



EX-Ls

Retiree Newsletter

Lawrence Berkeley National Laboratory - July, 2019

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Editor EX-Ls Newsletter: Linda Rutkowski
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PAST PRESIDENTS

Henry Rutkowski -2018	Bob Birge - 2002
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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
August 15, 2019
Double Tree

7-18 2019 President's Message

Health Care:

Health Net for Retirees is a PPO. It is being replaced by a Medicare Advantage Plan that according to the University of California Office of the President (UCOP) is superior. We do not know the specifics of the plan and even who the carrier will be. Moreover, we do not know any details of the other PPOs and how much their price might increase. The July 8 New York Times had an article about Medicare Advantage Plans that was not re-assuring.

<https://www.nytimes.com/2019/07/08/upshot/medicare-advantage-doctors-directories.html?action=click&module=Discovery&pgtype=Homepage>

Article Summary: Many of the Medicare Advantage plans cover fewer doctors. Nearly half the plans had one of three problems: address errors, incorrect phone numbers, or doctors who were not accepting new patients. I very recently sent emails to Berkeley colleagues and found no new information concerning Health Care and the Health Net replacement. The UCOP and the various committees associated with the Health Care issues have not released any new information since the end of June. The EX-Ls have and will continue to work with retirees from other UC organization on this most troubling issue.

An Appeal to All EX-Ls for Donations

For the last couple of years, the EX-Ls have operated under a policy of universal membership for all retired or former Lawrence Berkeley National Lab employees and their spouses or domestic partners. The \$15 per year dues were abolished and the association planned to rely on voluntary contributions. This year we have spent about \$800 more than we took in.

With this new structure, your contributions are needed to continue our core activities such as the newsletter, extra support for the luncheons, and to restore some other activities such as donations to charitable causes like Community Resources for Science (Berkeley). Your donation also enables us to arrange special events to increase the interest in the EX-Ls, such as field trips, like the EX-Ls Day at the Oakland A's.

Your donations pay for our membership dues to the Council of University of California Retiree Associations (CUCRA) and the Association of Retiree Organizations in Higher Education (AROHE) and some expenses for sending EX-Ls representatives to meetings of these organizations. CUCRA played a very important role this year preventing some of the changes that UCOP was proposing in retiree health care. CUCRA is your representative that speaks to UCOP on retiree issues.

We are very sensitive to the wide range of incomes among the EX-Ls and we understand the importance of keeping luncheon ticket prices as low as possible, not an easy task in the Bay Area at

this time. The financial problem is easily solved if each of us does our small bit. If you have already donated to the EX-Ls in 2019, thank you for supporting the EX-Ls. If you have not, please consider making a contribution at whatever level you can afford.

If you are coming to the August 15 luncheon, you can give cash or a check made out to "EX-Ls" to the people at the desk when you check in. Otherwise you can mail a check to the official EX-Ls mailing address below:

LBNL EX-Ls
101 University Hall
Berkeley, CA 94720-1550

Director's Reception for Retirees:

A proposed date of Tuesday, October 15, 2019 (3:00-5:00 pm) has been selected for the Director's Reception in the Laboratory's Cafeteria. Please join us for an afternoon of connecting with retirees, welcoming new retirees, food, drink and mingling with staff from the Director's Office.

What we learned from the Survey:

Membership:

We are not attracting new retirees. Of the 182 folks who replied (approximately 25%) most EX-Ls had been retired for more than 10 years. Recruiting more members needs to be a very high priority to keep our organization viable. Our new membership Committee Chair, Phyllis Gale, is devoting considerable time to this. A shout-out to all of you: If you know newly retired potential EX-Ls members, please invite them to join us and come to our events.

Attendance at luncheons:

Except for scheduling difficulties, it appears that having a speaker of interest is the most important factor for attending and socializing is second. The group wants to stay close to Berkeley, and having parking is important. Saturday appears to be an option, maybe for additional events. Food preference was for a full lunch followed by suggestions for smaller deli sandwich menus. Alcoholic beverages were deemed not so important. Food is important and having good food and lunch for \$40 was in the cost range. The acceptable cost range for luncheon expenses was \$35 to \$50. Cutting edge and General Interest Science spiked the highest interest for talk topics. LBL updates, retiree issues, and general interest polled less, but were comparable.

Other events

If other events were sponsored by the EX-Ls, respondents would like them near public transportation. Many respondents indicated that they would find opportunities for more socializing and perhaps a health-exercising event quite attractive.

May Luncheon Recap

At the well attended May 16 luncheon at the Berkeley Yacht Club, Prof. Bernard Lo of UCSF, now President of the Greenwall Foundation in New York spoke on “The Airline Passenger and the Patient: Ethical issues in AI applications.” Prof. Lo used the recent crashes of the 737-MAX airplanes to bring out some of the issues involved in applications of artificial intelligence (AI) in circumstances where error can lead to tragedy. In the case of the crashes, the failure was not due simply to a software problem, but involved a larger context of implementation, training, and judgment. It appears that sources of the problem included lack of open discussion with engineers, bypassing usual safety checks, lack of training, and failure to learn for “near-misses.”

Artificial intelligence is already being used in clinical medicine, for example in the diagnosis of melanomas from images. Artificial intelligence requires training on samples with known properties. There are increasingly large medical data sets, not just from physicians’ notes, but from data floating around the web/cloud. AI offers substantial benefits by providing uniform and tireless care even in areas poorly serviced medically.

However, there are risks, too. AI is no better than the data on which it is trained. The data set may fail to cover all components of the community. The data set can itself become out-of-date. Moreover, just as in the case of the airline crashes, failures can arise not solely from software, but from how it is implemented and how it interfaces with humans. Moral judgments are unavoidable. And it will be necessary to learn from mistakes.

Prof. Lo’s recommendations for medical-AI developers include using open-source programming, while protecting trade secrets; assessing possible biases towards specific subgroups; explaining the algorithms used. An important advance would be making apparent how the AI actually works rather than having a “black box.”

Just as the apps on our phones need constant updating, so will clinical AI software. Errors are bound to occur and responsibility may fall on the scientists and companies who develop code, on hospital leaders who use it and on individual physicians who act on its results.

Inevitably, the use of large medical data sets will raise important questions about patient privacy. The individual will need to have rights to protect personal information. We will need a system more effective than the ones we have currently with the large tech giants.

The advances in artificial intelligence are coming quickly. Advances in ethical standards and policies are lagging behind. We need them to catch up.



MAY 16, 2019 EX-Ls

Bernie Lo, MD speaker
Laurie Dornbrand, MD
Marie Alberti
Ray Alberti
Winnie Baker
Michael Barnett
Gene Binnall
Myrna Binnall
Kathy Bjornstad
Igor Blake
Geneviève Boissier-Dreyfus
Kay Bristol
Nancy Brown
Jerry Bucher
Robert Cahn
Michael Chanowitz
Jianping Chen
Susan Crutchfield
Mardi Cumins
Eleanor Dahl
Janis Dairiki
Ned Dairiki
Diane D'Aoust
Benedict Feinberg
Mary Feinberg
James Feit
Trudy Forte
George Frazier
Angela Keres Frazier
Phyllis Gale
Phil Gale
Regine Goth-Goldstein
Don Grether
Becky Grether
Connie Grondona
John Gurule

Luncheon Attendees

Howard Hatayama
Diana Hopper
Egon Hoyer
Ron Huesman
Marijean Huesman
Vicky Jared
Iraj Javandel
Joseph Klems
Rosemarie Klems
Ferenc Kovac
Laura Kovac
Regina Lackner
Regina Lackner
Peter Lambert
Kathleen Lambert
Richard LaPierre
Almon Larsh
Howard Matis
Annette McCoubrey-Hoyer
Kathleen McCowin
David McGraw
Patrick Meehan
Marty Morimoto
Hiroshi Nishimura
Patti Powers-Risius
Michael Press
Joyce Putnam
Hans Georg Ritter
Henry Rutkowski
Linda Rutkowski
Esther Schroeder
Brenda Shank
William Turner
Craig Van Dyke
Trudy Washburn

JUST DELICIOUS

Just Delicious is the name of the catering service that provided the lunch at the Luncheon held at the Berkeley Yacht Club on May 16, 2019. The food was indeed "just delicious." Members were able to choose from the selections listed below. The service was unobtrusive and efficient.

Mediterranean Orzo Salad,
Baby Arugula Salad with Watermelon, Feta and Red Onion in Citrus Vinaigrette
Fresh Seasonal Vegetables
Grilled Tri Tip
Baked Salmon in Lemon Butter Sauce
Stuffed Portobello Mushroom
Garlic Bread Sticks, Butter, Coffee, Tea, Iced Tea
Dessert: Cherries Jubilee



The Caterer can be contacted at

LESLIEMASLER@GMAIL.COM

MUSIC



Organized sound known as Music is found in every culture and its therapeutic value is now studied in the expanding field of neuromusic – research concerning the intersection of cognitive neuroscience and music.

At Four Seasons Arts, the East Bay's classical music recital and chamber series, we see empirical confirmation of the value of Music for personal enrichment and for cohesive community building. The 2019-2020 season begins in October with a varied offering of internationally known artists presented at the Regents Theater at Holy Names University in Oakland and at several venues in Berkeley. Subscription categories allow for choosing certain dates, spontaneous attendance, or door-to-door transportation for those who avoid night driving.

Four Seasons invites EX-Ls to join our exploration of the beauty of Music. Please see details at www.fsarts.org or call – 510-845-4444.



Submitted by Esther Schroeder

In Remembrance - Eleanor Dahl - March 31,1931-June 12,2019



Myrna and I became acquainted with Eleanor and Per Dahl through the EX-Ls and other UC retiree groups. They were a delight to know. Both had many interesting tales to tell. Per with his experiences as a young teenager in Nazi occupied Bergen Norway, and Eleanor going back to her high school years. It seems that Eleanor has always enjoyed a good social life, sometimes with a mishap or two. There is the time in high school when she nearly lost an eye from her own baton. Must have been either a bad throw, or a bad catch.

Eleanor and Per were actually retired from Brookhaven National Lab, but had migrated to LBNL as a result of Per's work on the Superconducting Supercollider project. They became a part of LBNL and were involved in many of the activities available to retirees. They were active in the EX-Ls, Per as President and Eleanor as Secretary. They thoroughly enjoyed the EX-Ls and UCRAB Luncheons, the EX-Ls Board Meetings, and UC Retirement Center activities. Eleanor continued her enthusiasm for attending these events even after Per's death in 2011.

After Per's death, Eleanor took on the task of preserving and distributing Per's many works of art and literature to family, friend, and history organizations in Norway This included books and comic strips that Per had written himself. Also included was the task of trying to complete some of Per's unfinished work, not an easy task since in some cases this involved translating between English and Norwegian. Eleanor tackled these kinds of jobs with great determination. Then there were the special Christmas cards with Per's etchings that she had made and sent every year.

Eleanor also loved working on various committees at the Watergate Condominiums in Emeryville where she lived. She enjoyed the social life at Watergate, and was quite fond of Trader Vic's, which was just a short walk from her apartment. She was a very interesting person and a true friend. We will miss her.

Gene Binnell



3/12/2009 Visit to Blackhawk Museum

I met Eleanor in 2005 when I was recruited as the EX-Ls Activities Coordinator. Eleanor was already serving on the Board as Secretary from 2003 to 2009. I was so appreciative of Eleanor taking me under her wing and willing to help me in any way she could. I always sat by Eleanor and Per at our EX-Ls Board of Directors Meetings and we became friends right away. Since Eleanor had been with EX-Ls for a couple of years, she was knowledgeable with policy and procedures and could help me with questions about the association. As the years passed and Per was gone, Eleanor continued to attend the meetings, lunches and few other activities. For many years (and only until her health prohibited) Eleanor volunteered to help me with guest check-in, parking stamp or raffle ticket handouts. And as always, this was done with a cheerful smile. Eleanor was a delightful person who made you feel loved and cherished. I will miss her dearly.

Vicky Jared



As EX-Ls Newsletter Editor I appreciated Eleanor's editorial review of each Newsletter before it was released to the membership. Her edits were timely and thorough and often made me think "why didn't I see that." I also enjoyed chatting with her at the Luncheons on a wide range of topics.

Linda Rutkowski



Per and Eleanor Dahl --EX-Ls 25th Anniversary Luncheon

Eleanor Carman Dahl, professional editor, library data coordinator, and professional weaver died on June 12, 2019 in Emeryville, CA. She was born in Quogue, NY on March 31, 1931 and grew up in the east end of Long Island. Eleanor met her husband Per F. Dahl, deceased, at Brookhaven National Lab in 1963 where she was the executive secretary in the Reactor Systems Div., Department of Nuclear Energy. In this position she learned inputting and editing scientific documents for BNL. Later she edited all her husband's books for publishing. Eleanor was involved in many committees including at BNL, Univ. of CA Berkeley, LBNL, SSC, Watergate Community, Ashby Village, and a music group. Her love of language, music, and science continued from childhood until she died.

Mrs. Dahl is survived by her two step-sons, Erik J. Dahl and Thomas F. Dahl, four nieces and nephews, Victoria A. Kirkpatrick, Winston C. Dunwell, Michael L. Dunwell, and Nancy H. Miller. She is also survived by two grandchildren and five grand nieces and nephews.

Mrs. Dahl was cremated, and a private memorial reception will be held on August 25, 2019. Donations can be made to Ashby Village, Berkeley, CA, St. Jude's, or a charity of your choice in the sciences.

In addition to the Obituary, Eleanor's niece, Victoria, shared the following information:

Eleanor had many interests including being a member of the Daughters of the American Revolution since 1986, a member of the East Quogue Methodist Church and during the late 40's, early 50's was a Sunday School teacher as well as in the church choir while in high school. While at Brookhaven Nat'l Lab she was in three or four plays they put on. Eleanor learned to play the piano at a very young age and played for many years. Unfortunately, her latest residence would not allow pianos so instead Eleanor brought her weaving loom and had become an accomplished weaver. She was also quite a seamstress and since high school sewed many of her outfits until just recently.

THE GREEN THING

Checking out at the store, the young cashier suggested to the much older lady that she should bring her own grocery bags, because plastic bags are not good for the environment.

The woman apologized to the young girl and explained, "We didn't have this 'green thing' back in my earlier days."

The young clerk responded, "That's our problem today. Your generation did not care enough to save our environment for future generations."

The older lady said that she was right -- our generation didn't have the "green thing" in its day. The older lady went on to explain: Back then, we returned milk bottles, soda bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were recycled. But we didn't have the "green thing" back in our day



Grocery stores bagged our groceries in brown paper bags that we reused for numerous things. Most memorable besides household garbage bags was the use of brown paper bags as book covers for our school books. This was to ensure that public property (the books provided for our use by the school) was not defaced by our scribbling. Then we were able to personalize our books on the brown paper bags.



But, too bad we didn't do the "green thing" back then.

We walked up stairs because we didn't have an escalator in every store and office building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks.



But she was right. We didn't have the "green thing" in our day.

Back then we washed the baby's diapers because we didn't have the throw away kind. We dried clothes on a line, not in an energy-gobbling machine burning up 220 volts. Wind and solar power really did dry our clothes back in our early days. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing.



But that young lady is right; we didn't have the "green thing" back in our day.

Back then we had one TV, or radio, in the house -- not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them?), not a screen the size of the state of Montana. In the kitchen we blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the mail, we used wadded up old newspapers to cushion it, not Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn gasoline just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity.



But she's right; we didn't have the "green thing" back then.

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blade in a razor instead of throwing away the whole razor just because the blade got dull.



But we didn't have the "green thing" back then.

Back then, people took the streetcar or a bus and kids rode their bikes to school or walked instead of turning their moms into a 24-hour taxi service in the family's \$45,000 SUV or van, which cost what a whole house did before the "green thing." We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 23,000 miles out in space in order to find the nearest burger joint.

But isn't it sad the current generation laments how wasteful we old folks were just because we didn't have the "green thing" back then?



Join Us EX-Ls August 15, 2019 Luncheon Registration Form

Date: Thursday, August 15, 2019

Luncheon Price: \$42 check, \$43 credit card, all inclusive of luncheon, tax, tip, fees, parking

Register using the Eventbrite Link below

<https://ex-ls-august2019.eventbrite.com>

IF YOU ARE PAYING BY CHECK PLEASE REGISTER ONLINE. Then 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: **Not available at this luncheon**

* * *

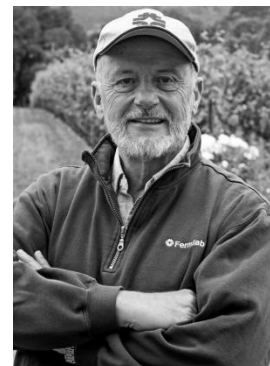
LUNCHEON SPEAKER: Pier Oddone, Ph.D., *Director Emeritus of the Fermi National Accelerator Laboratory and Deputy Director Emeritus of Lawrence Berkeley National Laboratory*

TITLE OF TALK: Adventures of a California Winemaker: From Soil to Wine

ABSTRACT: Pier Oddone will discuss how he started to make wine and the lessons he has learned along the way. The chemical processes involved in growing grapes and making wine are enormously complex, yet the recipe for making good wine, even great wine, is fairly straightforward and depends largely on the viticulture practices.

He has developed from scratch a small commercial vineyard that today produces about 45 tons of Cabernet Sauvignon and 10 tons of Zinfandel. We planted the vineyard in 1998. He sells most of the grapes to top wineries. The wine that he makes at home for family and friends, 25 cases each of Cabernet and Zinfandel, seems to be appreciated. You will be able to check this out!

BIOGRAPHY: **Dr. Pier Oddone** is Director Emeritus of the Fermi National Accelerator Laboratory and Deputy Director Emeritus of Lawrence Berkeley National Laboratory. He received the Panofsky Award from the American Physical Society for his invention of a new collider, the Asymmetric B Factory. Pier holds a B.S. from MIT, a Ph.D. from Princeton University, and honorary degrees from the Illinois Institute of Technology, Universidad Ricardo Palma in Lima, Perú, and Universidad de San Martín in Tarapoto, Perú. He is a member of the National Academy of Sciences, the American Academy of Arts and Sciences, and the Academia Nacional de Ciencias del Perú.





EX-Ls Luncheon

Date: **Thursday, August 15, 2019**

Where: DoubleTree by Hilton,

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

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

Location: Berkeley Room, Building 5, North Conference Center – ELEVATOR, 2nd 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: Not available at this luncheon. Beverages can be purchased at the hotel bar.

Lunch Service - Buffet: Marina Green Salad, Sliced Seasonal Fruit, Roasted Chicken Breast with white wine & citrus, Slow roasted NY Strip steak, Vegetarian Pasta, Rice Pilaf, Fresh Seasonal Vegetables, Assorted Desserts. Rolls, butter, water, coffee, (hot tea on request) and iced tea.

Cut Here

Cost: \$42 per person (prepaid)

REGISTRATION FORM

See you at the August 15th luncheon at DoubleTree by Hilton at the Berkeley Marina.

Be sure to make reservations by **Saturday, August 10, 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 Luncheon?	LBNL Retiree?	UC Retiree?
1.			
2.			

Buffet Service - Advance choice is not required

\$42 per person – Check payable to: EX-Ls

\$42 x _____ = _____
in your party

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

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? _____ Other Needs? _____

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 _____