



EX-LS

Retiree Newsletter

Lawrence Berkeley National Laboratory

August 2015

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EX-Ls EXPRESS - August 2015

Published Quarterly at the end of January, April, July, and October

Editor: Louise Vogelsberg

Deadline for Newsletter submittals is 7 days after the Board meeting.

EX-Ls BOARD OF DIRECTORS

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Webmaster – www.lbl.gov/EX-Ls	Richard Baker

2015 CALENDAR OF BOARD MEETINGS & LUNCHEONS

<u>Board:</u>	<u>Luncheons:</u>
July 9	August 20: Berkeley Yacht Club
October 8	November 19: Hs Lordships

Board Meetings start at **3:00 p.m.**, usually in 54-130B (that's in the conference room addition to Perseverance Hall in the Cafeteria) at the Lab, but subject to change at the last minute, so check with a Board member if you plan on attending. We welcome attendance by interested members.

OFFICE ADDRESS:

Our mailing address

is: LBNL EX-Ls
101 University Hall
Berkeley, CA 94720

Photo Site: <http://picasaweb.google.com/exLpics>

Photo Czar: Ned Dairiki

Website: www.lbl.gov/EX-Ls

Webmaster: Richard Baker (xrobaker@comcast.net)

EX-Ls Honorary Life Members

Shirley Ashley	Ingeborg Henle
Bud Larsh	Patrick Cullinane

MEMBERS DECEASED IN 2014

Robert Mortiboy	Franklin Choy
Abe Glicksman	Andrew Sessler

PAST PRESIDENTS

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

WELCOME NEW MEMBERS THIS QUARTER

Jim Krupnick	R.P. Singh
Jorgan Randrup	Fred Schlacher
Eugene Veklerov	Howard Matis
Fred Crenshaw	Alan Biocca

Welcome to July!! At the board meeting July 9 at the Lab we watched the raindrops fall on the windows of the cafeteria conference room. Then I heard on the radio that we have had more rain in July than all of January. Weird weather this year! Regardless, I hope your summer plans are going well.

Hopefully many of you were able to attend the inaugural Retiree Reception at the Lab on April 30. Unfortunately, I was unable to attend because we were on a Panama Canal cruise, but I understand that it was a great success, and the EX-Ls look forward to assisting with the Reception next year.

I was honored to represent the EX-Ls at a reception held by the UCBRC on campus following the last Learning in Retirement presentation. I met some people I knew from campus as well as some retired Lab employees. These lectures are free and very popular with both Lab and campus retirees. Next year's schedule will be published soon by the Retirement Center. Check it out!!

I have been meeting with the Presidents of the other three UCB retiree groups. We have been sharing how each group is structured and looking at common problems and goals. Cary Sweeny Director of the UCBRC has been instrumental in bringing us together.

Rather than giving you several acronyms with long titles, I'd just like you to know that besides our association for ex-Lab employees, there is a group that represents the UCB staff (ex Lab employees are welcome to join this group), one for the faculty (Emeriti), and one for the Office of the President and UC Regents employees. Should you want to know more about the other organizations, check out the newly designed UCBRC website

One of the groups has adopted a "no dues" approach to membership and includes all retirees in its notifications and lunch invites. Funds are raised annually through donations. The Board is looking into that model for the EX-Ls. A working group has been formed to study the issues and we will publish our findings at a future date. Please let me or any other Board member know if you have any comments or concerns about this approach.

There is also a system-wide group (Council of University of California Retiree's Association) on which we have representation. This group's main mission is to keep track of issues and take action on behalf of retirees. The main focus lately has been on health care benefits. See Don Grether's report for more information.

After years of volunteering Dick Baker has decided to step down as EX-Ls' Webmaster. The Board has decided to transfer our website maintenance to UCBRC's server and we are currently working out the details. We hope that this transition will be seamless, but for sure there will probably be some changes in the look of our electronic communications. Again, please contact me, or any board member, if you have any input on this project.

We are still looking for individuals who would be willing to serve as 2nd VP, so we need YOU! Volunteers are also needed to assist with luncheons and other activities.

Our next luncheon is on August 20 at The Berkeley Yacht Club. Please look for more information in this newsletter and I hope to see you all there.

AUGUST 20TH LUNCHEON SPEAKER

TITLE:

Twenty-three year history of the National Runners' and Walkers' Health Study

SPEAKER:

Dr. Paul T. Williams, Guest Scientist, Life Sciences Div., Structural Biology and Imaging Department

SUMMARY:

LBNL is the home of the largest study specifically created to study the health benefits of exercise. Its 156,000 members have demonstrated a variety of health benefits from running and walking, including lower risks for heart disease, stroke, cancers, vision diseases, and metabolic conditions. We estimate over 350 billion dollars annually could be saved in health care costs if Americans were exercising at their optimal exercise prescription.

THE NEW LOOK: BIOSCIENCES' REORGANIZATION/REALIGNMENT

In May, Jay Keasling, Associate Laboratory Director for the Biosciences revealed LBNL's plans to reorganize the existing Biosciences Divisions, effective October 1, 2015. So why the change? A driving force was Berkeley Lab's mission "to better align our Divisions with current and future research focused on energy and the environment". According to Dr. Keasling, the reorganization will "ensure the kind of teamwork and research synergies for which Berkeley Lab is famous".

In the existing structure of the biosciences at the Lab, there are three Divisions: Life Sciences, Physical

Biosciences and Genomics. In its new embodiment, the Divisions are provisionally named: Environmental Genomics & Systems Biology, Biological Engineering, and Molecular Biophysics & Biochemistry. The new Divisions realign existing programs and are well placed to incorporate emerging new scientific capabilities. There will be cross-fertilization between the new Divisions resulting from a matrix of emerging basic scientific issues.

The new Divisions and their capabilities are as follow:

1	2	3
<p>Environmental Genomics & Systems Biology</p> <p>Genome Biology</p> <p>Environmental Biol</p> <p>Molecular Biol & Genetics</p> <p>Plant/Microbe Interactions</p> <p>Modeling & Predictive Biol</p>	<p>Biological Engineering</p> <p>DNA synthesis</p> <p>Pathway Design</p> <p>Cell/Tissue Interactions</p> <p>Organism Engineering</p> <p>Process Engineering</p>	<p>Molecular Biophysics & Biochemistry</p> <p>Structural Biol</p> <p>Chemical Biol</p> <p>Multi-scale Imaging</p> <p>Photosynthesis & Biohybrids</p> <p>Enzymology</p>

EX-Ls PHOTO VIEWING

If you are interested in looking at the photos from the May 2015 luncheon and the LBNL Retiree's Reception, or other events you can view them at our Picasa web page: <http://picasaweb.google.com/exLpics>.

Seventy Eight members met at Hs Lordships Restaurant in May. Join your former Co-workers and friends at the August 20th luncheon and be part of the fun, good food and interesting lecture.

REPORT ON THE CUCEA/CUCRA MEETINGS

APRIL 30, 2015

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. I attended the meetings on April 30, 2015 at UC San Diego (UCSD). The following briefly addresses the highlights of the meetings. If you would like a more detailed report please sent an email to DFGrether@yahoo.gov.

The format of the meetings 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).

UCSD is not in San Diego but rather in La Jolla. On the afternoon before the meetings many of us went on a bus tour of the campus. I had only been to UCSD once before, and that was decades ago. Whatever vision I had of La Jolla being a quiet coastal town was quickly dispelled. La Jolla is hardly distinguishable from the big city atmosphere of San Diego. The campus is vehicle oriented, with several four-lane roads going through the campus, and with large parking lots and garages. There are many new buildings on campus and more under construction. UCSD has some 31,000 students – about 75% undergraduates and 25% graduate students. My overall impression was that UCSD is doing very well.

One of the meetings raised the question of what is the purpose of CUCRA and CUCEA anyway? An answer was that the organizations serve the purpose of keeping track of what UC is up to with regard to retirees. The Joint Benefits Committee (JBC), which is between CUCRA and CUCEA, follows UCOP rather closely, and writes a semi-annual report that is given to meeting attendees as well as to UCOP. Also, the meetings give the various associations information about what the other associations are doing. More about this last point later.

UC's Health Care system for retirees is almost always a major discussion topic. As background to this year's discussion many companies are "self-insured", which cuts out the middleman and presumably reduces costs. Prior to the meeting there were rumors from usually reliable sources that UCOP planned to establish a self-insured UC Care

HMO that would take over from Health Net and Kaiser. Concerns were raised since folks under either plan would likely have to change health-care providers. A person who has played a major role in UCOP's plans presented a table that showed how each of the many UC plans would fare in a "semi-self-insured" mode, with the paperwork still handled by Health Net, Blue Cross, or Blue Shield. There are no plans to change Kaiser, or Health Net coupled with Medicare. The attendees had a collective sigh of relief.

UCOP's RASC (Retirement Administration Service Center) has taken over Retirement Benefits Counseling from most of the campuses, including LBNL. UC Davis conducted a survey of Davis and Sacramento retirees. ["Sacramento" refers to retirees from the Davis Medical Center that is located in, well, Sacramento.] While the campus counseling came out ahead, in both cases the retirees were mostly extremely satisfied or satisfied, with only a small percentage being disgruntled. The Davis conclusion is that the counseling should not be transferred back to the campuses, but that RASC should work to improve its services.

Another outcome of the survey was that people who had taken pre-retirement counseling (called Pre-Retirement Planning at UCB) had an overall higher degree of satisfaction with the subsequent benefits counseling. RASC plans to increase pre-retirement counseling on all the campuses.

The first item in the JBC report had to do with beneficiary Identification and in particular the situation with Fidelity. As an example of the problem, suppose your spouse is your primary beneficiary and your children are your secondary beneficiaries. Now, suppose you want to make your grandchildren tertiary beneficiaries. There is apparently no way of doing that for your Fidelity accounts.

One of the statements made at the meeting applies to all investments, not just Fidelity. The beneficiaries named in any given investment take precedence over such designations in your will or trust. A piece of advice offered at the meeting is to not have a Trust as a beneficiary because of taxes.

(continued on next page)

LBL Retirees Reception
Thursday, April 30, 2015

The second JBC item had to do a data breach at Anthem/Blue Cross, with the consequences for individuals unclear. The RASC presenter emphasized that the breach was not at UCOP. There was, however, comments from the floor that UCOP should have taken responsibility for informing those potentially impacted as what they could do about it, and also informing retirees and employees as to how they can prevent ID Theft. The RASC speaker had apparently not read the JBC report and its recommendations as to what UCOP should do. Nearly unforgivable, according to the JBC.

Back to the CUCRA/CUCEA meetings serving to provide information about what other associations are doing, in this case UCSD. The UCSD Retirees Association's membership has steadily increased over the past five or so years, and is now at 1800 members. So how did they pull-off a "miracle"? There is something like 20-30 activities a month that retirees can take advantage of: lectures, trips, interest groups, and the like. They have 3 FTE's spread out over several part time employees, plus dedicated volunteers. There may be some lessons for the other associations, but to me it looks hard to pull off what UCSD has accomplished. In particular, the funding for the FTEs comes from the campus HR department.

There were discussions about CUCRA's rather flush funding, and also about reorganizing the CUCRA/CUCEA meetings. I won't go into those discussions here, but if you are interested just send an email to dfgrether@yahoo.com.

The 2015 fall meetings will be held at UC Davis on October 28 & 29. The 2016 spring meetings will most likely be at UCLA, although given the discussions about reorganizing the meetings that could change. Stay tuned, I guess.

Nearly 100 retirees were recently honored by the Lab for their years of service, with music, refreshments, and a welcome by Deputy Director Horst Simon who gave an overview of current activities at the Lab. Dr. Simon spoke of the groundbreaking fundamental science that enables transformational solutions for energy and environment challenges. He also discussed the new building projects and the Lab's goal to bring most of the off-site programs back to the Lab. Dr. Simon mingled with guests and answered many questions.

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

There were also presentations by Rich Sextro, on behalf of the UC Berkeley Retirement Center, who gave a brief overview of the Center's activities, and Joe Jaklevic, past president of the EX-Ls, who also talked about the organization and its activities. Each speaker encouraged new (and not so new) retirees to join the EX-Ls and to participate in the activities sponsored by the Association 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 2016 reunion.

(See photos on next page)

RETIREE ID CARDS

The new retiree ID cards are now available.

Cary Sweeney, MS, Director
UC Berkeley Retirement Center
101 University Hall, Berkeley, CA
(510) 643-3212

Photos taken at the LBNL Retirees Reception held April 30, 2015



Rich Sextro – UCBRC representative



Andy DuBoise and Horst Simon



Dr. Horst Simon, Deputy Director



Popular buffet feature



Tasty buffet selections enjoyed by all



Joe Jaklevic – EX-Ls representative

SUMMARY OF TALK BY GORDON WOZNIAK AT MAY LUNCHEON

Can Life Exist in a Nuclear Free Zone?

Gordon Wozniak presented the arc of his political career, describing a journey “from the Lab, where we all thought we were doing good things, to the City where some people were convinced we were all mad scientists.” He focused on the changes over the 12 years he served on the City Council. Although perhaps still a work in progress, it was clear that “Town-Gown” relationships have improved mightily.

Classic Town-Gown conflicts. Financial considerations and lack of communications are key factors in the conflicts. Describing some of the challenges, Gordon noted that the top 5 employers (of which LBNL and UCB are two) in Berkeley do not pay taxes. That results in not only funding limits for the city, but also leads to questions whether UCB and the Lab really provide enough benefit to the City in comparison to the costs of providing roads and other infrastructure. An improvement in the relationship occurred in 2005, when UC needed approval of expansion plans and provided a new UC-funded grants program available to Berkeley entities, and an increase in its fiscal contribution to the City to \$1.2M/year. Additionally, the Chancellor of UCB and the Mayor of Berkeley began meeting monthly. LBNL did its part by increasing its outreach to the city and community with such activities as facility tours for officials, invitations to city officials to groundbreaking ceremonies, an address by Lab Director Chu to the City Council, and public outreach through the Science at the Theatre program.

Special Challenges of a National Lab. Even small groups of active citizens can bring unscientific and stringent demands. Radioactivity is a general issue of high concern. An acrimonious debate over the Tritium Labeling Facility was based on the contention by some that just one more atom of tritium added to the environment was unacceptable; although the Lab had sound scientific data that there was no hazard to the health and safety of the public, or the Lab employees, it could not promise that there would be zero emissions, and so there was no common ground. In general, Gordon noted that the view of risk by the public and by city officials is highly influenced by familiarity and lack of

differentiation between ionizing and non-ionizing radiation. Therefore, natural sources of radiation are viewed as harmless, whereas manmade radiation (of even the same or lower level) is viewed as unsafe. Even among manmade sources, there is a differentiation between older (familiar) sources such as radio, TV, WiFi, cordless phones, which are OK, and newer sources such as cell phone antennas and smart meters which are not. Understanding the public concerns is important in moving forward the conversation, as there is no guarantee that common understanding can be found based on science alone.

Special Contributions made by LBNL. It’s not just the research and discovery that is important. From time to time, a small contribution from our tremendous scientific resource can be welcomed and valued by the city and community. One instance Gordon described was a contamination problem at the new Skate Board Park. Water rose after a rain, and when tested was found to have contamination by a carcinogen, Chromium-6, which leached from a nearby underground plume. A Lab scientist, Jerry Bucher—came up with the solution to apply ascorbic acid (vitamin C) which would react and result in Cr-3, which besides being benign, happens to be sold as a health supplement. This “low tech” solution was appreciated by the City. Another example was concern by the City after the Fukushima Daichi nuclear leaks. Rather than setting up its own monitoring, the City was directed to the transparent high quality “Rad Watch” website, led by Kai Vetter of LBNL and UCB. Another example of Lab contribution was in the area of worker safety. The City had pockets of high injury, including fire fighters who were getting injured in their paramedic missions. Gordon arranged for conversations between the Lab Operations groups and the Berkeley managers, helping the city improve its worker safety program and substantially decrease on-the-job injuries.

Future. Gordon has retired from the Council after 3 terms, and encourages other Lab retirees to consider participating in public service. The community offers many boards and commissions, as well as the city council.

EX-Ls 05-21-15 Luncheon

Jose Alonso
Bob Belshe
Roy Benedict
Edward Bennett
Gene & Myrna Binnall

Kathleen Bjornstad
Igor Blake
Kay Bristol
Jerry Bucher
Robert Budnitz
Geores Buttner
Laura Crymble
Patrick Cullinane
Eleanor Dahl
Diane D'Aoust
Andy DuBoise
David Edgar
Jacque Ensign
Elizabeth & Peter Evans
Ben & Mary Feinberg
Trudy Forte
Cheryl Fragiadakis
Kenneth Frankel
Connie Gee
Rick Gough
Harvey Gould
Don & Becky Grether
Connie & Edward Grondona
Bill & Jeanne Hassenzahl
Lilian Hawkins
Diana Hopper
Egon Hoyer
Vicky & Richard Jared

Attendees and Guests – Hs Lordships Restaurant

Janos Kirz
Matt Kotowski
Richard LaPierre
Almon (Bud) Larsh
Peter Lichty

Naomi Lidicker
Doug McWilliams
Ken Mirk
Nancy & Vic Montoya
Gina Moreno
Mack & Ann Morgan
Fred Perry
Conway Peterson
Martin Pollard
Arthur & Lucille Poskanzer
Terry Powell
Patti Powers-Risius
Jorgen Randrup
Hans & Maria Ritter
Don Rondeau
Fred Schlachter
Lee Schroeder
Rich Sextro
Brenda Shank
RP Singh
Barry Stockli
William Thur
Bill Turner
Trudy Washburn
Allan Zalkin

Guests: Gordon Wozniak (speaker) and wife Evie
Raffle Winners: Fragiadakis, Hassenzahl, Poskanzer



**In Memory of former EX-Ls Activities Coordinator and Treasurer –
Ingeborg Henle.....February 15, 1926 - May 12, 2015
Walnut Creek (previously Moraga and Orinda)**

After a long and eventful life, Ingeborg Henle died peacefully in her sleep during the night of May 11, 2015. She died of congestive heart failure when her heart could not keep up with her spirit. Please join us as we celebrate her life on Saturday, May 30, 2015 at 3:00 PM at the Kensington, where she lived her last 16 months. The Kensington address is 1580 Geary Road, Walnut Creek.

Inge was born February 15, 1926 in Auerbach im Vogtland, Germany to Hannah Wappler Würker and Kurt Würker. She was the oldest of two children, her brother Günter was born five years later. He predeceased her in 2011.

In 1952 Inge married Walter Henle a PhD in Chemistry and at end of 1953 they were invited by Nobel Laureate Professor Harold Urey to move to Chicago, Illinois where their first child, Patricia was born in 1954. Walter was a research professor at the University of Chicago and Inge a laboratory assistant. They returned to Munich in 1955 and lived there until 1957 when they returned to the United States – this time to Houston, Texas and in 1959 Ernst was born. In 1960 the family moved to Orinda where they all lived for 11 years. Inge was passionate about education and made sure her children received every opportunity to get a great education. In Orinda, Patsy attended Miramonte High School and Ernst attended Del Rey elementary school. In 1971 Inge, Walter and Ernst returned to Europe and Patsy stayed behind, entering school at UC Berkeley. Ernst went to boarding school in Hohenschwangau, Germany. Ernst went on to study at University of Munich and later received his PhD in Biophysics at UC Berkeley. Patsy graduated from UC Berkeley and completed law school at USF.

When Inge and Walter divorced in 1973, Inge returned to the United States, and settled first in Lafayette and then in Moraga where she lived until January 2014 when she moved into the Kensington. On September 11, 2001 she was sworn in as a US citizen – one of the few people who were sworn in that day. She prided herself on her work at the Lawrence Berkeley Lab where she was the controller and after she retired she enjoyed being treasurer of the Lab Retirees Organization - The Ex-L's. Before Rheumatoid arthritis debilitated her, she played a lot of tennis (Berkeley Tennis Club) and she always enjoyed traveling having visited all the world continents except for Antarctica. She was a fabulous cook and her cheese cake was her specialty.

"Oma" Inge leaves both her children Patsy Henle (Novato) and Ernst Henle (Seattle) and their spouses (David Dryden and Jill Klenota) and three grandchildren, Theresa Henle, Ernst Adrian Henle and Robert Walter Dryden. She was very close to her niece Jutta Würker and her niece Evelyn Huglo. She had three very close friends in her adult life – Pat Hartsough and Jeanne Ingersoll who have passed and Ilse Drews who visited her until the end.

- See more at:

<http://www.legacy.com/obituaries/contracostatimes/obituary.aspx?page=lifestory&pid=174866489#sthash.gzvVYQRQ.dpuf>

WE TEACH SCIENCE AND EX-LS

Dear EX-Ls,

I'm writing on behalf of Aragon Burlingham, founder of We Teach Science.

My father, Stewart Loken, was a long time LBL fixture in the Physics and ICS divisions- as well as an instrumental part of Quarknet- I believe his passion for education would have led him to join as a mentor with WTS if he'd had the chance. I'd be so grateful if you would share this information with other ExL's- while my dad is no longer with us- I'm sure many of his colleagues would be excited for this opportunity!

I've CC'd Aragon, and his direct contact information is below as well Rachel Kamen she is their corporate engagement manager. Thank you so much in advance for sharing with the ExL's!

We Teach Science (WTS), an education nonprofit, is looking for dedicated volunteer mentors to be a part of its remote tutoring and mentoring program. Mentors can volunteer and have a significant impact on the lives of their mentees – all from the comfort of their own office, via a web-based interactive whiteboard. Mentoring takes place for 1 hour a week over the duration of the school year.

Why volunteer?

No travel required, volunteer from the comfort of your own desk -- WTS mentors live in 33 states across the United States

WTS students represent a diverse community not currently represented in STEM fields, and WTS helps build a pipeline of talent to become future leaders (continued next column)

WTS provides ongoing training and support to ensure mentor's effectiveness in tutoring/mentoring

The WTS program is effective: an average of 1.5-2 classroom sessions would be needed to match the amount of growth that students receive in just one WTS tutoring session.

With the school year starting in less than 2 months, there are still over 600 middle and high school students in dire need of a mentor or they will fail their core math curriculum without our intervention. You can have a very positive impact on this group – your support is needed!

Contact for more information:

Aragon Burlingham
Founder and President
weteachscience.org
405 Primrose Road, Suite 200
Burlingame, CA 94010
800.939.1640 (w)
650.867.3551 (c)

All my best,
Kristen Loken

EX-Ls Luncheon

Date: Thursday, August 20, 2015

Where: Berkeley Yacht Club, 1 Seawall Drive, Berkeley Marina

Time: Doors Open at 11:00 AM - Lunch Served about 12:00

Bar Service: Opens at 11:30

LOCATION: Berkeley Yacht Club



TIME: 11:00 AM - Lunch Served at 12:00 (or there about)

BANQUET ROOM LOCATION: To the right of the entrance door - opens at 11:30

BAR SERVICE: Located left of the entrance door - opens at 11:30 - around \$6.00 for beer or wine

LUNCHEON LECTURE: Dr. Paul T. Williams, Guest Scientist, Life Sciences Div., Structural Biology and Imaging Depart.

Title: Twenty-three year history of the National Runners' and Walkers' Health Study. LBNL is the home of the largest study specifically created to study the health benefits of exercise. Its 156,000 members have demonstrated a variety of health benefits from running and walking, including lower risks for heart disease, stroke, cancers, vision diseases, and metabolic conditions. We estimate over 350 billion dollars annually could be saved in health care costs if Americans were exercising at their optimal exercise prescription.

BUFFET SELECTION: First Course: Garden Salad (family style), Dinner rolls and butter will be served at the tables along with coffee and water. Hot or cold tea is available on request.

Entrees: Chicken Pesto Italiano and Lasagna Roma, Vegetarian Pasta, Roasted Grecian Potatoes, Mixed Vegetables with herb butter

Desserts: Assorted Desserts

Cost: \$30 per person (prepaid)

Reservations: Computer access to the LBNL/EX-Ls Web page (www.lbl.gov/EX-Ls) will also give you the lunch form. Vicky must receive your reservation by Monday, August 17. Please mail form to Vicky Jared, 4849 John Muir Road, Martinez, CA 94553. Call (925) 228-2145 - or email to: jaredrv01@aol.com if you want to sign up or have questions.

See you at the **August 20 luncheon at the Berkeley Yacht Club**. Be sure to make reservations by Monday, Aug. 17, 2015. Mail To: Vicky Jared, 4849 John Muir Road, Martinez, CA 94553

From: _____

I Plan to attend the EX-Ls Luncheon **\$30 per person** PREPAID

I will bring _____ guest(s)

Name(s) of Guest(s): _____

Menu is Buffet: Advance Choice is not required

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

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

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

Wish Assistance with Buffet? _____