



Winter 2013

Volume 1

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EX-Ls EXPRESS – Winter 2013

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:	Joseph Jaklevic
1 st Vice President:	Trudy Forte
2 nd Vice President:	Connie Grondona
Secretary:	Karen Springsteen
Treasurer:	Kay Bristol
Membership:	Patti Power-Risius
Activities:	Vicky Jared
LBNL Liaison:	Armando Viramontes
CUCRA/AROE Representative:	Janis Dairiki
UCBRC Policy Board:	Richard Sexto Joe Jaklevic
UCBRC Liaison:	Patrick Cullinane
Editor EX-Ls EXPRESS:	Louise Vogelsberg
Webmaster – www.lbl.gov/EX-Ls	Richard Baker

PAST PRESIDENTS:

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

WELCOME NEW MEMBERS THIS QUARTER

Larry Morrison
Jeri Edgar
Rita Tidwell
Todd Hansen

EX-Ls Honorary Life Members

Shirley Ashley Inge Henle
Esther Colwell Bud Larsh

2013 CALENDAR OF BOARD MEETINGS & LUNCHEONS:

<u>Board:</u>	<u>Luncheons:</u>
January 10	February 21
April 11	May 16
July 11	August 15
October 10	November 14

Board Meetings start at **3:00** on the dates listed above, usually in 54-130B (that's in the conference room addition to Perseverance Hall at the 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
1925 Walnut Street #1550
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)

MEMBERS DECEASED IN 2012

Elaine G “Kay” Lucas
Douglas Drummond
Don Coyle
Gerry West

As I began my second term as President of the EX-Ls, I look forward to a tranquil, uneventful 12 months during which I, like Obama, can bask in the warm afterglow of a second term mandate. Last year was a busy one for the organization as I summarized in my previous President's message in November. Among the significant and time-consuming events that we addressed were the review of the organizational By-laws, completion of the EX-Ls survey of Lab retirees, participation in the Lab's open house, and finally the celebration of our 30th Anniversary at the November luncheon. We were also involved in supporting the renewal of the contract between the Lab and UCBRC for continued access to University sponsored retiree resources. We were successful in completing these multiple tasks and I want to take this opportunity to thank my fellow officers who worked with me and among themselves to make the past year a success.

We experienced some midyear personnel adjustments beginning with the announcement by Suzanne Stroh, our long-time treasurer and membership coordinator, of her intentions to retire at the end of the year. We have managed to recruit two excellent candidates to fill the dual positions managed by Suzanne. Following our November election and as of the first of the year, Patti Powers-Risius has assumed the role of membership coordinator while Kay Bristol is our new treasurer. Thanks to Suzanne's skills in organizing the documentation necessary to describe and carry out these functions, the transition has gone smoothly. You will note that the membership renewal for 2013 is being handled by Kay. You will also note that we now have a new business address to use for EX-Ls correspondence thanks to the generous cooperation of UCBRC staff.

On behalf of the EX-Ls, I would like to formally thank Suzanne for her years of service to the organization. I hope she will continue to participate as a Board member and be available as a resource to all of us. It is appropriate and timely that she has been honored as a "Retiree of Distinction" in the recent issue of the UC Berkeley Retirement Center Newsletter. I encourage members to read her remarkable story.

In other personnel news, it was necessary for us to recruit a new candidate for 2nd vice president following the resignation of the incumbent in July. We are pleased to have Connie Grondona on board as our new 2nd vice President beginning in the new year. In addition to serving on the Board of Directors, Connie's primary role in the coming year will be to serve as Chairperson of the Nominating Committee responsible for identifying potential candidates to serve in the queue of succession of executive officers.

Recruitment of executive officers has proven to be a challenging task in recent years. I hope that we will be

able to recruit a new generation of members willing to contribute their time and talents to continuing the success of the EX-Ls into the next decade. The brief questionnaire that we hope you noticed as a part of your membership renewal package is intended as a first step toward this goal. In my role as President, I am able to observe first hand the important and necessary contributions made by our volunteer officers. I also am reminded that many of the key individuals have been at their jobs for more years than most had originally intended and are looking hopefully toward handing over the reins to someone else. I hope that we will be able to pass on their expertise to enthusiastic successors before they choose to move on. I encourage all members to assist us in the effort to revitalize the organization.

In planning for the upcoming year's luncheons, it was pointed out by Vicky Jared that the charges for meals plus incidentals were increasing relative to previous years. This is in addition to our recent experience in which some past luncheons have incurred slight deficits. Based on these data, it is likely that sometime in the future we will be required to raise the cost of the luncheons from the present \$25.00 per person. At the recent Board meeting it was decided that, for the immediate near term while we gather more data, we would maintain the charge at \$25.00 and cover the shortfalls by drawing against our general fund. However, members are forewarned that the cost is likely to increase in the future. Every effort will be made to maintain the lowest possible cost and these events will continue to be an entertainment bargain.

Members should also take note that there are changes being proposed by the Lab and University with respect to certain retirement services. In a recent *Today at Berkeley Lab* newsletter it was announced that, effective February 1, retirement inquiries and counseling for current employees will be transferred from the Lab office to the Retirement Administration Service Center (RASC) at the University of California. This is the service that supports Lab employees as they transition into retirement. Although this does not affect current retirees directly, there are other associated moves being discussed including a similar relocation of the Health Care Facilitator. We are being reassured that the quality and availability of services will remain intact. As more definitive information becomes available, we will keep the membership apprised.

Finally, I want to remind members that the survey of LBNL retirees that the EX-Ls carried out has been completed and is now available for review on our website. It provides an interesting snapshot of the LBNL retiree community with many thoughtful insights expressed in the comments. I encourage members to take the time to review it.



Board Members:

Back Row (from left to right): Vicky Jared, Activities; Connie Grondona, 2nd Vice President; Kay Bristol, Treasurer; Joseph Jaklevic, President; Richard Baker, Webmaster

Front Row (from left to right): Louise Vogelsberg, Editor; Karen Springsteen, Secretary; Trudy forte, 1st Vice President; Patti Power-Risius, Membership

Report on the 30th Anniversary Luncheon held on November 15, 2012

The EX-Ls enjoyed an afternoon by the Bay at the Berkeley Yacht Club in celebration of our 30th Anniversary. The event was successful with 92 registered attendees. Decorations and banners placed around the room and orchids on the tables created a festive “Remember When” theme for the luncheon. We also held our regular members meeting with a guest speaker and election of the 2013 Board of Directors. Food was delicious and we ended the luncheon with delectable cake and champagne and cider to raise a toast to those who served over the past 30 years of the EX-Ls Retirement Association. More time was allowed for visiting and a good time was had by all. (Photos of the luncheon can be seen in our Picasa web page: <http://www.picasaweb.google.com/EXLpics>, or through our LBNL EX-Ls page link: <http://www.lbl.gov/ex-l-express/piclinks.htm>.)

Excerpts shown below are from a document written by Tané Nutting (past president and newsletter editor) for EX-Ls 20th Anniversary Newsletter. It is appropriate that we acknowledge the people instrumental in organizing and forming the retirees’ association in 1982. Looking back, we see how the founders put together EX-Ls.

History of the Beginning of EX-Ls

So it Began – by Tané Nutting (YOE) “Considering the age of the Lab they were slow in forming an organization that would provide a link with our (retired) workplace friends and associates. It wasn’t until 1981 that the idea even surfaced. It happened at that year’s

annual Director’s Office salute to the current batch of retirees. As we looked around at those familiar faces some of us suddenly realized that we would not, in the normal course of events, see any of them again. We agreed sadly that to leave the Lab payroll was to have a door closed behind us. We said as much to then Director Dave Shirley and lo! Before the year was over came the invitation to meet with representatives of the Lab’s administration to discuss ways and means of forming a retirement association.”

“The first telephone call from Kathleen Handron, Employee Services Coordinator was on December 7, 1981. From it we learned that we already had approval to compile a list of retired personnel; that we had been put on the mailing list for publications of general interest and that we were to consider ourselves eligible for LBL training courses.”

“On March 11, 1982 we met with Kathleen, Director Earl Hyde and the new Personnel Director Bob Cameron. Notes from that meeting indicate that we discussed sampling retiree interest and establishing a range of costs/fees. We explored the prospective benefits to members in addition to those of just keeping old ties alive. Organizational guidelines were laid down as follows:

Lab Participation:

- Acquisition and quarterly updating of a list of all living retirees
- Incorporation of list of retirees into the master mailing list for distribution of LBL News Magazine, Currents, LBL’s Annual Report and information on recreation programs and events.
- Distribution to retirees of LBL’s annual training schedule with free enrollment in courses on a “space available” basis.
- Provision of a contact person at the Lab for information and implementation.

Retiree’s Participation:

- Mailing to retirees to suggest organizational structures, suggest activities and invite response and feedback.
- Creation and maintenance of retirees’ organization that best fits the needs and wants of the retiree’s population.”

“Following the meeting, Kathleen set to work extracting names of retirees from the data base. That turned out to be a challenge (more like a fiasco) because the base didn’t sort according to affiliation so we had a mix of acronyms: LBL, LLL, PERS, UCRS, etc. etc. Furthermore, we learned in the process that any Berkeley Lab retiree who returned to work, even as a consultant, was deleted from the base. We found ourselves eventually with three lists, no two of which matched. It

took a lot of sorting out the ineligible and/or irrelevant folk and then rooting around in our memories before we had a sufficiently representative collection of names to proceed with our canvas. We have no way of knowing, even to this day, how many names – or worse – fell through that big crack!”

“Next we sent out a cover letter and a questionnaire (examples herewith). I don’t recall now how many. The first wave netted about 69 responses (also presented here). More came in later. Among those responses were some thinly disguised hidden agendas from a few persons who regarded the potential association as a hand dandy mailing list for private pursuits (e.g., travel ads, etc.).”

“By now the cast of EX-L’s characters have altered radically. Names of new retirees no longer sound familiar to old Charter Members, and in our Memoriam acknowledgments we have said good-bye to many old friends. The CURRENTS news articles seem to come from an unknown territory, and our own newsletter has become mostly a TripTalk. But every passing year seems to produce a nucleus of strong, positive leaders who are assuring the survival of our Laboratory retirement association.”

“When the preliminary canvas was complete and the organization had begun to take shape Dr. Shirley threw a party – a champagne reception!”

“The party was well attended and we imbibed our celebratory champagne happily and noisily. The Lab photographer was there too – so there were pictures in the next issue of the Currents.”

“And, of course, your editor summed it all up in a letter to our potential membership. The letter also announced the first general meeting on October 15, 1982. Before that meeting we learned from Kathleen Handron that it had been decided to place the club under the umbrella of Recreation in order to provide non-taxable status, insurance coverage, to get an assist with mailing the first newsletter, to have our own account which was to be set up when officers were elected, and a bank account with signature card bearing two names for check cashing authority.”

“The name selected for our new organization was EX-L’s (which was suggested by Toni Phipps).”

“Minutes of the First General Meeting of EX-Ls’ November 16, 1982. Officers were nominated for the Board of Directors: President – Ted Bowers, Vice-President – Tane Nutting, Secretary – Virginia Cherniak, Treasurer – Frank Garnier, Activities Chairman – Jack Hart.. One priority was to establish the newsletter to ensure the membership was aware of happenings at the Lab and also informed about other retirees. Dues were established at \$12.00 per year, and members were encouraged to pick up Retiree Badges for easier entrance

to the Lab. They were to see Maxine Adams. First luncheon meeting was held on February 16, 1983.”

And that brings us up to the present where the current Board of Directors continues to uphold the envisioned goals of those few who provided a way for retirees to gather with fellow retirees socially and have a link to retirement activities and LBNL events.

List of EX-Ls Activities and Committees

The EX-Ls remains an organization whose purposes are to provide social, cultural, and intellectual relationships among retired and/or retired former employees, their spouses, widows, or widowers and to maintain contact with events at the Lab. The EX-Ls officers and members participate in the following:

- Hold Four Quarterly Board of Director Meetings
- Hold Four Quarterly Member Meetings/Luncheons
- Publish a Quarterly Newsletter “EX-Ls Express”
- Maintain a website for EX-Ls members with retirement information and references that members can access and use at any time.
- Maintain the EX-Ls email list so that important time sensitive information can be sent to the members in a timely fashion and send out quarterly electronic copies of the EX-Ls newsletter to members.
- Participate in the Laboratory’s Wellness Fair – Lab site
- Participate in the Laboratory’s Booth at the Solano Stroll, Berkeley
- Participate in the UC Berkeley Campus Chancellor’s Reception for Retirees
- Manage a booth and provide volunteers for the Laboratory’s Open House
- Member Volunteer program for special Lab programs (CSEE, Community Resources for Science, etc.)
- Attend events coordinated by UCRAB/UCBRC (picnics, tours, lectures, etc.)
- Make an annual contribution to a worthy charity or educational program
- Special projects or committees (Retiree Survey, By-Laws Committee, Search Committee for Vice Presidents or other Board members, etc.)
- Two members (a delegate and an alternate) are appointed to attend the biennial meetings of CUCRA (the Council of UC Retirees’ Associations); the EX-Ls president is automatically a member of CUCRA.
- A member serves as a contact for AROHE (Association of Retirement Organizations in Higher Education) and other retirement associations.
- Two members are appointed to the UCBRC Policy Board
- A member serves as EX-Ls Representative on the LBNL Community Advisory Group

REMEMBER WHEN TRIVIA - (From the 30th Anniversary Program)

- Laboratory was called – Rad Lab, Lawrence Radiation Laboratory (LRL), Lawrence Berkeley Laboratory (LBL), Lawrence Berkeley National Laboratory (LBNL)
- Federal funding agency was called – Office of Scientific Research & Development (OSRD) 1941, Atomic Energy Commission (AEC) 1946, Energy Research & Development Administration (ERDA) 1974, and Department of Energy (DOE) 1977.
- FBI spoke with your neighbors about your activities prior to employment
- You would call a taxi to take you to another building
- Blue Triangle spots were available most of the time
- Security Fencing surrounded the Bevatron, or when there was a Bevatron
- Q Clearance was required, or a Q Clearance was conducted before employment
- There were over 4,000 employees
- A good idea was approved to build because there was excess money
- Bevatron pulses would upset the alpha/beta counters
- Experimenters would run 36 hr shifts at the HILAC and 88"
- President Kennedy came to the Lab
- ALS dedication took place
- Donut Truck cruised around the Lab
- Building 30 wouldn't go down during demolition
- You could pick up supplies at the Bldg. 70A Stores Dept.
- Tiger Team descended on LBNL
- EX-Ls luncheons were \$15.00 per person
- EX-Ls luncheons were held at various places while Spenger's was remodeled
- EX-Ls event held at the Hotel Mac/Masques Theatre to see "I Remember Mama"
- Dr. Chu gave a talk at the EX-Ls 25th Anniversary Luncheon
- HILAC Holiday Punch – and not a creature was standing...
- Old Town – where is it now
- First desk top computers – Wang, Xerox STAR, first Macintosh – 7" screens
- PDP-8 came to the Lab from the Digital Equipment Corporation – talk of the town

Dave Stevens – rather slanted towards computers

- Do you remember when a "computer" was a graduate student with a Fried calculator? (I don't go that far back, but I worked for James A. Baker who claimed to have been the first computer at the Lab.)
- Do you remember when the only (electronic) computer on the Hill was an IBM 650 in Building 47.....
- Do you remember punched cards?
- Do you remember when programming was all in capital letters?
- Do you remember lace cards? Binary cards with all the cells punched out. (I think they were used for test purposes.)

- Do you remember when most of the Math & Computing Group had to spend a very hot summer in the loft of building 46? On the day the temperature reached 98° at 9:30 in the morning, we all went home.
- Do you remember when a computer filled a whole large room and needed its own air-conditioning plant)? (And had to be hoisted into place before the roof was poured.)
- Do you remember the "Morris Worm" that disrupted many systems in 1988 by loading itself into accessible computers multiple times?

Rich Sextro

- I think I arrived at the lab (1968) after the security clearance requirement was gone, but I certainly do recall the time when we had a Marchant electromechanical machine that could multiply and divide...!.

Diana Morris

- Purchasing (now called Procurement) typed orders via a teletype machine (yellow tape), carbon copies on a HUGE teletype machine, enclosed room with 8 machines, no noise control and 4 out of 5 order writers smoked at their desk!
- Carpool parking in the Blue Triangle spots (assigned)
- Taxi cabs sponsored by LBL would take you to another building – from the 60s

Larry A. Brusse

- At the same time as the Taxi's, the Lab had Cushman's – little 3 wheel vehicles with 18hp motors. There were hundreds of them. Special Projects had one of them while I was at building 46. In my retirement, I now have two of them for local transport

Bud Larsh

- Lab employee parking was at the bottom of the Hill, in Strawberry canyon, and we rode busses up to work.

Doug McWilliams

- There was a cafe in Bldg 10 - making great hamburgers!
- The Photo-lab had 31 employees, working "TWO" shifts a day.
- Real film was used in cameras, and developed with chemicals, that were then poured down the drain. Under Bldg. 10, the drain pipes were SILVER LINED.
- Photographers had to know about physics, chemistry, lighting, and composition to make photographs - not to mention "f.stops" and "shutter speeds". Ask a photographer today? What's that?
- Dr. Lawrence checked up on the Cyclotron running correctly, via his regular RADIO at home, on Tamaulipas Road. (The Shadow knows! - old radio show - poor joke)

Norman Goldstein

- The "Humphrey Go-Bart was the off-site shuttle prone to frequent break-downs resulting in long walks back uphill to the Lab.

PAST PRESIDENTS AND OTHER PAST BOARD MEMBERS
Printed in the 30th Anniversary Program

The following LBNL retirees served on the EX-Ls Board of Directors from 1982 to 2012

Maxine Adams	Activities Coordinator	Jane Kennedy	Vice President
José Alonso	President	Almon Larsh	Treasurer & Membership
Al Amon	President	Ken Lou	President
Shirley Ashley	Secretary	Ken Mirk	President
Tom Beales	President	Robert Mortiboy	Secretary
Sally Bemis	Secretary	Tané Nutting	President & Newsletter Editor
Bill Bigelow	President	Rollie Otto	President
Eugene P Binnall	President & UCBRC Policy Board Chair	Wade Patterson	Activities Coordinator
Bob Birge	President	Conway Peterson	President
Igor Blake	President	Terry Powell	Community Relations Liaison, LBNL Public Affairs Dept.
Ted Bowers	President	Sig Rogers	President
Howard Browne	President	Fred Toby	Activities Coordinator
Virginia Cherniak	Secretary & President	Ethel Thompson	President
Syl Clark	Vice President	Charlotte Scales	President
Kurt Collins	Activities Coordinator	Clayton Sealy	President
Pearl Cone	Activities Coordinator	Rich Sextro	President, UCBRC Policy Board Chair & EX-Ls Rep. on the LBNL Community Advisory Group
Eleanor Dahl	Secretary	Suzanne Stroh	Treasurer & Membership
Per Dahl	President	David Stevens	Newsletter Editor
Janis Dairiki	President & AROHE/CUCRA Liaison	Fred Toby	Activities Coordinator
Fran Duarntini	Vice President	Aida Wilson	Newsletter Editor
Robert Fulton	President & CUCRA Alternate Liaison	Gertrude Young	Vice President
Frank Garnier	Treasurer		
Don Grether	President & CUCRA Alternate Liaison		
Kathleen Handron	Employee Services Coordinator		
Jack Hart	Activities Coordinator		
Walter Hartsough	Vice President		
Howard Heath	Vice President		
Dick Heep	Treasurer		
Inge Henle	Activities Coordinator		
Paul Hernandez	President		
John Kadyk	President		

UC/CUCRA Travel Program

Getting itchy feet and need to ‘get away?’ How does Alaska, Patagonia, Croatia or Italy sound to you? The UC/CUCRA Travel Program is designed especially for UC retirees and managed by Collette Travel. Each year a new selection of domestic and international destinations and adventures is planned. The customary commission for the travel agent is instead donated to the Council of University of California Retiree Associations (CUCRA). The CUCRA Travel Program benefits the CUCRA treasury and helps keep our memberships low as it generates several thousands of dollars a year for CUCRA and is the reason that our dues assessment was reduced from \$1 to 50¢ per association member several years ago.

To see some of the exciting tours available click on the attached pdf file entitled: ‘2013 Travel.’ Further information about UC travel opportunities is available by contacting Collette Vacations online at <http://www.collettevacations.com/brochure.cfm>. Or call: (877) 872-4331. When conferring with Collette staff, retirees should be certain to indicate their UC affiliation so that the association receives the proper credit.

RETIREMENT CENTER UPDATE

Welcome to 2013! We hope 2013 is a healthy, happy and productive year for you and we hope the Center can be a partner with you in achieving those objectives. The spring semester offers many opportunities for learning, service and enjoyment. Here are highlights you can learn more about in the spring newsletter -- <http://thecenter.berkeley.edu/pdf/CPSp13.pdf>.

Live Well, Live Long

Get started on a healthy 2013. Take advantage of the University's StayWell program. Visit <https://uclivingwell.online.staywell.com/includes/login/index.aspx>.

Explore Your Future Workshops

Wednesdays March 6, 13, 20 & 27 10 a.m.-noon

This hands-on learning experience led by a trained facilitator focuses on helping you review your vision for making your retirement years more satisfying and rewarding. In celebration of our collaboration, Coming of Age: Bay Area is offering this session at a greatly discounted price. Normally priced at \$49, retirees who join Coming of Age: Bay Area will receive this inaugural retiree workshop for \$20. Membership is free. Space is limited to the first 26 registrants, so early registration is encouraged. To register for this workshop series or for more information on Coming of Age: Bay Area, please visit: <http://comingofage.org/bayarea>.

Upcoming Learning In Retirement Series

Reading and Writing and Berkeley Students: Wednesdays at 2PM -- April 3, 10, and 17

Is it really true that students write less well today than they did in the past? Is the rise of the internet and social media the source? Do students spend all of their time on Facebook, playing games, or shopping online? In this series we will try to answer these and other questions, separating the reality from our perceptions.

Freud in 21st Century America: Tuesdays at 2PM -- February 26, March 5, 12, and 19

In the years following the Second World War, psychoanalysis in both its Freudian and Neo-Freudian varieties exerted a powerful influence on American psychology, psychiatry and intellectual life more generally. In this series of lectures we will address the question of what has happened to psychoanalysis during the past sixty years and what its status is in America today.

Advance registration is required. Please call the Center at 510-642-5461 or email ucbrc@berkeley.edu to register.

Your Life, Your Future: Later Life Planning

May has been celebrated as Older Americans Month in the US since 1963, recognizing the contributions and

achievements of older Americans. The Retirement Center is offering a free series on Later Life Planning over four consecutive Thursday afternoons. The series addresses the heartfelt concerns of retirees to plan for themselves and others wisely and well. Experts from the fields of aging, legal and estate planning, living arrangements and caregiving will offer advice, instruction, information and resources in the weekly sessions. A resource pamphlet relative to workshop topics will be provided to all attendees. Workshop topics are as follows: *Caregiving 101: Take Care of Yourself/Take Care of Others, Thursday May, 2 2pm-4pm; End of Life Issues, Thursday May 9, 2pm-4pm; Estate Planning, Thursday May 16, 2pm-4pm; Living Arrangements, Thursday May 23, 2pm-4pm.*

Advance registration is required; contact the Center at 510-642-5461 to register. Location will be provided with registration confirmation.

Spring Series for Caregivers – Center Caregiver Support Group

Caregivers need not be alone in their journeys. The Center continues to offer a retiree caregiver support group. If you want to be notified of meetings, contact the Center at 510-642-5461 or ucbrc@berkeley.edu. The Center collaborates with the University's Elder Care Program to promote their eldercare workshops. Upcoming sessions at the Tang Center are as follows: *Medi-Cal Planning, Wednesday January 30 12:10 - 1:30pm; Heart To Heart Conversations: Communication Strategies for Caregivers and Elders, Wednesday February 13 12:10 -1:30pm; Easing Caregiver Stress: Mindfulness-Based Dementia Care, Friday March 22 12:10 -1:30pm; The Sandwich Generation: Navigating Eldercare Resources, Wednesday April 24 12:10 -1:30pm.* To register for any of these programs, contact Care Services at 510-643-7754 and identify you as a retiree.

Fidelity's New Guidance Consultant Service

In addition to Fidelity drop in sessions at the Center (Feb. 8, April 25) and Quarterly Market Update session (March 8), check out Fidelity's new Guidance Consultants service. Consultants can meet with you at your convenience - either over the phone or in person. Arrangements are also being made to schedule confidential meetings at the Center. To schedule a one-on-one consultation, call 1-800- 558-9182 or go online to <http://ucfocusonyourfuture.com>.

Berkeley Art Museum Tour and Tea

Silence: Friday April 12 2pm-4pm

Inspired by John Cage's ground breaking musical composition "4'33" and the centenary of the composer's birth, *Silence* considers the absence of sound as both

subject and medium in modern and contemporary art and film. Find out more online at: <http://bampfa.berkeley.edu/exhibition/upcoming.php>. A tea and open discussion follows this free, docent-led tour. Advance registration is required to attend. Contact ucbrc@berkeley.edu or 510-642-5461 to register

Volunteer Opportunities

UC Berkeley Clinical Research Center

The UC Berkeley Optometry Clinical Research Center offers many opportunities to participate in paid research studies. If you're interested in participating, please call 510-643-9252 to complete a brief questionnaire to determine your eligibility. Be sure to have your contact lens and/or glasses prescription ready when you call. To find out more, visit us at <http://optometry.berkeley.edu/crc>.

UC Botanical Garden at Berkeley

Over 200 volunteers support the Garden through educational and fund raising activities, giving 2,000 hours of service each month. The Garden Shop needs volunteers to deliver friendly customer service to visitors, provide information, and transact sales. Volunteers should be able to work a minimum of two, three-hour shifts per month and commit to one year of volunteering.

Garden docents create memorable and exciting learning experiences for school children, university students and the general public. For more information or to apply for these opportunities, please contact Volunteer & Tour Coordinator, Grace Pegan Weltner, 510-643-1924 or gracew@berkeley.edu.

Parking for Center Sponsored Programs and Events

Retirees may purchase "C" daily parking permits from the Retirement Center for \$5 each in order to attend our events. Purchase permits in person at the Center during drop-in hours, M-F, 1-4pm. Call 510-642-5461 before dropping in to be sure that staff is available to assist you. You may also send a check or money order to the Center at least two weeks before the program to order by mail. Include \$2 per mail order for postage and handling.

You are always welcome in our offices. We are conveniently located at 1925 Walnut in Berkeley.

Be well!

Patrick Cullinane, Director
UCB Retirement Center

FINAL REPORT OF THE EX-LS 2011 RETIREE SURVEY NOW AVAILABLE

Final results of the EX-Ls 2011 survey of all Lab retirees or surviving spouses/partners are now (finally) available and are posted on the EX-Ls web site – www.lbl.gov/EX-Ls/. The results summarize what we learned about LBNL retiree activities, achievements, interests and concerns. As reported earlier, we received a total of 425 responses (~19% response rate). 180 respondents (42%) identified themselves as EX-Ls members, representing about 2/3 of the total EX-Ls membership at that time. We thank all of you who responded to the survey.

The Executive Summary presents the goals of the survey and a concise summary and highlight of the results. For example, the results suggest that most LBNL retirees are enjoying retirement; they were well prepared and enjoy reasonable health and financial security. Nearly 80% of the respondents still live in the East Bay or Greater Bay Area. About half of the respondents worked in a paid capacity after LBNL retirement, about half of those rehired at the Lab or UC. Whether paid or not, 44% of the responders were active professionally in the past three years. About 10% have volunteered at the Lab or at UC within the last 3 years while slightly more than half have volunteered in other organizations in their communities. Almost 75% of the respondents reported participating in a wide range of educational/self enhancement activities, many of them sponsored by the UC Berkeley Retirement Center.

The report also includes a description of the survey method, a complete tally of the responses to all questions, some of the wonderful comments we received, and an attached copy of the original SurveyMonkey survey.

Survey results help provide a broad and comprehensive picture of Lab retirees and will also help the EX-Ls and UCB Retirement Center ensure that programs meet the needs and interests of retirees. Survey results will also be shared (in aggregate) with LBNL management so they are aware of retirees' continuing contributions to the Lab, University and their local communities.

The survey was prepared and analyzed by a committee comprised of Janis Dairiki (chair), Don Grether, Joe Jaklevic, Vicky Jared, and Rich Sextro. We had the assistance of Patrick Cullinane, the Executive Director, and Summer Scanlan, the Office Manager of the UCBRC, in both designing and implementing the survey; several student interns at UCBRC who assisted with the implementation of the survey questions in the web-based SurveyMonkey and in processing the results contained within the software; and Dick Baker who ably handled the final formatting and web posting.

Summary of November 15, 2012 Luncheon Talk

Speaker: Peter Denes

Title: *A Next Generation Light Source - the World's Fastest Microscope*

Our speaker at the November 30th Anniversary Luncheon was Peter Denes, Head of the LBNL Photon Science Initiative. He presented details of the core of this initiative, the Next Generation Light Source - NGLS. As the name implies, the machine represents the next major step in the evolution of synchrotron light source design. If approved for funding, the NGLS would be a significant new facility to be constructed at the Lab. Compared to existing synchrotron light sources which rely upon bending magnets or current generation insertion devices, the NGLS will employ x-ray lasers to achieve greatly enhanced beam intensities with time structure in the femtosecond domain. The laser action depends upon an insertion device in which the spatial profile of the beam is correlated with a specific wavelength of X-rays. This coherence produces light intensities orders of magnitude greater than with typical conventional designs. The principle has been demonstrated at several existing synchrotron facilities but the NGLS will be a considerable step forward in the technology. Performance predicted for the new design indicates pulse widths of femto- to atto-second duration at MHz repetition rates. The average X-ray power will likewise be orders of magnitude higher.

This combination of higher intensity and short pulse length enables the characterization of transient events in a time domain not previously accessible. NGLS will probe the motion of molecules, atoms, and electrons on their natural time scales – femtoseconds and faster. The availability of such measurement techniques will have significant impact on programs relevant to the evolving Laboratory mission. These include the study of natural and artificial photoemission, catalysis, nanoscale materials characterization, and dynamic bio-imaging of complex protein structures, among numerous other scientific targets.

The machine itself will be comprised of a 1.8 GeV superconducting linac which will provide appropriately structured electron beam pulses which will then be routed into an array of free electron laser stations. Current plans call for 10 such stations. Output from the FELs will consist of high-rate, high-intensity, extremely short X-ray pulses in the 283 eV to 1.2 KeV range. The present proposal calls for the major footprint of the facility to be constructed in the space vacated by the removal of the Bevatron - currently a parking lot. Continued progress toward realization of this visionary proposal is contingent upon future funding possibilities.

Caldecott Tunnel Fourth Bore

Luncheon Presentation for February 21, 2013

Speaker: Dr. Bhaskar Thapa

The construction of the fourth bore for the Caldecott tunnel is a long-anticipated project of significant importance to those EX-Ls living across the hills from the Lab. Over the course of their careers, they frequently faced the frustration of traffic delays due to the limited capacity of the current three-tunnel design. The project to construct a fourth bore followed years of discussion and searching for funding. Following a commitment of over \$402 million in funding from a variety of federal, state and local government agencies, the project to construct a fourth tunnel began in February 2010. The major challenge is of course the excavation of an almost one kilometer tunnel through the coastal hills followed by construction of the necessary access to connect the new tunnel to the existing westbound traffic lanes. All needed to be done with minimum disruption of day-to-day routines of the commuters and neighboring residents.

This excavation of the tunnel began in August 2010. Breakthrough between the two sides was achieved in November 2011. On September 21, 2012 – almost exactly two years after the start of tunneling – all excavation of the new passage through the East Bay hills was completed. The tunnel is now nearly 50 feet wide and 40 feet tall for its entire 3,389-foot length from Oakland to Orinda. With digging complete, work is shifting from excavation to final concrete work, and the 130-ton boring machine has been retired. Overall, construction of the Caldecott Fourth Bore is now over 70 percent complete, and the project is on target to open in late 2013.

Bhaskar Thapa is a civil engineer who has been involved in the design and construction management of various phases in the tunneling project. He will discuss the technical challenges faced and describe the progress toward their solution.

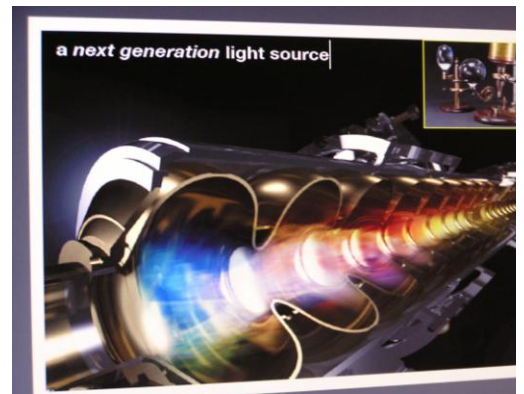
Dr. Thapa received his B.S. and M.S. in Civil Engineering from Carnegie Mellon University and a Ph.D. in Civil Engineering from University of California, Berkeley. He has over 15 years of experience in the design and construction of underground structures. He was responsible for design of New Austrian Tunneling Method (NATM) used in the excavation and support of the Caldecott Fourth Bore. He also serves as NATM design representative during the construction.

EX- Ls 11-15-LUNCH ATTENDEES

Maxine Adams
Jose Alonso
Bob Avery
Winifred Baker
Paul Banchemo
Tom & Marcia Beales
Bob Belshe
Edward Bennett
Eugene & Myrna Binnall
Igor Blake
Kay Bristol
Jerry Bucher
Geores Buttnet
Donald & Patricia Cowles
Eleanor Dahl
Diane D'Aoust
Andy DuBois
Vic Elischer
Warren & Averil Faust
Miguel Furman
Regine Goth-Goldstein
Rick Gough
Connie & Edward Grondona
Bill & Jeanne Hassenzahl

Inge Henle
Egon Hoyer
Joe Jaklevic
Richard & Vicky Jared
Hilma Johnsen
John & Ann Kadyk
Joseph Katz
Matt Kotowski
Richard LaPierre
Almon (Bud) Larsh
John & Barbara Lax
Branko & Ana Leskovar
Rita McLean
Doug McWilliams
Bob Miller
Donald & Bertha Miller
Ken Mirk
Allen Mirk
Marty Morimoto
Robert Mortiboy
Rolf Muller
Karl Olson
Rollie Otto
Richard Pehl

Fred Perry
Conway Peterson
Patti Powers-Risius
Jan Pusina
William Rankin
Summer Scanlan, UCBRC
Fred Schlachter
Clay Sealy
Andy Sessler
Rich Sextro
George & Irene Shalimoff
Brenda Shank
Betsy Smith
Robert & Mary Smits
Karen Springsteen
Dave & Sally Stevens
Sandra Stewart
Suzanne Stroh
Irma Vogel
Louise Vogelsberg
Ron Yourd
Allan Zalkin
John & Bette Zbasnek
Peter Denes – Guest Speaker



EX-Ls Luncheon

Date: Thursday, February 21, 2013
Where : SPENGER'S FISH GROTTTO, 1919 Fourth Street, Berkeley, CA ← ← ← ←
Banquet Room: Pacific/Atlantic Rooms - Doors and Bar open at 11:30 am
Lunch Served: About 12:00 noon

Speaker: Dr. Bhaskar Thapa, Jacobs Associates, San Francisco
Guest: Mr. Joseph Harkins, LBNL, Facilities Department

Bio-Sketch: Dr. Thapa received his B.S. and M.S. in Civil Engineering from Carnegie Mellon University. Ph.D. in Civil Engineering from University of California, Berkeley. Over 15 years of experience in the design and construction of underground structures. Responsible for design of New Austrain Tunneling Method (NATM) excavation or sequential excavation method, and support of Caldecott Bore 4. He also serves as NATM design representative during construction.

Title and Topic: The Caldecott Tunnel Fourth Bore Project – Bhaskar Thapa is a civil engineer who has been involved in the design and construction management of various phases in the tunneling project. He will discuss the technical challenges faced and describe the progress toward their solution. (See detailed article in this newsletter.)

Spenger's Menu: Choice of one of the following entrees:

1. Bay Shrimp Louis Salad with 1000 Island dressing - Clam Chowder
2. Chicken Marsala - Lunch Salad
3. Seasonal Vegetable Platter Marinated & Grilled with Herb Sauce & Polenta - Lunch Salad

Cost: \$25 per person (prepaid)

Reservations: Computer access to the LBNL/EX-Ls Web page (www.lbl.gov/EX-Ls) will give you the lunch form. This form is also included here. Vicky Jared must receive the luncheon reservation by Saturday, February 16. The form should be mailed to Vicky Jared, 4849 John Muir Road, Martinez, CA 94553. Please call or email Vicky (925) 228-2145 - jaredrv01@aol.com if you want to sign up or have questions.

See you at the February 21 luncheon - Spenger's Fish Grotto
Be sure to make reservations by Saturday, February 16, 2013
Mail To: Vicky Jared, 4849 John Muir Road, Martinez, CA 94553

From: _____

I plan to attend the EX-Ls Luncheon [] \$25 per person PREPAID

I will bring _____ guest(s)

Name(s) of Guest(s): _____

Menu Selection: **Chicken** [] **Shrimp Louis Salad** [] **Vegetable Platter** []

Please make check payable to **EX-Ls** Total Enclosed: \$_____

Willing to carpool: As Rider? _____ As Driver? _____

Need to sit closer to the Screen? _____ Other: _____