



EX-Ls Retiree Newsletter

Lawrence Berkeley National Laboratory - January, 2019

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EX-Ls BOARD OF DIRECTORS

President: Nancy Brown
1st Vice-President: Bob Cahn
2nd Vice-President: Ben Feinberg
Secretary: Esther Schroeder
Treasurer: Howard Mattis
Membership: Phyllis Housel-Gale
Activities: Kathy Bjornstad
LBNL Liaison: Margaret Dick
CUCRA Representative: Janis Dairiki/Bob Cahn
UCBRC Advisory Board: Henry Rutkowski, Nancy Brown
Editor EX-Ls Newsletter: Linda Rutkowski
UCBRC Director and Liaison Cary Sweeney

PAST PRESIDENTS

Henry Rutkowski -2018	Bob Birge - 2002
Lee Schroeder - 2017	Per Dahl - 2001
Cheryl Fragiadakis -- 2016	Tom Beales - 2000
Connie Grondona – 2015	Ken Mirk - `1999
Trudy Forte – 2014	Paul Hernandez – 1998
Joe Jaklevic – 2012-13	Clay Sealy - 1996-98
Rollie Otto – 2011	Igor Blake - 1994-96
Richard Sextro – 2010	Conway Peterson –1992-94
Don Grether – 2009	Howard Browne – 1990-92
Jose Alonso – 2008	Ethel Skyrdlinski – 1989
Janis Dairiki – 2007	Al Amon - 1988
John Kadyk – 2006	Ken Lou – 1987
Gene Binnall – 2005	Virginia Cherniak - 1986
Sig Rogers – 2004	Bill Bigelow – 1985
Bob Fulton – 2003	Ted Bowers – 1981-84

2019 CALENDAR OF BOARD MEETINGS & LUNCHEONS

Board: Meetings:

January 10, 2019 April 11, 2019
July 11, 2019 October 10, 2019
Board Meetings start at 3:00 p.m. and end at 5:00 p.m. usually held in LBNL Conference Room (54-130B). Note that the January 10th meeting was held in Bldg. 70A-3377. 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.

Luncheons (dates and locations):

Thursday, Feb 21, 2019, DoubleTree
Thursday, May 16, 2019, Berkeley Yacht Club
Thursday, Aug 15, 2019, DoubleTree
Thursday, Nov 21, 2019, DoubleTree

OFFICE ADDRESS:

Our mailing address is: LBNL EX-Ls
101 University Hall Berkeley, CA 94720-1550

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

Webmaster: Kris Thornton, UCBRC

EX-LS Honorary Life Members

Shirley Ashley, Patrick Cullinane, Bud Larsh

Next Luncheon

February 21, 2019

President's Report - Nancy Brown

New officers were elected at the November 2019 Ex-Ls Annual Business Meeting.

They are: Nancy J. Brown, President; Robert N. Cahn, First Vice President; Benedict Feinberg (Ben), Second Vice President; Esther L. Schroeder, Secretary; and Howard Matis, Treasurer, Activities Coordinator, Kathy Bjornstad, Membership Coordinator, Phyllis Housel-Gale. The annual officer sign-over meeting was held on January 3, 2019 at the Bank of American in Albany. This allows for signature authority to be transferred to some of the new incoming officers. Most of the officers went to lunch at Great China prior to the meeting.

New by-laws were approved by the members at the Annual Members Business Meeting in November. Past President Henry Rutkowski issued the annual President's report to the LBNL Lab Director on November 28, 2018. Meeting rooms for the Ex-Ls Board were reserved at LBNL for Board meetings that will be held on the second Thursday in January, April, July and October. We are very fortunate in receiving support from the Laboratory for our efforts and for their support of the UCB Retirement Center. I urge you to go to their web page and review the many educational opportunities and membership perks available to you.

The EX-Ls treasury is considerably healthier due to your generous contributions during 2018, and especially for those given at the November luncheon. Thank you for your generosity!

The EX-Ls Board met on the afternoon January 10th. The UCB Retirement Center Advisory Board met in the morning and Henry and Nancy attended. Health care for retirees was a topic of great interest at each meeting. Although the 2018 Report of the UC Working Group on Health Care for Retirees requested by President Napolitano was released, and there are to be no changes in health care for 2019, the issue of retiree health care remains of concern. The UC president has reconstituted the Working Group with a few different members. Members anticipate meeting soon. Health care was also a topic of the CUCRA (Council of University of California Retirees Associations) meeting held at the Berkeley Doubletree Motel in October 2018. The CUCRA Joint Benefits sub-committee indicates that the UC Working Group will most likely be concerned with providing recommendations to contain cost increases to retiree health care for UC in future years. The group will also attempt to collect anecdotal information concerning the impact of health care expenses on health, quality of life, and family budgets during the year.

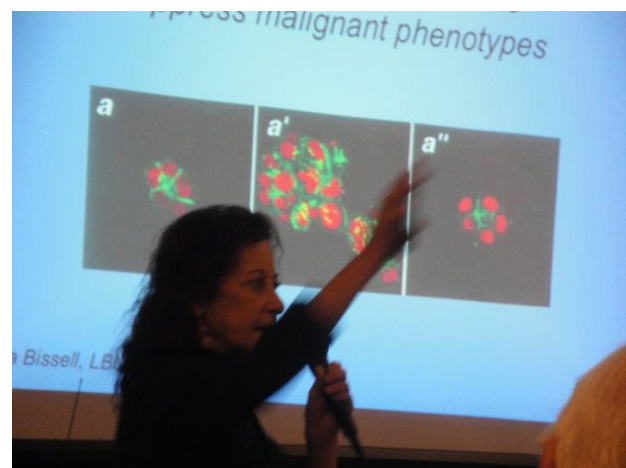
We are watching the progress of the LLNL lawsuit about Retiree Health care as it progresses through the court as a class action suit. It has not been resolved, but there has been recent action. Interested people can find the filings at <http://publicrecords.alameda.courts.ca.gov/PRS/>. You must search for the case number RG10530492 to get the most recent updates.

Although the EX-Ls leadership has found temporary solutions to luncheon venues, it has not found a more permanent solution. Our activities coordinator Kathy Bjornstad has devoted considerable effort on this. As change of venue, we will be at the Berkeley Yacht club for a less formal lunch on May 16. Although this venue has a lot of attractive attributes, it requires us to find an outside caterer. We will be at the DoubleTree for the February, August, and November luncheons in 2019. Meanwhile, the hunt continues for 2020 venues. Please sign up for the February luncheon as soon as possible because our counting requirements are more stringent than they were at His Lordships.

Recap of Talk at November Luncheon

Judy Campisi gave a stimulating talk at our November 15 Luncheon entitled “The Essence of Senescence.” A brief summary appears below.

Aging makes us susceptible to chronic disease. Campisi’s research is focused on identifying the basic common biology that drives the aging process associated with degenerate diseases. Senescent cells increase in many tissues with age, and are present at sites of many age-related pathologies. The defining characteristic of senescent cells is arrested growth. Cellular senescence is a complex physiological stress response and Campisi’s research answers questions concerning the role of senescent cells in driving age-related pathologies that that disrupt normal tissue structures and functions. Aging is a consequence of the declining force of natural selection with age, and cellular senescence can be thought of as an evolutionary balancing act because it can act to enhance repair and also to promote degeneration. Campisi discussed strategies to combat pathologies fueled by senescent cell. The talk was concluded by discussing possible senolytic drugs on the horizon that hold promise for extending health span.



Colleague Connections

Story of long time lunches from Art Ritchie

Many years ago, there were lunches held twice per year and my old boss, Del Embree, used to arrange them. Notifications were in person or via telephone. No internet back then. I don't know when it all started. It was before I came to the lab in 1977. I suspect in the 1950's or '60's. It was all Super HILAC electronics folks and Del liked to keep the group under about 15 or so. We used to go to Charlie Browns in Emeryville and they had a rule. If the group was more than 15 the group would have to order from the banquet menu which usually was rubber chicken, shoe leather steak and something resembling fish. Under 15 got to order from the regular menu which had great burgers and other stuff. I have been arranging the lunches since about 1985

Over the years Charlie Browns closed so I found other places for the lunch. I found out right away that people like free parking and close to the restaurant. Some older folks were not to mobile. Food quality and price were important too. It was hard to please everyone. We had lunch at the Solano Grill and Bar over in Albany, H's Lordship's, Spenger's, Brennan's, a Mexican place in South Berkeley that I can't recall the name of, the Holiday Inn buffet lunch in Emeryville and a few others. Many lunches were at Brennan's because of the close free parking and its closeness to the lab - lots of folks were still working.

Eventually, I added lab folks from any division to my list. Everybody was welcome. After Brennan's moved to the train station and the former free parking lot became a high rise building I moved the lunch to Harry's Hofbrau in San Leandro. Some folks quit coming because it was too far, especially those still working. For many years the Mechanical Engineering Dept had 3 lunches per year. I was invited and attended. Also, there were a lot of mechanical folks on my list. So, a couple of years ago we decided to merge the two groups and have 2 lunches per year. I would prefer some place in Berkeley but with a group of 25 to 50 attending the list of places gets short, especially if the group wants to order from the main menu and not a banquet menu. So that's how I got involved.

Cheers, Art



Chronicle / Chris Hardy





Big Island of Hawaii Trip Experience –
Connie and Ed Grondona

Aloha! Saturday October 13th and we were in “Paradise” staying at the Marriott Waikoloa Hotel on the Big Island of Hawaii. This is also the day of the 40th World Championship Ironman Triathlon; Swim 2.4 miles, Bike 112 miles, Run 26.2 miles.

We spotted a request at the hotel’s front desk for volunteers to assist at the Marriott’s aid station at the Ironman Triathlon. The main road was to be closed that day for the bike portion of the race, and the hotel resident snorkel and other tours were cancelled, so why not volunteer? Our shift was from 6-9am.



The race started 6:35am when the Male Pros entered the water for the swim portion of the race. The Women Pros followed them at 6:40, the male age groups at 7:05, and the female age groups at 7:20.



We were approximately 30 miles from the start of the Bike race and saw the first Pro biker at about 8:30am. Before that we spent our time helping to set up water, fruit, Gatorade, cliff bars and “goo” protein snacks for the bikers, as well as tables and chairs under the shade tent at our station.



Our main job once the racers came by was to “stand on the white line with a drink/snack in an outstretched hand” so they could grab it on the fly. We were told the biker’s average speed was 30 plus mph coming up the hill and 50mph on the flats. The Winner did the whole course, (swim, bike run), in just over 8 hours and hopped over to his girlfriend on the side lines and knelt on one knee and proposed!

We enjoyed meeting the other volunteers, got a free breakfast, a free tee shirt, and watched a beautiful sun rise. “We also got bragging rights for watching part of the Ironman.” Of course, after we recovered from all this excitement we continued the rest of our vacation on a very high note. If they would ask, we would do it again.

Aloha

Report on CUCRA and CUCEA meetings October 24-25, 2018

Janis Dairiki, EX-Ls CUCRA representative

The fall meetings of CUCRA (Council of UC Retiree Associations) and CUCEA (Council of UC Emeriti Associations) were held at the DoubleTree Hotel in Berkeley. Angelica Stacy, Associate Vice Provost, UC Berkeley, welcomed attendees to Berkeley to open the joint meeting of the two groups on the first afternoon.

The agenda for the joint meeting had provided an hour for people from the President's Office (UCOP) – Michael Brown, Provost, UCOP and Rachael Nava, Chief of Staff for President Napolitano - to give updates on recent activities of the President's Office, including their philosophy on retiree health insurance continuation. However, a package resembling other bombs sent out across the country that same week, had appeared at the Oakland office that day and they needed to stay there to deal with it. Fortunately it turned out not to be active.

The UCOP Retiree Administration Service Center (RASC) people talked about the upcoming Open Enrollment and also discussed a survey conducted by Via Benefits (the insurance market for people living outside California). In 2017, with 1281 respondents the average satisfaction was 4.66 (out of a possible 5).

The Joint Benefits Committee (JBC) report, as usual, had a good summary of many different and important topics related to retiree benefits. I strongly recommend that you go to the CUCRA website (www.cucra.ucsd.edu) and click on meetings to read it. The JBC has been following the progress of the LLNL Lawsuit against UC regarding Retiree Healthcare; this suit continues without settlement, but when (if) there is a court decision, it could impact the University's retiree healthcare costs.

As you will remember, the Working Group on Retiree Healthcare presented its interim report to President Napolitano last year. The Group was thanked for its report and President Napolitano stated that there would be minimal changes in the healthcare insurance rates in 2019. But the story is not over. The Working Group will continue its activity for another year; its first meeting is expected to be in January 2019. Although we have not seen the exact charge for 2019, the Group will continue to assess the impact of anticipated increasing medical costs in future years and make recommendations to contain cost increases for UC. An important task for the Working Group this year is public outreach to Emeriti, Retirees and active employees about possible changes to the retiree health plans. The Group is interested in people's stories about their satisfaction and problems with their current health insurance.

The afternoon wrapped up with a choice of two tours, one to the Advanced Light Source at the Lab and the other to the Berkeley Art Museum & Pacific Film Archive (BAMPFA). Both tours were well attended and enjoyed. Following the tours was a dinner at the DoubleTree. The after-dinner speaker was Provost Emeritus C. Judson King, who spoke about his new book, *The University of California: Creating, Nurturing, and Maintaining Academic Quality in a Public University Setting*.

The separate CUCRA and CUCEA meetings were held the following morning.

Comments below are from the CUCRA meeting.

Lynn Bailiff (UCB retiree group chair) gave a short summary of discussions and activities at the recent AROHE meeting in Atlanta. (AROHE is the Association of Retirement Organizations in Higher Education.) At that national meeting CUCRA was presented with an Innovation Award for designing and conducting the CUCRA retiree survey.

Sue Barnes (head of the UCLA Retirement center) updated the information on the CUCRA retiree survey and presented a timeline for a follow-up survey expected to be published in 2021. (Again, see the CUCRA website: www.cucra.ucsd.edu.)

Three offices were up for election at this meeting and all three of the current officers agreed to serve again for another two-year term – Marianne Schnaubelt (Irvine), Chair; Joe Lewis (Berkeley), Vice Chair/Chair-elect; and Gail Harden (UCSF), Secretary. The Bylaws and the Standing Rules were discussed and revised at the meeting; the new approved versions are now on the website.

Treasurer John Dahl gave a detailed financial report. Last year CUCRA voted to enact a 150% across-the-board increase over 4 years in the CUCRA dues paid by each association, with the aim of ultimately paying all operation costs from the dues. Consistent with that the EX-Ls dues will increase from \$100 in 2018 to \$137 for 2019 and ultimately to \$250 in 2022.

The travel program also benefits the CUCRA treasury. These funds are quite variable, however, so the current plan is to pay all operating costs from the dues after 2022 and use any funds from the travel budget for discretionary costs.

The next meetings will be held at UC San Diego April 24-25, 2019.

For more details, see CUCRA website: www.cucra.ucsd.edu



Thank you to our generous donors who contributed to our EX-Ls 2018 Voluntary Contribution Campaign throughout the year. We appreciate your support and continued participation in our events.

William Benson	Connie Grondona	Patti Powers-Risius
Gene Binnall	Charles Harnden	Mike Press
Kathy Bjornstad	Howard Hatayama	Don Rondeau
Igor Blake	Lilian Hawkins	Hans Georg Ritter
Kay Bristol	Diana Hopper	Henry and Linda Rutkowski
Nancy Brown	Vicky and Richard Jared	Lee Schroeder
Jerry Bucher	Stephen Kessler	Rich Sextro
Robert Cahn	Gudrun Kleist	George Shalimoff
Peter Cleary	Joseph Klems	Brenda Shank
Patrick Cullinane	Ginny Lackner	Marie-Agnes Stephens
Ben Feinberg	Almon Larsh	Sande Sutter
Bob Fulton	Doug McWilliams	Ed Theil
Phyllis Gale	Bill Meyers	Danica Truchlikova
Genevieve Boissier-Dreyfus	Martha Morimoto	Gordon Wozniak
Don Grether	Gary Piermattei	

Lifetime Memberships – Acknowledging EX-Ls members who opted to pay for a lifetime membership. Thank you to these contributions that enable the EX-Ls to arrange special events, and pay for operational expenses.

Anton Acker	Harvey Gould	Richard Sextro
Jose Alonso	James Greer	Claire Shigley
John Apps	Connie Grondona	Betsy Smith
Jean Baxter	Herman Grunder	Tom Taylor
Kathleen Bjornstad	Ron Huesman	Lee J. Wagner
William Benson	Walter Johansen	Gordon Wozniak
Igor Blake	A. David Johnson	
Tamara Brown	Gail Kato	Honorary Lifetime
Jerome Bucher	Gudrun Kleist	Memberships
Hilary J. Chambers	Whitney Lawrence	
John Chin	Peter D. Lichty	Patrick Cullinane
Jane Coleman	Jeanne Miller	Almon (Bud) Larsh
Janis Dairiki	Nancy and Vic Montoya	
Sueann Louie Dang	Martha Marty Morimoto	
Genevieve Dreyfus	Harvey Oakley	
Laurel Egenberger	Rollie Otto	
David Edgar	Hans Georg Ritter	
Trudy Forte	Sig and Cindy Rogers	
Margaret Goglia	Lee Schroeder	

Thank you to the following EX-Ls who donated to the 2018 special appeal for contributions from Henry Rutkowski, EX-Ls' President. 34 Contributors gave a total of \$2,445.

Bruce Bagnoli
Katie Brennan
Robert Budnitz
Joseph Cerny
Peter Cleary
Patrick Cullinane
Cheryl Fragiadakis
Robert Frias
Basil Gavin
John Girman
Todd Hansen
Everett Harvey, Jr.

Marjorie Hutchinson
Suzanne Kranz
Irene Kuhn
Natalia Kusubov
Regina Lackner
David Littlejohn
Jean Low
Henry Martinez
Jose Olivares
Catherine Parrott-Hawkins
Arthur Ritchie
Hans Ritter

Henry Rutkowski
Max Sherman
Rajinder Pal Singh
Kandice Skirry
John Speros
Edward Theil
B. J. Weiss
Stephen Wiel
Donald Yee
Roland Yourd

Thank you from your 2018 EX-Ls Board



Join Us EX-Ls February 21, 2019 Luncheon Registration Form

Date: Thursday, February 21, 2019

Speaker: Michael Brandt, Ph.D.,

Deputy Laboratory Director for Operations and Chief Operating Officer

Location: DoubleTree by Hilton Berkeley Marina

Luncheon Price: \$42.50 is all inclusive of luncheon, tax, tip, fees, parking

Register using the Eventbrite Link below

<https://feb-luncheon.eventbrite.com>

IF YOU ARE PAYING BY CHECK PLEASE REGISTER ONLINE. Then you only need to mail Kathy a check made out to EX-Ls.

It is still acceptable to Fill out the registration form below and mail a check to Kathy

Where: DoubleTree by Hilton, Easy access, Berkeley Marina

200 Marina Boulevard, Berkeley Marina, Berkeley, CA. 94710 ←→

Time: 11:30 AM – Buffet Lunch Served at noon – Speaker at 1:00, Concludes 2:00 PM

Location: Berkeley Room, Building 5, North Conference Center – ELEVATOR, SECOND FLOOR

No-Host Bar Service: Located in the Berkeley Room – opens at 11:30

* * *

LUNCHEON SPEAKER: Michael Brandt, Ph.D., Deputy Laboratory Director for Operations and Chief Operating Officer

TITLE OF TALK: Challenges and Opportunities at Berkeley Lab: Observations after a Year on the Job.

ABSTRACT: LBNL is now a billion-dollar-a-year enterprise, yet there are still important challenges.

What are the plans for addressing the physical needs of the Lab: renewal of the infrastructure, modernization of facilities, construction of new buildings? How do we extend the Lab's tradition of supporting large-scale science? How do we improve operational performance? I will present my views on these and other current issues confronting the Lab's leadership.



BIOGRAPHY: Michael Brandt, Ph.D. was appointed Deputy Laboratory Director for Operations and Chief Operating Officer in March 2018. Since then he has overseen the Laboratory's operations and mission support organizations and programs, including Environment, Health and Safety, Facilities Management, Financial Services, Human Resources, Information Technology, Project and Construction Management, Security, Institutional Assurance and Integrity, and Project Management.

Brandt holds a doctorate in public health with a specialty in Environmental Health Sciences, and a Master's in Public Health from the University of Michigan. He earned a M.S. in Environmental Health and Industrial Hygiene from the University of Minnesota and a B.S. in Environmental Science from Rutgers University. He is a certified industrial hygienist and a certified project management professional.

Prior to coming to Berkeley Lab, Brandt served as the Associate Director of Environment, Safety, and Health at Los Alamos. He was responsible for Lab-wide ESH activities for its roughly 11,000 employees operating in the 38-square-mile Los Alamos site.

Brandt has published more than 40 papers and delivered more than 100 invited technical, scientific, and leadership presentations. He has held academic appointments at Tulane University School of Public Health and Tropical Medicine, at the University of New Mexico, and at the College of Public Health at the University of Oklahoma. He served as President of the American Industrial Hygiene Association (AIHA), was elected fellow of the AIHA in 2007, and continues to serve on its technical and leadership committees.



EX-Ls Luncheon

Date: **Thursday, February 21, 2019**

Where: DoubleTree by Hilton,

200 Marina Boulevard, Berkeley Marina, Berkeley, CA. 94710 ←

Time: 11:30 AM no host bar open - Lunch Served at 12:00 – Concludes at 2:00 PM

Location: Berkeley Room, Building 5, North Conference Center – ELEVATOR, SECOND FLOOR

We will have signs posted and people to help direct you to this new luncheon venue from the parking lot.

No-Host Bar Service: Located in the Berkeley Room – opens at 11:30

Lunch Service - Buffet: Tossed Green Salad, Sliced Seasonal Fruit, Baked Chicken, Grilled Fresh Atlantic Salmon, Vegetarian Pasta, Mashed Potatoes, Fresh Seasonal Vegetables, Assorted Desserts. Rolls, butter, water, coffee, (hot tea on request) and iced tea **Cost: \$42.50 per person (prepaid)**

Cut Here

REGISTRATION FORM

See you at the February 21st luncheon at DoubleTree by Hilton at the Berkeley Marina.

Be sure to make reservations by **Saturday, February 16th, 2019**

Please mail form and check made out to EX-Ls to: Kathy Bjornstad, Activities Coordinator, 4343 Arden Place, Oakland, CA. 94602

Call, text or email if you have questions: (510) 220-1273 kathy.bjornstad73@gmail.com

I Plan to Attend (Name): _____

EX-Ls Board Member?: Current _____ Retired _____
First time attending? _____ LBNL Retiree? _____ UC Retiree? _____

Name of Guest(s)	1st Time Attending	LBNL Retiree?	UC Retiree?
1.			
2.			

Buffet Service - Advance choice is not required **\$42.50 per person – Check payable to: EX-Ls**

\$42.50 x _____ = _____
in your party

Total Enclosed: \$ _____

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

Contact Info (your email or phone number so Kathy can contact you to arrange for carpool)

Need to Sit Closer to the Screen? _____ Buffet Assistance? _____ OtheNeeds? _____

We welcome new members to the LBNL Retirement Association the EX-Ls.

To be added to the LBNL EX-Ls Roster, please provide the following contact or updated information.

Address _____

Email _____ Phone _____ Cell _____