



EX-Ls

Retiree Newsletter

Lawrence Berkeley National Laboratory - October 2016

IN THIS ISSUE

Officers	2
President's Message	3
LBNL Retiree Reception – Tuesday, June 28, 2016	4
Ed Lofgren, Pioneering 'Rad Lab,' Berkeley Lab, dies at 102	5
Solano Stroll	7
CUCRA Meeting Spring 2016	8
AROHE Report August 2016	9
Comfort Keepers	11
Travel Adventures	11
Hearing Aid Coverage	13
November 17 th Luncheon Speaker	13
Speaker's Summary – August 18, 2016 Luncheon	14
August Luncheon Attendees and Photo Gallery	16
November 17 th Luncheon Reservation Form	17

EX-Ls EXPRESS – October 2016

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:	Margaret Dick
CUCRA/AROHE Representative:	Janis Dairiki
UCBRC Policy Board:	Richard Sexto Connie Grondona
Editor EX-Ls EXPRESS:	Louise Vogelsberg
Webmaster	Kris Thornton

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 LUNCHEON GUESTS

Marie & Ray Alberti	Stan Klezmer
Rob Althaus	Judy Kody
Joseph Cerny	Howard Matis
Peter Cleary	Dave McGraw
Carl Eben	Greg Stover
Warren Harden	Adele Sylar
Howard Hatayama	Russell Wells
Steve Kessler	Al Windsor
	Jung Wong

2017 CALENDAR OF BOARD MEETINGS & LUNCHEONS

Board:	Luncheon:
January 12, 2017	Feb 16, 2017, Hs Lordships
April 13, 2017	May 18, 2017, Hs Lordships
July 13, 2017	Aug 17, 2017, Hs Lordships
October 12, 2017	Nov 16, 2017, Hs Lordships

Board Meetings start at 3:00 p.m. and end at 5:00 p.m. usually held in LBNL Conference Room (54-130B). Location is 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 94720-1550

Photo Site:

<http://get.google.com/albumarchive/108867583996319040696>

Photo Czar: Ned Dairiki

Website: <http://retirement.berkeley.edu/ex-ls>

Webmaster: Kris Thornton, UCBRC

EX-LS Honorary Life Members

Shirley Ashley Patrick Cullinane
Bud Larsh

MEMBERS DECEASED IN 2016

Franklin Choy
Abe Glicksman
Thomas Hayes
Henry Lancaster
Branko Leskovar
Edward Lofgren
Robert Mortibov
Fred Perry
Andrew Sessler

Next Luncheon: November 17, 2016

As a final note this year, I want to focus on upcoming changes and activities, as well as a short “look back” on the most recent year. And of course, I want to thank the great team that has been putting together the efforts of the Ex-Ls.

One major change in the Ex-Ls has been to work under a pilot “universal membership” model for 2016. By that we mean that anyone eligible to join the Ex-L’s (primarily LBNL retirees and their spouses, more specifics in the by-laws on line) is automatically a member and can attend luncheons or other membership events, receive the newsletter, and provide input to the Board on topics of interest—all without going through signups, annual renewals, or paying dues. The point of the exercise is to try to make Ex-Ls a broader more open group, by removing barriers and administrative issues. The arrangement also reduces the administrative burden on our Board members as no one has to track the dues or dun members. The Board decided in October to make the arrangement permanent. Although we are still working to get more email contacts for our retirees (more about that later), we look forward to seeing more of you at luncheons or other events. We are getting administrative support from the UCB Retirement Center, but still have a few expenses and will be asking for people to consider voluntary donations, probably at future luncheon programs.

We are pleased we’ve been able to provide a varied series of luncheon programs this year—from science programs (check out our **November 17** luncheon with Claude Lyneis speaking about “The Element Hunters” and Rick Norman on “From Seaborg’s Plutonium to Gorillas in the Mist”); to the future of LBNL with new director, Mike Witherell in August; to the future of senior housing at the Albany Belmont Village in May. Ex-L’s have also been invited to participate in luncheons and other activities sponsored by our sister retiree organizations in Berkeley. Next year’s programs are anticipated to be again of high quality and varied topics—anyone with suggestions for great speakers should contact any of the Board members (and especially Henry Rutkowski who will be responsible for the program in 2017).

And speaking of the Board—please come to the November luncheon with plans to vote on the Board—we are pleased to have a full slate for your review. The following will be presented to you:

Nominees:

President: Lee Schroeder

1st VP: Henry Rutkowski

2nd VP: Nancy Brown

Secretary: Esther Schroeder

Treasurer: Kay Bristol

Membership: Patti Powers-Risius

Activities: Kathy Bjornstad

Newsletter: Linda Rutkowski

Another highlight of this year and continuation into next year was the successful request we made to CUCRA for a small grant to expand our membership outreach by searching and collecting email addresses for more of our retirees. We have emails for about a third of the total, and hope to expand that substantially.

Finally, I would like to take this opportunity to thank all the Board members of this year for donating their time and effort to the Ex-Ls. Lee Schroeder, Henry Rutkowski, Esther Schroeder, Kay Bristol, Patti Powers-Risius, Vicky Jared, and Louise Vogelsberg have been so conscientious in fulfilling their own “duties” and in stepping in for many others as well. Vicky and Louise are stepping down and we are incredibly grateful for their tireless work on Activities and the Newsletter. Additionally, other Board members including Connie Grondona, Don Grether, Rich Sextro, Janis Dairiki, Trudy Forte, Gene Binnall, Eleanor Dahl are always jumping in to provide action, and information. I would also like to acknowledge and thank our other supporters including Cary Sweeney and Kris Thornton of UCBRC, and Margaret Dick of the LBNL Directorate.

As some of you may know, I have been out of the country frequently this year, and cannot say enough by way of thanks to Lee Schroeder who has filled in for me so many times—and Lee, like many of us, is a retiree who has only “sort-of retired” but has nonetheless chosen to give so much to Ex-L’s. Looking forward to a great 2017 under his leadership.

LBNL Retirees Reception – Tuesday, June 28, 2016

Nearly 115 retirees as well as new 2016 inductees who just opted for retirement, were recently honored by the Laboratory for their years of service. All enjoyed refreshments and the opportunity to mingle and visit with former co-workers. Laboratory Director Michael Witherell had planned to attend, but unfortunately had a conflict. Deputy Director Horst Simon gave opening remarks and then presented an overview of current activities at the Lab. Dr. Simon mingled with guests and answered many questions.

Dr. Simon introduced Ivy Clift who is the President for the newly established Berkeley Lab Foundation. President Clift gave an overview of the new organization. The University of California established the Foundation to promote corporate and philanthropic engagement in support of the Lab’s mission.

Patti Owens from UC Berkeley Retirement Center Advisory Board gave a brief overview of the Center’s activities. Connie Grondona, immediate past president of EX-Ls, talked about the organization and its activities. Each speaker encouraged new (and not so new) retirees to participate in the activities sponsored by the EX-Ls and the Center. Representatives from EX-Ls and UC Berkeley Retirement Center were also available to talk to recent retirees about each group.

The reception was a great success. Guests enjoyed seeing former co-workers and getting reacquainted. Dr. Simon is in support of continuing to hold a reception each year to honor retirees. We hope to see you at the 2017 reunion.



Deputy Director, Horst Simon



Ivy Clift who is the President of the newly established Berkeley Lab Foundation and Dr. Simon



Connie Grondona, EX-Ls Past President and Evren Essner, The Lab's Protocol Officer, Event Coordinator



Buffet of tasty food



Listening to Dr. Simon's talk



Becky Grether, Linda Rutkowski, Myrna and Gene Binnall, and Eleanor Dahl

Ed Lofgren, Pioneering 'Rad Lab,' Berkeley Lab, and Manhattan Project Physicist, dies at 102

Feature Story [Glenn Roberts Jr.](#) • September 22, 2016 • LBNL TABL Article 9/22/16, by *Jose Alonso*

Edward Joseph Lofgren passed away peacefully at the age of 102 on Sept. 6, 2016. He was among the pioneering physicists at UC Berkeley's Radiation Laboratory, also known as the "Rad Lab," which would later become Lawrence Berkeley National Laboratory (Berkeley Lab). He played key roles in many of the projects throughout the lab's history. He was a close associate of E.O. Lawrence, and chief physicist for the development, construction and operation of the [Bevatron](#), an early particle accelerator at Berkeley Lab. Before his retirement in 1979 he also served as associate laboratory director, and was the first director of the newly formed Accelerator Division.

Born Jan. 18, 1914, in Chicago, Lofgren was the youngest of seven in a family of Swedish immigrants. In 1927 he moved to Los Angeles, finishing high school there. At the depth of the depression in 1931 he was not able to accept the invitation to attend Caltech in Pasadena, Calif., because of financial limitations and the scarcity of job opportunities. He attended Los Angeles Junior College and in 1936 transferred to UC Berkeley, having read about, and becoming extremely interested in, its [Radiation Laboratory](#) and the [cyclotron](#) developments there. He arrived at Berkeley by bus with his worldly possessions: two suitcases and \$200.

As an undergraduate student he developed an interest in cosmic rays and worked on a cloud-chamber spectrometer aimed at measuring [meson](#) masses. He received his undergraduate degree in 1938 and then enrolled

as a graduate student. In 1940 he joined the Rad Lab's staff as a research assistant, working on the 37-inch cyclotron. One of his activities was assisting in the development of techniques for medical isotope production. With World War II imminent, Ernest Lawrence redirected Rad Lab activities toward development of the [Calutron](#) for electromagnetic uranium-isotope separation, focusing on the newly completed magnet for a 184-inch cyclotron.

Lofgren interrupted his graduate studies to become a full-time employee of the Rad Lab and led development of the ion sources for the Calutron. He spent much of the early war years in Oak Ridge, Tenn., assisting in the development of the Calutron farm there to enrich uranium-235 for the Manhattan Project. In the fall of 1944 he moved to Los Alamos, joining the Alvarez group working on detonators for the atomic bomb. He assumed leadership of this group when Alvarez moved to a different area. Lofgren was present at the Trinity atomic bomb test in New Mexico, manning a radiation-monitoring station six miles from ground zero. After the war he returned to Berkeley and wrote his PhD thesis on his uranium hexafluoride ion source work. He received his PhD degree in June 1946.

Proving out a concept introduced by lab physicist Ed McMillan called "phase stability" for particle beams in circular accelerators, Lofgren modified the design of the 37-inch cyclotron, which became the first "[synchrocyclotron](#)." This concept was also incorporated into the 184-inch, whose performance then far exceeded the original design.

In the summer of 1946 Lofgren took a position at the University of Minnesota because of its very strong program in cosmic rays, an interest he continued to nurture. During his two-year tenure there he participated in several high-altitude balloon flights, developing compact, lightweight cloud chambers that could fit in the balloon payload. Noteworthy was the observation of heavy nuclei (up to about the weight of iron) in cosmic rays, which hadn't been seen before.

At Lawrence's invitation, Lofgren returned to the Rad Lab in 1949 to participate in the development of the Bevatron project. Because of its enormous scale and complex design, Lawrence felt it important to first build a scale model of the proposed Bevatron synchrotron. Lofgren's main task, initially, was the design and build-out of the injector for the quarter-scale synchrotron. He rapidly built a pulsed cyclotron that produced the required 20 microamps of current, and the scale model was a success.

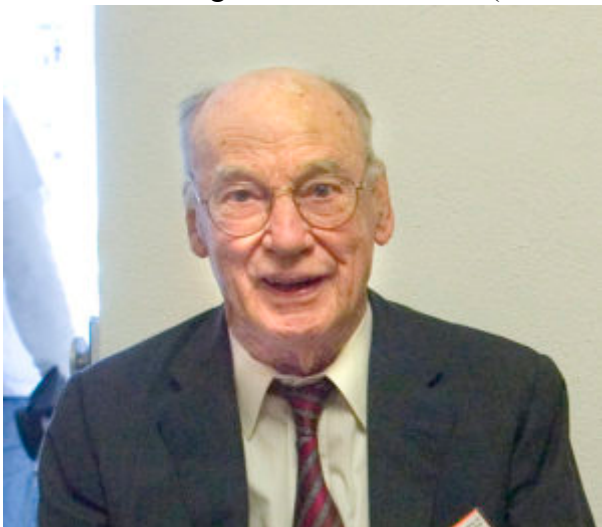
In late 1949, much of the Rad Lab's efforts focused on the [MTA project](#), a very large, high-current linear accelerator being built at Livermore (now Lawrence Livermore National Laboratory), with the aim of breeding

fissionable fuel. Lofgren was dedicated to development of the ion sources for this project, though the project was abandoned in 1952 with the discovery of plentiful uranium sources in Colorado. Lofgren then returned to lead the lab's Bevatron project. Analyzing results of the scale-model test, and along with those from the newly commissioned Cosmotron accelerator at the Brookhaven National Lab, the team found a way to boost the energy of the Bevatron to 6 billion electronvolts—well above the threshold for production of antiprotons, the antiparticles of protons. This made the Bevatron the world's highest-energy accelerator at that time.

In September 1954, seven months after the commissioning of the Bevatron, the successful [antiproton discovery experiment](#) was completed by the Owen Chamberlain-Emilio Segrè group. Lofgren was instrumental in the Bevatron's commissioning and in setting its experimental program. He also headed his own research group that had worked to discover the antiproton. While losing that race to the Chamberlain-Segrè

group, members of Lofgren's group were successful in discovering the antineutron in 1956.

By 1960 the Bevatron had been surpassed by other newer accelerators and Lofgren initiated a campaign to modernize the Bevatron. This included the addition of a new injector for higher currents, an extraction system to



Ed Lofgren at Berkeley Lab's "50 Years of Antiprotons Anniversary Symposium" in 2005.
(Credit: Roy Kaltschmidt/Berkeley Lab)

bring beam out of the machine into an experimental hall, and new shielding around the whole machine. The upgrades were completed in 1963, giving the Bevatron a new lease on life. In the mid-'60s he oversaw an Atomic Energy Commission design study for an even more powerful, 200 billion-electronvolt accelerator.

Then-Berkeley Lab Director Edwin McMillan, left, and Bevatron Group Leader Ed Lofgren, stand atop the 7-foot-thick concrete shielding at the remodeled Bevatron in this 1963 photo. (Credit: Berkeley Lab)

Lofgren came to the rescue of the Bevatron again in 1970 by spearheading, with Herman Grunder, its conversion into a high-energy heavy-ion accelerator known as the [Bevalac](#). This was done by implementing the idea of Berkeley Lab nuclear scientist [Albert Ghiorso](#) to connect a lab accelerator called the SuperHILAC to the Bevatron by means of a quarter-mile transfer line.



Photo taken at the February, 2014 EX-Ls Luncheon honoring Dr. Lofgren on his 100th Birthday.

This and other upgrades allowed the Bevatron to accelerate ions of any atomic species to very high energies, and enabled programs in relativistic heavy-ion nuclear physics, Earth-based heavy-cosmic-ray studies, and cancer treatments for deep tumors.

In 1973, Lofgren was appointed as the first director for the lab's Accelerator Division, and was named as a lab associate director. During his tenure and until his retirement in 1979, Lofgren oversaw development of the [PEP project](#) at SLAC, two studies for dedicated medical synchrotrons, development of a compact superconducting ring ([ESCAR](#)), and initiation of studies towards inertial confinement fusion with heavy-ion beams as drivers. Lofgren's long, prolific and inspiring career has been truly noteworthy and contributed immensely to the evolution of

accelerators as important research tools.

He is preceded in death by Lenore Lofgren, his first wife and the mother of his three children; and Selma Lofgren, his second wife. Lofgren is survived by his three daughters: Helen Lofgren, Laurel Phillipson, and Claire Lofgren; four grandchildren; and two great-grandchildren.

Memorial donations can be made to two groups that Lofgren supported for many decades because of his passionate concern for the environment: Save the Bay ([savesfbay.org](#)) and Save the Redwoods League ([savetheredwoods.org](#)).

LBNL at the Annual Solano Stroll, by Rich Sextro

For a number of years, the Lab has sponsored a booth at the annual Solano Stroll, held this year on September 11. The Stroll is an annual Berkeley/Albany event that features a parade down Solano Avenue, exotic food, live entertainment and informational booths staffed by local businesses and organizations. New lab director Mike Witherell joined twenty-six volunteers from across the Lab (including retirees) to show off the lab's "cool science" to several hundred thousand 'Strollers'.

The Stroll is a unique opportunity to enlighten the local communities about the research activities at the Laboratory. Volunteers fielded questions and shared their knowledge of the Lab with hundreds of visitors of all ages who stopped by during the event. During my 2 to 4 pm 'shift', the most popular questions asked of the volunteers involved energy -



either the prospects of solar photovoltaic energy conversion or research on energy storage - mainly batteries. Among the popular handouts were the Periodic Table of the Elements and the Fundamental Particles poster produced by the lab's Particle Data group. There was also considerable interest in the lab's educational outreach programs, most of which are sponsored through the lab's Workforce Development and Education (formerly the Center for Science and Engineering Education).

The call for volunteers for the lab booth usually occurs in August and retirees - often with stories to tell about their lab careers - are welcome. The Stroll is a great opportunity to talk about the lab and its contributions to science and society

Photo Caption: *Lab director Mike Witherell talking with one of the many visitors to the Lab's booth at the Solano Stroll. Photo courtesy of LBNL*

Report on the Spring CUCEA/CUCRA Meetings, by Don Grether

CUCEA is the Council of UC Emeriti Associations, and CUCRA the Council of UC Retiree Associations. EX-Ls is a member of CUCRA. CUCEA and CUCRA hold semi-annual meetings on a UC campus. The format is that CUCEA and CUCRA meet separately, and also hold a joint meeting that is attended by representatives of the UC Office of the President (UCOP). Janis Dairiki and I attended the meetings on April 25-26, 2016 at UCLA. The following briefly addresses those items that particularly pertain to LBNL retirees. If you would like a more detailed report please send an email to dfgrether@yahoo.com.

The highlight of the joint meeting was that UC President Janet Napolitano gave brief remarks, and then responded to questions. Perhaps her main point was that public universities are “under stress,” with declining government support and increasing expectations. She described the steps UC has had to take, including pension reform, in order to secure additional state funding. “Pension reform” means that new employees starting on or after July 1, 2016 will have a less advantageous pension as compared to present and retired employees.

Officials from UCOP’s RASC (Retirement Administration Services Center) gave several presentations. According to RASC, the One Exchange health care program for retirees living outside of California is going well. For those living in California the HMO plans (Kaiser and HealthNet) will not change for 2017. However, the PPO will change from Blue Shield to Anthem/Blue Cross.

An issue raised during the RASC presentation concerned retiree email addresses. RASC sends quarterly lists of all retirees to each campus – in our case to the UCB Retirement Center – but these lists do not include email addresses. Rather, it is left up to each campus (and Lab) to obtain what email addresses it can. This situation is a real problem since so many associations, like EX-Ls, much prefer to use email rather than more expensive paper mail. RASC explains that there is a policy reason and a technical reason for this situation. While the policy could be changed, there is currently no way to add an “opt out” entry to the list. The attendees tended to be incredulous, but RASC gave no indication of changing “the system.”

The Joint Benefits Committee (joint between CUCEA and CUCRA) continues to focus on issues that have not been resolved. One is that it is still not possible to designate tertiary beneficiaries (e.g., grandchildren) on Fidelity investments. There was no sense that UCOP intended to do anything about it anytime soon. The second is that security breaches continue to be a concern. President Napolitano said the UC is continuing its efforts on cyber security. The third issue has to do with retirees whose pensions have fallen below the poverty line. It is not clear how many retirees are in this position. The issue prompted a lengthy and sometimes acrimonious discussion, although earlier during the President’s Q&A session it was made clear that UCOP was not planning to do anything about the situation.

CUCRA is working on a survey that would be uniform for all staff retirees across the campuses and labs, which would facilitate comparisons and summations. CUCEA has been carrying out triennial surveys (called “bio bibs”) that have positively influenced UC’s attitude towards emeriti. It is thought that the CUCRA survey could serve a similar purpose.

The next CUCRA/CUCEA meeting will be at UC Santa Cruz on October 26-27, 2016.

AROHE Biennial Conference: Re-Writing Life's Next Chapter

University of Washington, Seattle, Aug 14-16, 2016

Attended by: Henry Rutkowski and Linda Rutkowski

As you might guess from the conference title, the main focus was on changes to the nature of retirement and how to redesign retirement to make it more attractive to older tenured faculty who have no real incentive to retire. Because faculty resist retirement there is a lack of openings for junior faculty. People get trapped in a post doc mode or even give up and leave for other opportunities to make a living. A speaker from Emory University put it most directly. Faculty tend to find their identity only in their academic position and their relation to the university. Retirement means loss of that identity, which is tantamount to death. It occurred to me that an ethical problem arises here. With the exception of medical, law, business, and engineering schools, academic departments create people to do academic research and teaching. To stand in the way of the very students they train by not retiring, for the sake of their personal emotional well being is ethically problematic for senior faculty. This is especially true in an environment without constantly increasing academic funding.

The first speaker, Fernando Torres-Gil from UCLA worked in the Reagan and Clinton administrations and was part of the decision to end age based mandatory retirement of faculty. He has changed his mind from agreeing with that decision to the opinion it was a bad idea. People are living much longer and living healthier. What others think about us is largely determined by our work. However the public is turning sour on government activities and the social contract. There is financial pressure on public and private institutions caused by the public opposition to taxes and public perception of the academic world. Professors are viewed as a privileged group with tenure that is over compensated by a public that is more concerned about their own survival in retirement. There is public disillusion with the value of higher education. UC has gone from a total defined benefit pension plan to a "hybrid" plan for new employees entering after July 1, 2016. New faculty should develop a "Personal Longevity Plan" at the beginning of their careers, with sabbaticals throughout life rather than pure retirement at the end and they should be counseled to prepare for retirement without the psychological trauma.

A joint research based study from Michigan State and U of Iowa presented recommendations for new approaches. Retirement organizations should help with facilitating retirement. There should be a 5 year incentive exit plan developed to prepare people for retirement. Care giving to parents of faculty and staff is a bigger issue than care of children. This problem demands not just time off to care give, but also facilities to help the faculty and staff. Retirement organizations (RO) should focus on service to the larger community and even look for "other populations" to build their RO. They should pursue a budget line from their institution and outside funding from foundations. They should mentor junior faculty and maintain connections with the institution and colleagues. Visibility of the RO is important for building membership and influencing peoples' decisions to retire helps create visibility. One of the suggestions that came up was for people to negotiate their post retirement relationship with the institution before they retire. Many people want to continue working without being employed. An example of this is the Emeriti College at USC.

The University of System of Georgia (USG) set up a Retiree Council in response to the system's changing retiree medical coverage from the plans covering active employees to a health reimbursement arrangement operated by a private company (shades of One Exchange). They get \$2760 per year to spend. The Council was also set up to have more effect on the Board of Regents, which is dominated by businessmen not educators. Cary Sweeney was sitting near me in this session and I passed her a note suggesting that UC might benefit from having a retiree regent to supplement the already existing faculty, student, and staff regents. The Regents in Georgia challenge the medical coverage for retirees every year, which results in a lot of fear. The Council concerns itself with phased retirement options and best practices for re-retirement. Only 10 of the 29 USG institutions have set up RO's.

UC plays a very large role in AROHE and UC seems to have set up the most extensive organization to serve the needs of retirees of any university. Sue Barnes who formerly was the Cary Sweeney of UC Davis and is now in the same job at UCLA gave a talk on starting and developing an RO. The biggest concerns for retirees are free parking on campus and free email accounts. This was echoed in a conversation I had with a U of Washington Association member. There is a big trend to dues free universal membership but also in getting campus funding. Play politics properly with your institution. Find out what it wants or should want from you, find champions to

fight for you, make friends in high places, and don't miss opportunities to wiggle your way in. Don't let the board get too large, or, everyone on the board should have a job (12-15 a good size). Just hanging around isn't allowed. Look into retiree donations and perhaps imitate the UC emeriti survey. Davis set up a ceremony for retirees and educates them before retirement about association activities. They organize day trips and tons of campus venues. The dues are \$15/yr or \$200 lifetime and pre-retirees can join with 2 years for \$15. Under a no dues system you should solicit contributions. The main barrier to growth is NOT dues but interest in the organization. Greater than 10% participation is good and if someone hasn't joined after 2 years there should be an extra push to get them in.

Other issues at the conference included concern about institutional memory loss and the effect of tuition increases. Tuition has grown by a factor of 3.6 going from 1973 to 2013. The income of families in the top 1% has increased by a factor of 2.5 in the same period and for median income households income growth has been flat. Therefore the tuition increase game is not promising. Financial stress on the states adds to the problem. State pension plans are 70% funded but municipal plans are only 10% funded so local colleges have a big problem. There is pressure for non-tenure track faculty with multi-year contracts and early retirement of faculty.

Additions from Linda Rutkowski who attended other sessions:

UW Encore. The University of Washington Retirement Association has established the UW Encore Initiative to make it easier to pursue second careers in retirement that combine personal meaning and social impact, whether paid or volunteer. Information on the generally available ENCORE program is available at encore.org

Stanford University has established the Distinguished Careers Institute for people outside of academics, who have already been highly successful, to participate in a year long program "to transform themselves for roles with social impact at the local, national, and global levels." Each participant pays approximately \$63,000 for the one year program.

Emory University and the University of Cincinnati have established Emeriti Colleges that allow professors to relinquish their tenure-track appointments but remain part of the university and participate in ongoing activities sponsored by the Emeriti College.

Communications session. Attendees were led through an exercise to help individuals prepare a plan for retirement.

Hard copies of handouts:

- Under the Microscope: Investigating the Benefits and Impact of Retirement Organizations in Higher Education, R Baldwin and B Say, Michigan State U
- Viewgraphs- Starting/Developing a Retirement Organization, Sue Barnes, UCLA
- Proposal to Establish a Regent's Advisory Committee of USG Retirees, USG Retiree Council
- Proposal from Georgia Assoc of Higher Education RO's to AROHE
- Four AROHE Briefs- Staff Retirees and the Transition to Retirement, Retiree Centers, Retirement Associations, The Emeritus College.
- UW ENCORE Brochure, Univ of Washington Retirement Assoc
- UW Retiree Privileges, UW Retirement Assoc
- Viewgraphs- Promoting the Value of Retiree Assocs to Your College or University, Carl Heuther, U of Cincinnati
- Clemson University, The Emeritus College at Clemson U, A Thumbnail Description
- Clemson U Emeritus College Newsletter Summer 2016
- Towson U Retired Faculty Assoc Highlights
- When it comes to my UC retirement benefits, is anyone looking out for me?, UC Santa Cruz Retirees Assoc "Silver Slugs"
- UC Survey of Emeriti Activity Questionnaire Form
- A Virtual Eleventh Campus, Inventory of UC Emeriti Activity During 2012-2015, CUCEA

Comfort Keeper--Health Care Resources

Vicky Jared

Over the past year, EX-Ls has invited several Health Care Service Company representatives to attend our lunches. In keeping with this service, EX-Ls 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.

Comfort Keepers can provide a free in-home safety assessment 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, they offer a 5% discount for UCB/LBNL employees.

Ms. Gustafson presented a brief overview of the company's services and she was available to discuss "Adapting Homes to Seniors' Changing Needs" and "Healthy Aging" with our members.


Contact information:

Cindy Gustafson, Certified Senior Advisor

510-482-8700

cgustafson@comfortkeepers.com or <http://berkeley-957.comfortkeepers.com>

Travel Adventures



WHERE HAVE YOU BEEN?
SHARE YOUR TRAVEL ADVENTURES OR SPECIAL EVENTS YOU ATTENDED

Submit your articles to: Vicky Jared
Email: jaredrv01@aol.com

Vicky & Richard Jared, Kona, Hawaii – May, 2016



Our trip was planned to take us back 25 years ago when we attended the W.M. Keck Observatory Dedication of the Keck I Telescope in 1991 at the Summit on Mona Kea, Hawaii. We thought that by going to the Big Island we could recreate a few of the days when Richard worked at the Keck Observatory from 1988 to 1991. The visit met all our expectations and more. We had fun, relaxed, "ate well", were regular tourists and spent some time at the Keck Headquarters and at the Mona Kea summit.

I won't go into details of all the places we visited and day-by-day description of Hawaii. As part of the tourist activities we enjoyed a Luau, boarded a mini-submarine that submerged to 105 feet for better viewing of fish, sunken boats and reefs. Vicky did parasailing over the waters off Kona coast. (Well I did it 25 years ago so why not again!) Drove down the coast to the Volcano National Park and to the southernmost part of America at the tip of Hawaii.

The most important part of the vacation was our trip to the summit and

to see the Observatories. It was breathtaking, and the two telescopes standing side by side was something you don't forget. We had a perfect day with sun shining, 42 degrees and very little wind. At 13,796 foot elevation that was a very good day, and we were above the clouds. No problems with breathing or keeping orientated for either of us. We were required to stop at the 9,000 foot elevation for a couple of hours to get acclimated to less air and then we were permitted to drive to the top. The road is not paved from this point on, so it was a very bumpy ride up a steep grade. We appreciate the hospitality of the Keck Headquarters staff who allowed all this to happen.

I have included a brief history of the Laboratory's involvement and successful research and development of most of the key electronic and mechanical apparatus that is still used today.

The Keck Telescope is the world's third largest optical telescope. From 1985 to 1991, research and development by LBNL engineers and technical associates produced the position measurement sensors Active Control System (ACS) and positioning actuators electronics, the Passive Support System (PCS) and software to calculate the actuator movement needed to correctly position the mirror segments. There is a large list of LBNL employees who contributed to the success of both telescopes. Below are a few excerpts from the W.M. Keck Observatory web page. Visit their amazing site and read about their accomplishments. Their link is: <http://www.keckobservatory.org/>.

Astronomers at the W. M. Keck Observatory probe the local and distant Universe with unprecedented power and precision. Their instruments are the twin Keck telescopes—the world's largest optical and infrared telescopes. Each telescope stands eight stories tall, weighs 300 tons and operates with nanometer precision. The telescopes' primary mirrors are 10 meters in diameter and are each composed of 36 hexagonal segments that work in concert as a single piece of reflective glass.

In the middle of the Pacific Ocean, Hawaii Island is surrounded by thousands of miles of thermally stable seas. The 13,796-foot Mauna Kea summit has no nearby mountain ranges to roil the upper atmosphere. Few city lights pollute Hawaiian night skies, and for most of the year, the atmosphere above Mauna Kea is clear, calm and dry.



Because of the large size of the 10-meter primary mirrors, the Keck telescopes offer the greatest potential sensitivity and clarity available in astronomy. Their performance, and the performance of all ground-based telescopes, is limited by the turbulence of the Earth's atmosphere, which distorts astronomical images. Astronomers have recently overcome the effect of atmospheric blurring using an established and fundamental technique called adaptive optics (AO).

The twin 10-meter Keck Telescopes are the most powerful tools we have to study the cosmos. In addition to offering the two largest light collection mirrors on the planet, the Keck telescopes host a suite of state-of-the-art observing

instruments and adaptive optics capabilities to collect and analyze astronomical data with unprecedented precision and clarity.

Keck Observatory's legacy of exploration has contributed to all areas of astronomy and astrophysics -- the discovery of exoplanets; the study of how planets, stars and galaxies form; the nature of black holes; and the chemical composition and evolution of the Universe.

Winnie Baker

Winnie Baker and her husband took two trips so far in 2016. One week was spent in San Diego, followed by two weeks in New Orleans and a Western Caribbean Cruise taking in several Mayan Pyramids. In September Winnie spent a month traveling throughout a number of States and Canada (Montreal, Quebec and Toronto). The Bakers have been on a mission to travel to all 50 states together. Once this trip is completed we will have visited 46 States in all!

Response Requested: Hearing Aid Coverage in UC Medical Plans

At the recent meeting of the Council of UC Retirees Associations (CUCRA) and the Council of UC Emeriti Associations (CUCEA), the Joint Benefits Committee (JBC), which stays on top of planned or needed benefit actions by the Office of the President, asked for some input.

“Hearing loss is common in the older population and the cost of hearing aids continues to rise. UC’s medical plans provide some coverage for hearing aids; however, it is not clear whether our benefit structure has been increasing along with these costs. The JBC has requested that all the UC emeriti and retiree associations survey their members to learn (1) how many retirees are using the hearing aid benefits and, if so, (2) what is your average out-of-pocket cost.”

Please send me any information or comments relevant to this topic and I will relay them to the JBC. Thank you for your help.

Janis Dairiki, EX-Ls CUCRA, jmdairiki@lbl.gov, 510-525-9563

November 17th, 2016 Luncheon Speaker(s): Dr. Claude Lyneis and Dr. Rick Norman

We are pleased to have a rare double-header for our luncheon speaker(s) on November 17, 2016.

Our first speaker will be Dr. Claude Lyneis and the title of the film he is presenting is: **“The Element Hunters.”** Scientists at the Rad Lab in Berkeley discovered three (3) new elements between 1951 and 1955 using material from an H-bomb test, from reactors and from cyclotron bombardments. These three elements, Einsteinium, Fermium and Mendelevium added to the periodic table and extended man’s knowledge of chemistry and physics. Under Glenn Seaborg’s general direction, Albert Ghiorso led an effort to discover new elements and most of the video focuses on the search for and creation of Mendelevium using Lawrence’s 60-Inch Cyclotron. Also featured in the film: Bernard Harvey, Stan Thompson and Greg Choppin. This film runs about 6 ½ minutes and the original footage was shot in 1955 by KQED at the request of the Rad Lab.



Dr. Lyneis received his PhD in Physics from Stanford University in 1974. After doing postdoctoral research from 1974-81, both in the U.S. and overseas, he joined the Lawrence Berkeley Laboratory in 1981 and served as Director of Operations at the 88-Inch Cyclotron and eventually as its Head. Dr. Lyneis has served on, and organized, numerous national and international advisory committees related to accelerator technology, is a Fellow of the American Physical Society and winner of the Tom Bonner Prize in Nuclear Physics (2001) for his leadership in the area of ion source technology and most recently the co-recipient of the 2009 Brightness Award by the International Ion Source Conference. He retired from the Lawrence Berkeley National Laboratory in 2013.



Our second speaker is Professor Rick Norman and the title of his talk is: **“From Seaborg’s Plutonium to Gorillas in the Mist.”** The first sample of plutonium produced by Glenn Seaborg’s group that was large enough to be weighed was displayed for a number at the Lawrence Hall of Science. In 2007, the Lawrence Hall requested that the sample be removed and it was placed in storage in the EH&S Department on the UCB campus. In 2008, UCB Health Physicist, Phil Broughton, recognized the significance of the sample and contacted several museums to see if they were interested in displaying it. The Smithsonian expressed concern that authenticity of the sample was required before they would consider the sample for display. Unfortunately, the paper trail documenting this sample’s history had been lost and so the question was what could be done to determine if it was Seaborg’s plutonium. In July 2014, Broughton delivered the object to our group in the Nuclear Engineering Department at UC Berkeley. We performed passive x-ray and gamma-ray analysis on the box containing the sample. Our studies showed that this object contained ^{239}Pu and no other radioactive isotopes. The mass of the ^{239}Pu was determined to be 2.0 ± 0.3 micrograms. These observations are consistent with the identification of this being the 2.77-microgram PuO_2 (2.44 microgram ^{239}Pu) sample described by Glenn Seaborg as the first sample of ^{239}Pu large enough to be weighed.

In January 2013, my wife and I visited Uganda and Rwanda where we went chimpanzee and gorilla trekking. For the second part of my talk I will show slides and videos of our adventures with these remarkable creatures.

Professor Norman received his PhD from the University of Chicago in 1978. He worked for 20 years in the Nuclear Science Division at LBNL, 4 years in the Physics Division at LLNL, and 6 years in the Nuclear Engineering Department at UC Berkeley before retiring in 2014. He is still involved with research, supervising graduate students and post-docs, and enjoys babysitting his two grandchildren, travel, golf and fishing.

We hope to see you at our upcoming luncheon on November 17, 2016. It will be a great time to reconnect with friends and associates and to hear the two talks on the scientific adventures of past laboratory researchers and an excursion to visit with gorillas in Africa.

August Luncheon Recap, Lee Schroeder, 2016 Ex-L 1st Vice-President

The Ex-L’s welcomed Dr. Michael Witherell, who had become the new Director of the Lawrence Berkeley National Laboratory on March 1, 2016, as guest speaker at our August 18, 2016 luncheon. Dr. Witherell comes to his new assignment with extraordinary experience in scientific administration and leadership having previously been the Director of the Fermilab National Laboratory and most recently the Vice Chancellor of Research at the University of California at Santa Barbara. The title of his talk was: “Overview of the Lab and a Glimpse into the Future.” He started by indicating that the Lab was “committed to solving the world’s most challenging problems and answering its most elusive questions through great science and technological discovery.” It does this with about 4000 employees, an ~\$820M/year budget and 1,000 future scientists in training within five (5) major research areas: Energy Technologies, Energy Sciences, Bio and Environmental Sciences, Physical Sciences and Computing Sciences. In addition, the Lab operates five (5) National User Facilities: The Advanced Light Source, The Joint Genome Institute, NERSC (National Energy Research Scientific Computing), Energy Sciences Network and the Molecular Foundry with over 10, 000 users serving the U.S. science community. Looking forward, beyond the 3-5 year timeframe often associated with U.S. R&D funding scenarios, the Lab is developing a set of Strategic Initiatives looking out over the next 10-20 years. Dr. Witherell indicated that these involve six (6) initiatives:



- 1) Advanced Light Source Upgrade—to rebuild the world’s leading soft x-ray light source to deliver truly coherent x-ray beams at record fluxes,

- 2) Advanced Cosmology—experiments in Dark and Energy and Matter, and probing the Cosmic Microwave Background to better understand the universe,
- 3) Exascale Computing for Science—1000x increase of computing capability to transform many areas of science,
- 4) Accelerators for the Future—developing ultra-compact accelerators and advanced magnetic systems,
- 5) Microbes to Biomes/Biocampus—harnessing microbial communities to advance and establish the world's leading center for studying how biology and the environment interact, and
- 6) Developing Energy Technology Innovations for a Sustainable Future: market translation for entrepreneurial energy technologies.

Dr. Witherell was pleased to state that the Advanced Light Source Upgrade (ALS-U), was recently reviewed by the Office of Science's BESAC (Basic Energy Sciences Advisory Committee) review committee, which rated the ALS-U as absolutely central to the U.S. soft x-ray program and deemed ready to proceed. While funding challenges are certainly very real for the U.S. R&D portfolio, it is hoped that the ALS-U could be operational in the 2020 timeframe and beyond. Dr. Witherell ended his presentation with a brief discussion of the Operations arena at the Lab and stated that it was critical to the Lab's Science Mission. The presentation concluded with about 10 minutes of Q&A. The Ex-L's were pleased that we could visit with him and engage in discussions at this very early stage in his tenure as director—we look forward to more interactions with him in the future.



August 18th, 2016 Luncheon Attendees Hs. Lordships

Rob Althaus
Winnie Baker
Edward Bennett
Gene & Myrna Binnall
Kay Bristol
Jerry Bucher
Geores Buttner
Joseph Cerny
Peter Cleary
Eleanor Dahl
Janis & Ned Dairiki
Diane D'Aoust
Elizabeth Donaldson
Genevieve Dreyfus
Trudy Forte
Ken Frankel
Regine Goth-Goldstein
Rick Gough
Donald & Becky Grether
John Gurule
Gordon Hawkins
Lilian Hawkins
Daun Holly
Egon Hoyer
Joe Jaklevic
Vicky & Richard Jared
John Kadyk
Joe Katz
Judy Kody

Raffle Prize Winners:

Gene Binnall
Don Grether
Linda Rutkowski

Ginny Lackner
Richard LaPierre
Almon Larsh
Doug McWilliams
Ken Mirk
Nancy & Vic Montoya
Rolf Muller
Charles & Anita Ogden
Conway Peterson
Terry Powell
Don Rondeau
Henry & Linda Rutkowski
Paul Salz
Esther Schroeder
Lee Schroeder
George & Irene Shalimoff
Brenda Shank
Clair Shigley
R.P. Singh
Karen & Bob Springsteen
Andrea & Gillian Suter
Adele Sylar
Cary Sweeney
Tom & Susan Tenforde
Danica Truchlikova
William Turner
Irma Vogel
Trudy Washburn
Al Windsor
Ron Yourd
Allan Zalkin

Guests: Lab Director, Michael Witherell, Speaker,
Margaret Dick, LBNL, Cindy Gustafson (Comfort
Keepers Co.), Nancy Pardot, (Fidelity Representative)

EX-Ls PHOTO VIEWING

If you are interested in looking at the photos from the August 2016 luncheon,
You can view them at our google webs page:

<http://get.google.com/albumarchive/108867583996319040696>

76 members and guests met at Hs Lordships Restaurant. Join us on
November 17th at Hs Lordships and get reacquainted with former coworkers and friends,
enjoy excellent food/drink and enjoy an interesting lecture.

EX-LS November Luncheon Registration Form

Date: Thursday, November 17, 2016

Where: Hs Lordships Restaurant, 199 Seawall Drive, Berkeley Marina

Time: 11:30 AM - Lunch Served at 12:00 - Concludes at 2:00 PM

Windsor Court Banquet Room: - To the right of the entrance door

No-host Bar Service: Located in the banquet room - opens at 11:30

Service: Catering Buffet

We are pleased to have a rare double-header for our luncheon speaker(s) on November 17, 2016. We will also be holding the EX-Ls Board of Directors new or returning Board members election – come vote! Details on the speakers at <http://retirement.berkeley.edu/ex-ls/events>

Buffet Selection: Garden Salad with two dressings + Sliced Seasonal Fruit, + Dinner rolls and butter + Mozzarella Chicken + Snapper Vera Cruz + Portobello Mushroom Ravioli + Rice Pilaf + Green Bean Amandine + Assorted Desserts + Coffee, Decaf, Tea, Water and Iced Tea

Cost: \$30 per person (prepaid)

REGISTRATION FORM: See you at the Nov.17 luncheon at Hs Lordships Restaurant. Be sure to make reservations by Sat. Nov. 12, 2016. Mail To: Vicky Jared, 4849 John Muir Road, Martinez, CA 94553

I Plan to Attend (Name): _____

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

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

Buffet Service - Advance Choice is not Required

Vegetarian Dish Request: Yes ____ First Time Attending Luncheon? ____

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

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

Wish Assistance with Buffet? _____