 days after the Board meeting.

EX-Ls BOARD OF DIRECTORS

| | |
|----------------------------------------------------------------------|------------------------------|
| President: | Cheryl Fragiadakis |
| 1st Vice-President: | Lee Schroeder |
| 2nd Vice-President: | Henry Rutkowski |
| Secretary: | Esther Schroeder |
| Treasurer: | Kay Bristol |
| Membership: | Patti Powers-Risius |
| Activities: | Vicky Jared |
| LBNL Liaison: | Armando Viramontes |
| CUCRA/AROHE Representative: | Janis Dairiki |
| UCBRC Policy Board: | Richard Sexto Trudy Forte |
| Editor EX-Ls EXPRESS: | Louise Vogelsberg |
| Webmaster – www.lbl.gov/EX-Ls | Richard Baker |

2016 CALENDAR OF BOARD MEETINGS & LUNCHEONS

Board: April 7, 2016
Luncheon: May 19, 2016: Hs Lordships

Board Meetings start at **3:00 p.m.**, usually in 70A-3377 (that's in the conference room addition to Perseverance Cafeteria) at the Lab, but subject to change at the last minute, so check with a Board member if you plan on attending. We welcome attendance by interested members.

OFFICE ADDRESS:

Our mailing address is: LBNL EX-Ls 101
University Hall
Berkeley, CA 94720

Photo Site: <http://picasaweb.google.com/exLpics>

Photo Czar: Ned Dairiki

Website: www.lbl.gov/EX-Ls

Webmaster: Richard Baker (xrobaker@comcast.net)

EX-Ls Honorary Life Members

| | |
|----------------|-------------------|
| Shirley Ashley | Ingeborg Henle |
| Bud Larsh | Patrick Cullinane |

PAST PRESIDENTS

| | |
|------------------------|-----------------------------|
| Connie Grondona-2015 | |
| Trudy Forte-2014 | Tom Beales – 2000 |
| Joe Jaklevic-2012-2013 | Ken Mirk – 1999 |
| Rollie Otto – 2011 | Paul Hernandez – 1998 |
| Richard Sexto – 2010 | Clay Sealy – 1996-1998 |
| Don Grether – 2009 | Igor Blake – 1994-1996 |
| Jose Alonso – 2008 | Conway Peterson – 1992-1994 |
| Janis Dairiki – 2007 | Howard Browne – 1990-1992 |
| John Kadyk – 2006 | Ethel Skyrdlinski - 1989 |
| Gene Binnall – 2005 | Al Amon - 1988 |
| Sig Rogers – 2004 | Ken Lou – 1987 |
| Bob Fulton – 2003 | Virginia Cherniak - 1986 |
| Bob Birge – 2002 | Bill Bigelow – 1985 |
| Per Dahl - 2001 | Ted Bowers – 1981-1984 |

WELCOME NEW MEMBERS THIS QUARTER

| | |
|---------------------------|----------------|
| Jim Krupnick | R.P. Singh |
| Jorgan Randrup | Fred Schlacher |
| Eugene Veklerov | Howard Matis |
| Fred Crenshaw Alan Biocca | |

MEMBERS DECEASED IN 2015

| | |
|-----------------|----------------|
| Robert Mortiboy | Franklin Choy |
| Abe Glicksman | Andrew Sessler |
| Branko Leskovar | |

Greetings—hope you are having a glorious Spring!

A few highlights of things we are looking forward to:

First—

Hope you will put the luncheon meetings on your calendar for 2016. Our next event will be Thursday May 19 at Hs Lordship's, registration details are elsewhere in the newsletter and on the website. This meeting will feature a speaker from Belmont Villages which is collaborating with UC Berkeley to build some very interesting senior housing near University Village in Albany. We will learn about their model for accommodations and services, and how they intend to provide particular connections for residents, to the campus. The design and operational plans have been created with extensive public input. Whether you are planning for yourself, your parents, or are just interested in the current thinking in the field, do consider attending.

We have two more luncheons in 2016—Thursday, August 18, and Thursday, November 17. Lee Schroeder is developing interesting speakers for these meetings, so you might want to pencil in the dates now (or do the electronic equivalent!)

And speaking of “save the date”: The Lab will be hosting a second annual Retiree Reception, June 28. Last year's event was very well received. Because there is a space limit, watch your email—you will need to RSVP, as it will be first-come first-serve. We are looking forward to both Director Michael Witherell and Deputy Director Horst Simon attending! The planning committee (which includes Connie Grondona, Trudy Forte, Lee Schroeder, Patti Powers-Resius, Vicky Jared, and Armando Viramontes) has been working hard to make this a great event.

The website—do check out the website from time to time - <http://retirement.berkeley.edu/ex-ls> - besides hosting news of upcoming events, e.g., aforementioned luncheons, additional content is being added, such as history (thanks in this case to Don Grether).

The ExLs also participate in a variety of other retiree associations, with the inevitable alphabet soup of initials (CUCRA and AROHE for example). We are very ably represented by Janis Dairiki and Don Grether on these. CUCRA is developing a retiree survey to better understand the profile of the retirees as individuals and what our interests are. You should be seeing the survey pop into your mail box in the next few months. I hope you'll take a few minutes to fill it out.

And speaking of letting people know what you think—please let us know what you'd like in terms of speakers, activities, or whatever—email is the best (we'll be putting email of some or most of the officers on the website, so it will be available whenever you like.)

Finally—we are looking for someone who would like to join the Board as the Activities Coordinator. Vicky Jared will be transitioning out, but is very graciously staying through the end of the year, and so would be able to work side by side with you. The job description is elsewhere in the newsletter. It is a great opportunity to contribute, and also allows you to get to know many of your fellow retirees.

All the best to all of you!

Cheryl

**REMEMBER TO
SIGN UP FOR THE
MAY LUNCHEON
BY MAY 14
(SEE FLYER ON PAGE 10)**

EX-Ls History

Don Grether

Have you ever wondered when EX-Ls was established, who established it, or what it did during its formative years? Have you heard rumors that EX-Ls activities once included going to a belly dancing performance, as well as many other activities beyond quarterly luncheons? Are you interested in knowing how EX-Ls is involved with the Lab, the campus, or the larger world of UC and National retirees associations? Are you trying to remember the name of the person who gave that interesting talk on electric cars at an EX-Ls luncheon a couple of years ago? Are you thinking about becoming more involved with EX-Ls, for example by serving on the Board?

Start by going to <http://retirement.berkeley.edu/ex-ls> and then clicking on EX-Ls History over on the left. Or you can start by going to <http://retirement.berkeley.edu> and clicking on Retiree Associations up at the top of the page.

Our thanks to Kris Thornton in the UC Berkeley Retirement Center for constructing the website, and to Vicky Jared for helping to assemble the documents.



**WHERE HAVE YOU BEEN?
SHARE YOUR TRAVEL ADVENTURES OR
SPECIAL EVENTS YOU ATTENDED**
Submit your articles to: Louise Vogelsberg
Email: lvogel@infionline.net

| | |
|-------------------------|------------------------------------------------------------------|
| EX-Ls 02-25-16 Luncheon | Attendees and Guests – Hs Lordships Restaurant |
| Winnie Baker | Stan Klezmer |
| Paul Banchemo | Judy Kody |
| Tom Beales | Almon Larsh |
| Roy Benedict | Elizabeth McDonald |
| Gene & Myrna Binnall | David McGraw |
| Igor Blake | Doug McWilliams |
| Kay Bristol | Ken Mirk |
| Jerry Bucher | Nancy & Vic Montoya |
| Diane D'Aoust | Marty Morimoto |
| Eleanor Dahl | Fred Ottens |
| Carl Eben | Conway Peterson |
| David Edgar | Patti Powers-Risius |
| Tom & Ione Elioff | Henry & Linda Rutkowski |
| Trudy Forte | Paul Salz |
| Rick Gough | Fred Schlachter |
| Donald & Becky Grether | Lee Schroeder |
| Connie & Ed Grondona | Rich Sextro |
| Lillian Hawkins | Brenda Shank |
| Gordon Hawkins | Frank & Marie Agnes Stephens |
| Egon Hoyer | Greg Stover |
| Vicky & Richard Jared | Russell Wells |
| Joe Katz | Ken Woolfe |
| Steve Kessler | June Wong |
| | Allan Zalkin |
| | Janathan Carter, Speaker |
| | Raffle Winners: Dough McWilliams, Egon Hoyer and Carl Eben |

WELCOME NEW OR RETURNING MEMBERS TO OUR LUNCHEONS HELD 11-2015 & 02-2016

Marie & Ray Alberti
Carl Eben
Warren Harden
Howard Hatayama
Steve Kessler
Stan Klezmer – Guest Trish Elliott
Judy Kody
Howard Matis
Dave McGraw
Paul Salz – Guest Elizabeth McDonald
Greg Stover
Russell Wells
Jung Wong

PHOTOS FROM FEBRUARY LUNCHEON



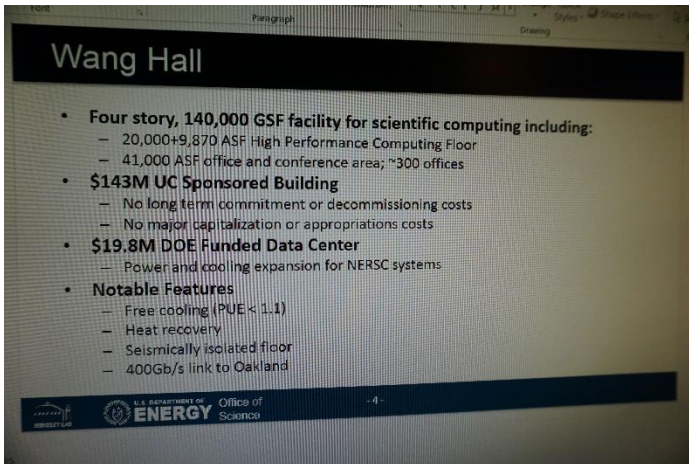
Jonathan Carter, Luncheon Speaker and Lee Schroder, First Vice-President



Russell Wells, David Edgar, Greg Stover and Egon Hoyer. Thanks for attending!



Lecture Subject



Building Statistics

EX-Ls PHOTO VIEWING

If you are interested in looking at the photos from the February, 2016, luncheon you can view them at our Picasa web page: <http://picasaweb.google.com/exlpics>.

57 members and guests met at Hs Lordships Restaurant. Join your former co-workers and friends on May 19 at Hs Lordships and get reacquainted with former co-workers and friends, enjoy excellent food/drink and enjoy an interesting lecture.

MAY 19, 2016 EX-LS LUNCHEON SPEAKER

Ms. Margaret Scott from the Belmont Village Senior Living organization will be our featured speaker at the May 19, 2016, Ex-Ls luncheon at Hs' Lordships on the Berkeley Marina. The title of her talk is:

"Belmont Village Albany: A Seniors Housing Community Built in Affiliation with the University of California, Berkeley."

Her presentation will include:

A brief overview of the Belmont Village Senior Living organization;

Project history and Belmont Village's affiliation with the University of California, both in Berkeley and Los Angeles (near UCLA);

The benefits of campus-proximal housing and what this affiliation will mean for Ex-Ls and other UCB retirees, and Project up-date.

There will be ample time for questions and answers after her presentation. Please plan to attend the luncheon and hear her presentation on this new project for all UCB retirees.

Margaret Innis Scott is presently the Executive Vice President, Chief Investment Officer, for Belmont Village Senior Living. Ms. Scott has managed Belmont's investment activity since 2007. Before joining Belmont, she was Director of Seniors Housing at Freddie Mac where she designed the seniors housing lending program and oversaw its growth into one of the foremost providers of capital to the industry. Before joining Freddie Mac, she was Vice President in charge of market development and acquisitions for an apartment development and management company. Ms. Scott has been an active member on the boards of the American Seniors Housing Association and the National Investment Center for Seniors Housing.

Lee Schroeder, first Vice-President

Looking for an Exciting Retirement Activity? We have just the opportunity for you!

EX-Ls is looking for someone to come forward and volunteer for the Board of Directors **Activities Coordinator** position. Would like to fill the position by January, 2017—now would be a great opportunity to work side by side with the current incumbent to make an easy startup!

Brief Job Summary

Essential:

- Attend quarterly Board of Director Meetings. The Board meets the second Thursday in January, April, July and October. Prepare luncheon and any special event activities reports for meeting.
- Arrange four membership luncheons including restaurant contract negotiations, menu selection, guest registration and payment collection and oversee luncheon.
- Prepare luncheon and field activities articles for the EX-Ls Newsletter.
- Interact with UCB Retirement Center Web Master to update information for the EX-Ls Web Page.
- Serve on Planning Committees, e.g., Labs Retiree Reception. Assist First Vice President with luncheon guest speaker agenda information.
- Maintain extensive records of each event/luncheon.

Marginal:

- Coordinate field trip activities. Attend all EX-Ls and appropriate Laboratory special events.

Requirements: Excellent organizational skills. A friendly approach to all.

Detailed job description/procedures available with plenty of hands-on training. [For a discussion with current Activities Coordinator, email Vicky Jared at jaredrv01@aol.com]

Please direct questions and application to Cheryl Fragiadakis email:

Cheryl.fragiadakis@gmail.com

Dear Ex-L's members,

It is a pleasure working with the Ex-L's board in support of LBNL retirees. We hope you will join the Retirement Center, and affiliated retiree Associations for our last Learning in Retirement series this Spring, "Healthy Aging: People, Places and Technology." The faculty, as always, are experts in their fields with fascinating insights to the latest in research and technology in the care of older adults. Join us for a reception following the May 10 session, at 4:00 pm on the third floor of 330 Wheeler Hall, in the graduate student lounge, hosted by the the Ex-L's, UC Retirees' Association of Berkeley, the President and Regents Retiree Association and the UCB Emeriti Association. Look forward to seeing you there!

Cary Sweeney
Director
UCB Retirement Center

Healthy Aging: People, Places and Technology

Organized by Carol N. D'Onofrio, Professor Emerita,
Public Health

Register by phone: (510) 642-5461 or online:
<http://retirement.berkeley.edu/LIR/schedule>

April 26: Healthy Aging at the Intersection of People and Places

William Satariano, Professor of Epidemiology, School of Public Health

Sibley Auditorium in the Bechtel Engineering Building

May 3: Community Initiatives for Aging Well

Andrew Scharlach, Kleiner Professor of Aging, School of Social Welfare

Banatao Auditorium in Sutardja Dai Hall

May 10: A Look at Technology-Enabled Services and Current Challenges for Making Aging as Healthy and Independent as Possible

Dave Lindeman, Director, CITRIS and Center for Technology and Aging
315 Wheeler Hall--

Cary Sweeney, MS, Director
UC Berkeley Retirement Center
101 University Hall, Berkeley, CA
(510) 643-3212

<http://retirement.berkeley.edu>

HEALTH CARE RESOURCES – VICKY JARED

During 2015 EX-Ls invited several Health Care Service Company representatives to attend our lunches. (See our Nov. 2015 Newsletter for details.) In keeping with this service, EX-Ls has invited Cindy Gustafson, Certified Senior Advisor of Comfort Keepers to attend our August luncheon. Comfort Keepers is a respected in-home care agency in Berkeley that assists elders to age in place safely and comfortably. This agency has an outstanding reputation as a Dementia Care specialist and resource in the Berkeley area.

Ms. Gustafson has provided the following two articles that may be of interest to us for ourselves and our families. 1) Adapting Homes to Seniors' Changing Needs. 2) Healthy Aging.

1) Adapting Homes to seniors' Changing Needs

More Americans are choosing to "age in place." That is, they opt to stay in their homes rather than move to alternative retirement settings.

But that often means they must modify their homes so it's not a danger to their safety and health when their physical abilities change.

According to the Centers for Disease Control, one third of Americans age 65 and over fall each year. The CDC adds that environmental factors lead to about half of all falls that occur at home. These include slipping and tripping hazards, poor lighting, or lack of needed modifications, such as bathroom grab bars, handicapped showers, stair railings and ramps.

Home modifications help seniors maintain quality of life because they prevent injuries and loss of independence from early admission to an assisted living or long-term care facility.

Following are examples of commonly-recommended modifications:

- Install grab bars for toilets and tubs and install a walk-in tub and/or tub seat
- Remove unnecessary throw rugs and fasten down rugs or floor runners to prevent slipping
- Move furniture to create clear walking paths
- Keep objects off the floor and coil or secure cords to the wall to prevent tripping
- Replace knobs with lever door handles
- Apply non-slip tape on uncarpeted indoor and outdoor steps
- Replace standard light switches with rocker-style switches

(continued next page)

- Increase the width of doorways and hallways to accommodate wheelchairs, and where possible, lower sinks and countertops
- Move often-used items to lower cabinets to avoid the need for step stools
- Repair or replace loose handrails and install adequate lighting in stairways
- Install an elevator or chair lift
- Install an elevated dishwasher or one with drawers for easy access
- Replace old stoves with induction cook tops to help prevent burns
- Replace ceramic tile floors with hardwood or vinyl for safe standing

Comfort Keepers can provide a free in-home safety assessment to assure your home is ready for you to “age in place”. Should you need in-home care to help with activities of daily living, we offer a 5% discount for UCB/LBNL employees.

2) Healthy Aging

Our bodies naturally undergo changes due to the normal aging process. We tend to view these changes in terms of physical abilities and general physical health but to achieve overall health we must look beyond just the physical to the mental and emotional aspects as well. Each of these three facets of health intertwines to affect one another in the process of healthy aging. A happy emotional outlook and sharp mental state are critical building blocks for overall good health in seniors. Physical health pales when a person suffers emotional distress and isolation, making them unable to enjoy life. In fact, emotional health and a sharp mind is critical for seniors when physical limitations prevail.

The three sides to healthy aging

Physical changes may include loss of bone density, lowered heart rates, as well as thickening of the arteries and/or heart. Skin becomes dry, thinner and incurs wrinkles as it loses elasticity. Tooth enamel becomes weaker with age and may lead to decay. Gum disease is more common in older adults, as are changes in vision and hearing, lowered appetites and loss of muscle mass.

Physical health can be maintained by exercising within your individual abilities, with your doctor’s consent. Exercise helps preserve muscle tone and bone density and can aid in balance and coordination. Daily exercise can be as simple as walking around the block or participating in a group exercise class at the local gym. Consuming a well-balanced diet of fresh fruits and vegetables, fiber, and protein provides nutrients your body needs to function properly inside and out

Mental health evolves with age and can lead to forgetfulness, memory loss and confusion in many

seniors. Depending on individual circumstances, dementia can affect some, even though dementia is not considered a normal condition of aging.

Mental health is facilitated by challenging yourself every day. Challenges can include participating in new activities, playing games you never have before or merely extending your knowledge in one subject. Learn a foreign language, play Scrabble, or take lessons in tennis or golf. Attend a painting or pottery making class. Creativity is key in keeping your brain sharp and your senses focused.

Emotional health becomes endangered as seniors face the loss of a spouse and other loved ones. Isolation can become prevalent due to physical limitations or the lack of desire to socialize. Anxiety and depression can affect seniors who worry about money matters, have minimal contact with others, or for those who suffer serious medical conditions.

Emotional health depends largely on happiness, which is influenced by increased socialization and less isolation. Encourage seniors to join clubs, volunteer, or dine together. Daily activities give a sense of purpose, a feeling of value and create happier states of mind—which is key in potentially avoiding the effects of stress, anxiety and depression.

While the above changes are not all-inclusive, they are some of the common conditions due to aging. Prevention of these changes is not always possible depending on unique situations of individual seniors. However, sustaining good health in every aspect may deter some of these conditions or possibly slow their progression.

The primary goal of seniors is to maintain independent lives in their own homes. This becomes more important as seniors experience the loss of loved ones, medical issues, physical limitations and other changes that occur during life’s later years. It is essential for seniors to understand that in order to achieve this goal they must learn how to adapt to some of these changes by pursuing healthy lifestyles that can, in turn, make independence possible well into their golden years.

Comfort Keepers can provide a free in-home safety assessment to and can meet to discuss how you can stay happy and healthy as you age. Should you choose in-home care to help with activities of daily living, we offer a 5% discount for UCB/LBNL employees.

Cindy Gustafson, Certified Senior Advisor
510-482-8700

cgustafson@comfortkeepers.com

<http://berkeley-957.comfortkeepers.com>

JANUARY 28, 2016 EX-LS LUNCHEON SPEAKER'S SUMMARY

At our January 28, 2016, Ex-Ls luncheon, we heard a presentation on the latest architectural addition to the Lawrence Berkeley National Laboratory's skyline. The talk, entitled "Wang Hall and Computing Sciences," was presented by Dr. Jonathan Carter, Deputy Director of the Lab's Computing Sciences Division, and covered both the features of the new building and, more importantly, its future scientific directions. Wang Hall was conceived in 2006 as a location to support Collaborative Computational Science with UC Berkeley and was financed by UCB (\$143M). The new building was dedicated in late 2015 and is named after Prof. Shyh Wang, a professor for 34 years at UCB, well known for his research in semiconductors, magnetic resonances and semiconductor lasers, laying the foundation for optoelectronics. As stressed by Dr. Carter, solid-state electronics, semiconductor lasers and optical networks are at the very core of modern supercomputing systems everywhere. Modern science increasingly relies on such high-performance computing (HPC) systems to create models and simulations of problems that are deemed too large or too expensive to study in any other way. The new building houses the staff of the Computational Research and Theory (CRT) Facility. In addition, it houses NERSC (National Energy Research Scientific Computing Facility), one of the world's leading supercomputing facilities open to 6,000 researchers and it is the center for DOE's Energy Sciences Network (ESnet), the fastest network dedicated to science, connecting tens of thousands of researchers as they collaborate on solving some of the world's greatest scientific challenges. Complementing NERSC and ESnet will be research programs in applied mathematics and computer sciences, developing new methods for advancing scientific discovery. As Dr. Carter pointed out, Wang Hall offers some notable new features, including: free cooling, heat recovery, seismically isolated floors (remember that the Hayward fault is very close to the lab), and a 400 gigabyte connection to LBNL's computing facilities in Oakland. As Dr. Carter pointed out at the beginning of his presentation: the real goal of this new facility will be to foster and enable world-class scientific discovery in the 2020's and beyond. This was best encapsulated by one of his slides: "Computing Sciences Mission—achieve transformational, breakthrough impacts in scientific domains through the discovery and use of advanced

computational methods and systems and make them accessible to the broad science community." The presentation noted that about 75% of the computing time available from NERSC (broadest and most widely used computing center in DOE) goes to the research areas of materials science, fusion energy, chemistry, lattice QCD (quantum chromo-dynamics) and climate—mostly for running modeling and simulation codes. At the same time, ESnet is growing at 2X the rate of commercial networks and is responsible for 50% of the so-called "big data" traffic, which is expected to be a dominate feature in the computing world of the future. Looking a decade or so ahead, the future for world-class computing will require increasing over a 1000X today's computing speeds (into the realm of exa-scale computing), requiring new computer chip technologies utilizing much less power and new computing architectures requiring new mathematics and programming algorithms to help explore the new scientific domains and questions expected beyond 2024-25. In the summer of 2015 the Obama Administration announced a new 'Exa-scale Computing Initiative' for the United States, which appears to have substantial support from the Administration, as well as Congress. This means that the facilities available, now and in the future at Wang Hall, can be expected to play a leadership role in developing and supporting a new era in computing at Berkeley and the United States. The presentation ended with many interesting questions and responses from Dr. Carter. Several people stayed afterwards for further one-on-one conversations.

Lee Schroeder, EX-L Vice-President

EX-LS Luncheon

Date: Thursday, May 19, 2016

LOCATION: HS Lordships Restaurant, 199 Seawall Drive, Berkeley Marina



TIME: 11:30 AM - Lunch Served at 12:00 (or there about)

BANQUET ROOM LOCATION: Windsor Court Room - To the right of the entrance door
Opens at 11:30 - No Host Bar Service located in banquet room

LUNCHEON SPEAKER: Margaret Innis Scott, Executive VP, Chief Investment Officer, for Belmont Village Senior Living.

TITLE OF TALK: "Belmont Village Albany: A Seniors Housing Community Built in Affiliation with the University of California, Berkeley."

BIOGRAPHY: Ms. Scott has managed Belmont's investment activity since 2007. Before joining Belmont, she was Director of Seniors Housing at Freddie Mac where she designed the seniors housing lending program and oversaw its growth into one of the foremost providers of capital to the industry.

ABSTRACT: UC Berkeley has carefully planned (with extensive public participation) over many years the development of the Belmont Village project, consisting of senior housing, grocery store and small retail shops located in Albany. It was unanimously approved by the Albany City Council in March 2014. Belmont Village is a fully integrated developer, owner and operator of seniors housing. The company provides independent living, assisted living, memory care services, and dementia care for elder residents. Ms. Scott will present a brief overview of the Belmont Village Senior Living organization. Project history and Belmont Village's affiliation with UC, both in Berkeley and LA (near UCLA). The benefits of campus-proximal housing and what this affiliation will mean for Ex-Ls and other UCB retirees. There will be ample time for questions and answers after the talk.

Buffet Selection: Classic Caesar Salad, Marinated Cucumber & Tomato Salad, dinner rolls and butter.
Baked Herb Chicken, Pan Seared Cod, Scalloped Potatoes, Green Bean Almandine,
Assorted Desserts, Coffee, Tea, Decaf and Iced Tea

Cost: \$30 per person (prepaid)

Reservations: Computer access to the LBNL/EX-Ls Web page (<http://retirement.berkeley.edu/ex-ls>) will also give you the lunch form. Vicky must receive your reservation by Saturday, May 14. Please mail form to Vicky Jared, 4849 John Muir Road, Martinez, CA 94553. Call (925) 228-2145 - or email to: jaredrv01@aol.com

See you at the **May 19 luncheon at HS Lordships Restaurant**. Be sure to make reservations by Sat., **May 14, 2016**.
Mail To: Vicky Jared, 4849 John Muir Road, Martinez, CA 94553

I Plan to Attend (Name): _____

I will bring _____ guest(s) Name(s) of guest(s): _____

\$30 per person PREPAID Please make check payable to **EX-LS** Total Enclosed: \$_____

Buffet Service – Advance Choice is not required

- Classic Caesar Salad, Marinated Cucumber & Tomato Salad, dinner rolls and butter.
- Baked Herb Chicken, Pan Seared Cod, Scalloped Potatoes, Green Bean Almandine
- Assorted Desserts, Coffee, Tea, Decaf and Iced Tea

Vegetarian Dish Request: Yes _____

Willing to carpool: As Rider? _____

As Driver: _____

Need to sit closer to the screen? _____

Other: _____

Wish Assistance with Buffet? _____