



EX-Ls

Retiree Newsletter

Lawrence Berkeley National Laboratory - October, 2017

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EX-Ls EXPRESS - October 2017
Deadline for Newsletter submittals is 7 days
after the Board meeting

EX-Ls BOARD OF DIRECTORS

President: Lee Schroeder
1st Vice-President: Henry Rutkowski
2nd Vice-President: Nancy Brown
Secretary: Esther Schroeder
Treasurer: Kay Bristol
Membership: Patti Powers-Risius
Activities: Kathy Bjornstad
LBNL Liaison: Margaret Dick
CUCRA Representative: Janis Dairiki/Don Grether
UCBRC Policy Board: Richard Sextro
Connie Grondona
Editor EX-Ls Newsletter: Linda Rutkowski
UCBRC Director and Liaison Cary Sweeney

PAST PRESIDENTS

Cheryl Fragiadakis -- 2016	Per Dahl - 2001
Connie Grondona – 2015	Tom Beales - 2000
Trudy Forte – 2014	Ken Mirk - ` 1999
Joe Jaklevic – 2012-2013	Paul Hernandez – 1998
Rollie Otto – 2011	Clay Sealy - 1996-1998
Richard Sextro – 2010	Igor Blake - 1994-1996
Don Grether – 2009	Conway Peterson – 1992-1994
Jose Alonso – 2008	Howard Browne – 1990-1992
Janis Dairiki – 2007	Ethel Skyrdlinski – 1989
John Kadyk – 2006	Al Amon - 1988
Gene Binnall – 2005	Ken Lou – 1987
Sig Rogers – 2004	Virginia Cherniak - 1986
Bob Fulton – 2003	Bill Bigelow – 1985
Bob Birge – 2002	Ted Bowers – 1981-1984

EX-Ls Honorary Life Members

Shirley Ashley Patrick Cullinane, Bud Larsh

2017 CALENDAR OF BOARD MEETINGS & LUNCHEONS

Board: Meetings:

January 12, 2017
April 13, 2017
July 13, 2017
October 12, 2017
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.

Luncheons:

Thursday, Feb 16, 2017, Hs Lordships
Thursday, May 18, 2017, Hs Lordships
Thursday, Aug 17, 2017, Hs Lordships
Thursday, Nov 16, 2017, Hs Lordships

OFFICE ADDRESS:

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

Photo Site:

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

Photo Czar: Ned Dairiki

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

Webmaster: Kris Thornton, UCBRC

Next Luncheon: February 16, 2018

President's Message

August 2017 Luncheon:

At the EX-Ls August 2017 luncheon we celebrated Vicky Jared's thirteen years of service as our Activities Coordinator. As all previous EX-Ls Presidents over the last thirteen years have found out—they couldn't have done their job without Vicky's generous and on-going support. Besides the certificate of appreciation for her years of service, beautiful orchids and two bottles of California wine went with Vicky to be enjoyed at her home in Martinez. At this luncheon Vicky also realized a long-time wish--that after being 'last at the luncheon table' for thirteen years, due to her duties as Activities Coordinator, to the applause of assembled EX-Ls, she was 'first' at the luncheon line! Thank you Vicky, for your thirteen years of extraordinary service to the EX-Ls!

Voluntary Contributions to the EX-Ls:

As we noted in previous 2017 newsletters, due to the switch to the so-called 'universal membership (no dues),' we are asking for voluntary contributions twice each year—at the spring and fall luncheons, to off-set on-going costs associated with the operation of the EX-Ls. To-date in 2017 we have received approximately \$1000 and hope to build on this amount for our fall meeting, where we are again requesting a **voluntary contribution** of \$15.00. Your voluntary contribution can be included with your payment on the enclosed registration form or it can be paid at the luncheon. We are presently looking into whether these contributions are deductible on your income tax returns and will get back to you an answer.

Up-date on Retiree Health Benefits:

In our July 2017 EX-Ls newsletter, we reported on the possibility of the UC Regent's discussing, at its July 2017 meeting, a proposal on the possible recession of the 70% floor for UC's aggregate contribution to the retiree's health benefit program. As reported, UC hadn't bothered to contact any of the retiree groups or other interested parties regarding the rationale for such a proposal. After an initial pulse of inquiries in the summer, UC has now decided to put off discussion of this proposal for 2017. However, it has been decided that in early 2018, the Office of the UC President will put together an advisory working group with representatives from a wide range of interested parties, to recommend strategies and options related to retiree health benefits. The university is expected to contribute at least 70% to retiree health benefits through 2018—with no changes taking place until 2019 at the earliest. More information can be found at: <http://ucnet.universityofcalifornia.edu/news/2017/10/work-group-to-be-formed-to-study,-make-recommendations-about-health-benefits-for-retirees.html>.

EX-Ls 35th Anniversary:

The EX-Ls were founded in 1982! At our recent (10/12/17) Board Meeting, it was decided that rather than celebrating our founding every ten years, we would do so every five years. So, 2017 represents our 35th year. Over the next several weeks the Board will be putting together ideas for celebrating the 35th anniversary early next year at one of our quarterly luncheons—please stay tuned. If you have ideas on how we might celebrate this event, please let us know.

Call for Treasurer and Membership Candidates:

At our upcoming November luncheon we will be voting on the EX-Ls Board's slate of candidates for 2018. At present, the slate consists of nominees for President (Henry Rutkowski), 1st Vice-President (Nancy Brown), 2nd Vice-President (Bob Cahn), Secretary (Esther Schroeder), and Activities (Kathy Bjornstad). However, we are still looking for candidates for: Treasurer and Membership. Later in this newsletter (page 12) is an article explaining the general responsibilities of the Treasurer and Membership positions. Please consider putting your name forward to join the EX-Ls Board in one of these positions. If interested, please contact me (lsschroeder@lbl.gov or 925-933-6880).

November 2017 EX-Ls Luncheon:

Our final quarterly luncheon of 2017 will be held at Hs Lordships from 11:30-2:00 p.m. on November 16th. We are pleased to have Dr. Ernie Majer, researcher and former Acting Director of the Earth Sciences Division at LBNL as our speaker. He will be talking about the geological and social impacts of fossil fuels, and their exploration and production. Hope to see you at the luncheon!

Final Words:

This will be my final contribution to the newsletter as the 2017 EX-Ls President. I have enjoyed my time with the EX-Ls Board and the opportunity to meet many in the EX-Ls community at these luncheons and at other activities. During the last few years we have continued our connections to LBNL through such events as the now annual Retiree Reception, and at the same time have strengthened our contacts to the University of California Retirement Center (UCBRC) with the opportunities that they provide to retirees. I hope to see you at future luncheons and other EX-Ls events.

Lee Schroeder (2017 EX-Ls President)

Thank You EX-Ls

Thank you so much for the outpouring of well wishes and great comments from the lunch guests and EX-Ls Board members who wrote in the thank you cards I received during the August luncheon. I thank the Board for the lovely orchids, wine to enjoy in the future, the decadent chocolate dessert and (oh yes) the chance to be first in line for the buffet. It has been my pleasure to serve as Activities Coordinator for 13 years during which time I was lucky to work with a great group of EX-Ls Board officers. I will miss being an active member of the Board, but look forward to seeing so many of you at the lunches and other activities offered by EX-Ls. With sincere thanks, Vicky Jared.



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

**Submit your articles to EX-Ls Newsletter Editor: Linda
Rutkowski Email: chamisa6@att.net**



You can view event photos on our Google web page
<http://get.google.com/albumarchive/108867583996319040696>

August Luncheon Recap

The August 17 luncheon speaker was Dr. John Perry, an emeritus professor of philosophy from Stanford and UC Riverside. He is also the co-host of the Public Radio program, "Philosophy Talk". His talk was titled "Thoughts on Retirement." There are two classes of attitude toward retirement. One is that retirement is in a sense the most wonderful state of living while the second is that retirement is a kind of death filled with anxiety. Perry gave a set of three quotes to exemplify each attitude. Retirement is a relatively modern phenomenon beginning with Germany under Chancellor Otto von Bismark.



In 1986, a revision of the 1967 Employment Act in the United States abolished age based retirement for "tenured workers" such as college professors. A special exemption was granted to colleges and universities allowing them to mandate retirement at 70 but only until 1994. The result is that a third of university faculty is older than 55 compared with 20% in the rest of the work force. Thirty-six per cent of all workers plan to delay retirement beyond 65, but more than twice that fraction of college and university faculty plan to delay retirement. Fifteen per cent plan to work to 80. Universities claim this phenomenon is making it hard to cut costs of education while families are finding it harder to pay tuition bills. In Perry's case, he went back to work teach at UC Riverside when the 2008 financial crisis hit his TIAA-CREF retirement fund from his Stanford career. The feeling of intellectual loss or the feeling that much remains to be done by an academic researcher are big dis-incentives to retiring. Universities try many inducements, such as free parking, office space, financial incentives, and good retirement plans. Being part of the intellectual community is very important. In 1968, when Perry began his career there was a flood of academic

positions, but now he is seeing smarter Ph.D.s get lesser jobs. He felt some moral pressure to move on. So, what to do?

Perry's philosophical principle to use in thinking about retirement is "To learn anything truly valuable that will make a remarkable difference in your life, you must set aside the safety of your belief system." This advice is attributed to a book Look Ma, Life's Easy by Ernie J. Zelinski and it is the advice philosophy professors give to new college students. Should the beliefs and goals that have governed your life continue to guide your life? New retirees are like freshmen in college. One way to accomplish this is to concentrate on what you want to do and not on what you want to have done.

The most important accomplishment for any person is their self. In a sense each of us is a self novelist. Our job is to write a novel in which we ourselves are the hero and we do this by living out our life. One way to design your life is to write your own obituary and try to live so that it becomes a true account of your life.

An alternate picture of the self is to regard it as an illusion perpetrated by nature and society. The key to this picture is that the now is the only reality. To be bound by the past and to be obsessed with worry about the future is to cheat yourself. The quote that exemplifies this picture is from Charlie Brown's Little Book of Wisdom by Charles Schultz. "Learn from yesterday, live for today, look to tomorrow, rest this afternoon."



Great American Eclipse of 2017 Submitted by Janis Dairiki

Like many Californians we traveled north to see the total eclipse on August 21, 2017. Unlike most Californians we went to Wyoming for a week on the CM Ranch near Dubois. It was a great eclipse – beautiful blue-sky day – and a great week. We were part of a Sirius Travel group (see photo) and shared a cabin with our graduate school friends, Bill and Rilla McHarris, from Michigan. To see the eclipse, we walked out onto the lawn where everyone else had gathered. We had a great view and took a few pictures. These photos below were taken by other members of our group. Some horse riding during the week, some hikes, great food and company, sitting on the cabin porch, looking at the stars, touring in the Tetons, a visit to the wildlife art museum in Jackson (wonderful place) and a farewell barbecue the last night at the ranch – best steak we've had in years! Highly recommended.



**LBNL AND THE BERKELEY SOLANO STROLL
SEPTEMBER 10, 2017
Vicky Jared, EX-Ls Volunteer**

LBNL participated in the Solano Stroll held on Sunday, September 10, 2017, in Berkeley and Albany. The Lab's Government and Community Relations Office hosted the booth, and had about twenty-six Laboratory volunteers ready to talk with those strolling by. EX-Ls representative



Richard and Vicky Jared volunteered to participate at the Lab's booth and greeted "strollers", and handed out the very popular Periodic Table poster



The Solano Stroll is an annual Berkeley/ Albany joint event that features a parade down Solano Avenue, exotic food, live entertainment and informational booths staffed by local businesses and organizations. 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. In addition to demos by ESnet and Workforce Development & Education, staff from the Physical Sciences Division and the Joint Bioenergy Institute hosted a DIY fermentation project to help explain the process of creating biofuels. You can view more photos of the event on the EX-Ls' Photo Web Page at:

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

Chancellor's Reception for New Retirees

Approximately 100 retirees, guests, university representatives, and officers from retiree organizations attended the Chancellor's Reception for New Retirees which was held in the the spacious back yard of the Chancellor's residence on the Berkeley Campus on October 10th. The event was organized by the UC Berkeley Retirement Center (UCBRC)



Lee Schroeder and Henry Rutkowski represented the EX-Ls.



Chancellor Carol Christ welcomed all the retirees and expressed the thanks of the University for their many years of service and pointed out the many contributions made by retirees beyond their active years of service. New retirees were encouraged to continue their service to the university community.

Angelica Stacy, Associate Vice Provost for Faculty (Office for Faculty Equity and Welfare) recognized each group of retirees (Berkeley Campus, Office of the President and LBNL). Pictured below is Gregory Norman from the Lab.



Patti Owens, Chair of the UC Berkeley Retirement Center Advisory Board introduced the Officers of the various Retirement Associations.

Everyone then joined Chancellor Christ in a Champagne Toast.

Cary 'Sweeney and Kris Thornton from the UCBRC announced and handed out raffle prizes to the lucky recipients. The prizes included, among other things, memberships to the Botanical Garden and tickets for Cal Performances.



Eve Edelson talking with Henry.

EX-Ls Board of Directors Open Positions for 2018 (Treasurer and Membership Coordinator)

We are seeking candidates for a Treasurer and Membership Coordinator to serve on the EX-Ls Board of Directors starting January 1, 2018. The positions are nominally for a one-year term, but there is no limit on the number of terms that can be served. The Board of Directors meets at least four times per year and the meetings are “open” to all EX-Ls members. The duties of these two Board of Director positions are described below.

Treasurer: The Treasurer is responsible for the disbursement of all funds that are needed for the operation of the EX-Ls Association. He/she is expected to deposit collected funds into the bank that currently manages the EX-Ls funds in a timely manner. The Treasurer is expected to attend all luncheons to perform the above duties. If for some reason the Treasurer is not available, the President, the 1st Vice President and the Secretary have the same authority as the Treasurer to perform these responsibilities. The Treasurer will evaluate the financial status of the organization and make recommendations to the Board that he/she deem appropriate. He/she also, prepares financial reports for the Board meetings, and provides the Board, at the first meeting of the year, with a summary of the previous year’s income and expenditures. In addition, the Treasurer is responsible for maintaining the bank statements, year-end financial reports, and the Cumulative List of Charitable Donations (if any) in accordance with the EX-Ls’ Policy on Essential Documents.

For questions and more information about the position, please contact our current Treasurer, Kay Bristol, at kbristol@berkeley.edu, 510-665-8022, or talk to a current Board Member.

Membership Coordinator: The Membership Coordinator is responsible for maintaining the membership roster and membership statistics. Management of any lists containing private information is handled in accordance with policies approved by the Board. In accordance with the EX-Ls’ Policy on Essential Documents, the Membership Coordinator maintains copies of the Annual Directory of Members. The Membership Coordinator works closely with the University of California at Berkeley Retirement Center (UCBRC) which sends out all EX-Ls announcements. The Membership Coordinator is responsible for attending outreach events for new retirees, such as the annual Retirees Reception.

For questions and more information, please contact the current Membership Coordinator, Patti Powers-Risius at pattijac@icloud.com, 510-525-9045, or talk to a current Board Member.



EX-LS Luncheon

Date: **Thursday, November 16, 2017**

LUNCHEON SPEAKER: *Ernie Majer, Ph.D.* Affiliate: Lawrence Berkeley National Laboratory and Sandia National Laboratory



Seismicity related to human activities has been noted for over a hundred years, however, as populations have increased and the need for energy has increased, induced seismicity (IS) has become more prevalent. IS has been noted with mining, water impoundment, nuclear waste disposal, oil and gas activities, geothermal projects, chemical waste disposal and potentially with carbon sequestration projects. The impacts have ranged from very little to having to shut down projects. Discussed will be known causes and the current understanding of IS creation, potential impacts as energy needs increase, and what mitigation measure are available.

TITLE OF TALK: Induced Seismicity: History, Causes and Concerns

BIOGRAPHY: *Ernie Majer, Ph.D.*, Geophysics, University of California, Berkeley

Over 40 years of experience in the development and application of geophysical methods to explore for and develop geothermal and petroleum resources. The focus has been on the application of high resolution seismic imaging using both active (surface reflection, Vertical Seismic Profiling (VSP), crosshole) and passive methods (microearthquakes) for defining fluid content, permeable pathways, stress regimes and other properties that optimize the production of geothermal and petroleum resources. Recent work has been in applying geophysical methods to Enhanced Geothermal Systems (EGS) to understand the static and dynamic properties of the geothermal reservoir as it is being stimulated with fluids. Recent involvement has been the responsibility to lead an international scientific effort for IEA on defining the role of induced seismicity in the advancement of EGS. Current and future effort is in further development of innovative geophysical methods for EGS and integrating these techniques with other disciplines to optimize energy production.

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

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

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

No-Host Bar Service: Opens at 11:30 – No Host Bar Service located in the banquet room

Lunch Service - Buffet: Garden Salad with two dressings, Sliced Seasonal Fruit, Baked Herb Chicken, Pan Seared Cod, Portobello Mushroom Ravioli, Rice Pilaf, Fresh Seasonal Vegetables, Assorted Desserts. Dinner rolls and butter, water, coffee (hot tea on request) and iced tea. **Cost: \$30 per person (prepaid)**

EX-Ls Luncheon

Date: **Thursday, November 16, 2017**

REGISTRATION FORM: See you at the November 16th luncheon at Hs Lordships Restaurant.

Be sure to make reservations by **Sat. November 11th, 2017.**

Please mail form and check to: Kathy Bjornstad, Activities Chair

4343 Arden Place, Oakland, CA. 94602

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

I Plan to Attend (Name): _____

EX-Ls Board Member?: Current _____ Retired _____

I will bring _____ guest(s) Name of guest(s): 1. _____

2. _____ 3. _____

Buffet Service - Advance choice is not required **\$30.00 per person – Check payable to: EX-Ls**

\$30 x _____ = _____

in your party

EX-Ls Voluntary \$15.00 Contribution: \$ _____

Total Enclosed: \$ _____

You: First Time Attending Luncheon? _____ LBNL Retiree? _____ UC Retiree? _____

Guest(s): First Time Attending Luncheon? _____ LBNL Retiree? _____ UC Retiree? _____

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

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? _____

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 _____