



# EX-Ls

## Retiree Newsletter

Lawrence Berkeley National Laboratory - November 2015

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## EX-Ls EXPRESS - November 2015

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Editor: Louise Vogelsberg

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

### EX-Ls BOARD OF DIRECTORS

President: Connie Grondona  
1st Vice President: Cheryl Fragiadakis  
2nd Vice President: Lee Schroeder  
Secretary: Esther Schroeder  
Treasurer: Kay Bristol  
Membership: Patti Power-Risius  
Activities: Vicky Jared  
LBNL Liaison: Armando Viramontes  
CUCRA/AROHE Representative: Janis Dairiki  
UCBRC Policy Board: Richard Sexto  
Joe Jaklevic  
Editor EX-Ls EXPRESS: Louise Vogelsberg  
Webmaster – [www.lbl.gov/EX-Ls](http://www.lbl.gov/EX-Ls) Richard Baker

### 2015-2016 CALENDAR OF BOARD MEETINGS & LUNCHEONS

**Board:** January 7, 2016  
**Luncheon:** November 19: Hs Lordships

Board Meetings start at **3:00 p.m.**, usually in 70A-3377 (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](http://www.lbl.gov/EX-Ls)

**Webmaster:** Richard Baker ([xrobaker@comcast.net](mailto:xrobaker@comcast.net))

### EX-Ls Honorary Life Members

Shirley Ashley                      Ingeborg Henle  
Bud Larsh                              Patrick Cullinane

### MEMBERS DECEASED IN 2015

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

We are having some higher than normal temperatures this week, but I can feel fall in the air as the nights and mornings cool down. Even though Halloween has not arrived yet, we are reminded that Christmas is not far away as all the trees and decorations are on display at the stores-and then 2016!

As 2015 ends, so does my term as EX-Ls President. You, the membership, will be voting on the new slate of officers at the luncheon on Thurs. November 19<sup>th</sup>. The Board has approved the 2016 slate as follows:

New officers are;

President: Cheryl Fragiadakis

1<sup>st</sup> Vice President and Chair of the Luncheon  
Speaker Committee: Lee Schroeder

2<sup>nd</sup> Vice President and Chair of the Nominations  
Committee: Henry Rutkowski

Continuing officers;

Secretary: Esther Schroeder

Treasurer: Kay Bristol

Membership Chair: Patti Powers-Risius

Activities Chair: Vicky Jared

Webmaster: Dick Baker (this position will end shortly after the first of the year. See explanation below.)

I would like to thank all the new and continuing officers for volunteering to serve. I have enjoyed working on the Board these past 3 years, and will continue to serve on the Board as a Past President.

We will also be voting on the updated Bylaws. You will find the changes listed elsewhere in this newsletter. Thank you to Trudy Forte for spearheading that effort, and to Joe Jaklevic for his assistance.

As noted above, the Webmaster position, performed so well for 17 years by Dick Baker, is ending. The function will no longer be relevant as we move the website to the UCB Retirement Center on Campus. I mentioned this move in the last newsletter, and Rich Sextro gave a very complete and informative presentation about the move at the last luncheon.

We are switching to the new website host at the U.C. Berkeley Retirement Center (UCBRC) because we will be gaining closer contact with the other UC retirement groups and will have more contact with them and their members. A bigger group will give us more activities to choose from, both for travel, and education.

After Feb. 1, 2016 you can access the new website through **the Lab's A-Z page** under **E** for EX-Ls or **R** for Retirement. But if you try the old address of EX-Ls@lbl.gov, you will get a "page not found" message. Bookmark the new address <http://retirement.berkeley.edu/ex-ls> now and please take a moment to view our new site and let me know if you have any problems or suggestions.

The Laboratory and the University's Retirement Center have signed a new 5 year contract that provides services which include allowing all LBNL retirees to participate in the Center's activities. Please look at the UCBRC's website to see what's available. The Center's newsletter (**CenterExpress**) comes out every 2 weeks and many of you should already be on the mailing list. It contains information on coming activities as well as other valuable information.

At the October Board meeting a motion was made and passed that next year our four luncheons will be held at Hs Lordships in Berkeley. The issue was discussed at length; improved parking and restaurant access, as well as a better venue for our presenters were deciding factors. Please let me, or any other Board member, know if you have comments or concerns about this decision or suggestions for the future.

It has been a pleasure serving you.

Be well, and I hope to see you at one of our luncheons in the future.

Connie Grondona, EX-Ls President

[cegrondona@att.net](mailto:cegrondona@att.net)

**REMEMBER TO  
SIGN UP FOR THE  
NOVEMBER 19 LUNCHEON  
BY NOVEMBER 14  
(SEE FLYER ON PAGE 9)**

## THREE YEAR UPDATE OF LBNL EX-LS BYLAWS

Trudy Forte

Every three years there is an update of the EX-LS Bylaws. The last one occurred in 2012. Changes to the Bylaws need to be approved by the Board and then submitted to the general membership for approval. The 2015 revisions are not part of the Bylaws *per se* but reflect changes and updates to the 2012 document. The Committee reviewing/updating the Bylaws consisted of: Trudy Forte (Chair), Connie Grondona and Joe Jaklevic. The changes include:

- Article I: New address for EX-LS (page 1).
- Article III: Clarification of dues payment when joining EX-LS (page 1).
- Article V: Update of the responsibilities of the President (page 4).
- Article V: Membership Coordinator no longer serves as liaison to the UCOP Benefits Office (page 5).
- Article V: Newsletter Editor will send the Newsletter by US Mail to EX-LS members who request it. Redundant sentence removed (page 5).
- Article V: Webmaster description of responsibilities has been removed since this function will be carried out by UCB Retirement Center after February, 2016 (page 5).
- Article VII: Update participation of EX-LS in LBNL-sponsored activities to reflect our participation in the annual retiree reception (page 8).
- Article IX: Under "Finances" changed check amount requiring counter-signature (page 9).

Prior to the vote at the luncheon to accept the amended Bylaws, the Bylaws will be posted on our website (<http://retirement.berkeley.edu/ex-ls>) on November 3, 2015. Changes will be indicated in red.

### OUTREACH NUCLEAR PARTNERS

Laura Welsh (Outreach Manager, California, Nuclear Care Partners) will be attending our November 19<sup>th</sup> luncheon at Hs Lordships. Nuclear Care Partners is an approved medical provider under the US Dept. of Labor. We outreach to communities across the country to educate on available in-home medical benefits to qualifying former Dept. of Energy workers who are now chronically ill as a result of their work exposure. Nuclear Care Partners have found that most individuals who qualify have never heard of these benefits, so their aim is to reach as many retirees as possible. The benefits and their services are provided at NO CHARGE to the claimants. Ms. Welsh will be available to provide information on how to file claims for these benefits. For further information you may call (209) 597-0887 or (888) 525-5111.

Web information: [www.nuclearcarepartners.com](http://www.nuclearcarepartners.com)

## HEALTH CARE PROGRAMS FOR FORMER DOE EMPLOYEES

**Energy Employee Occupational Illness Program Act (EEOICPA).** This program provides compensation and medical coverage to workers who became ill as a result from exposure to radiation while employed at a Department of Energy Facility.

Ms. Terri Hall (Director of Nursing, Bayhealth) attended the August luncheon at the Berkeley Yacht Club. She was there to explain what the EEOICPA provided and how Bayhealth can assist claimants with filing a claim, and can assist with obtaining the necessary medical card. Bayhealth representatives are patient advocates who can assist claimants, step-by-step, before and during a claim process with the Resource Center (contracted by the Department of Energy). Bayhealth can offer in-home nursing services to Atomic Nuclear Workers and Federal Workers injury patients. For further information you can call Bayhealth at (408) 689-8132 or (888) 656-0739.

Ms. Eileen Montano (California Outreach Coordinator, Worker Health Protection Program) also attended the August luncheon. Montano was there to provide information on the Worker Health Protection Program (WHPP). This is a free medical screening program for former LLNL, Sandia and LBNL Laboratory workers. The purpose of the medical screening is to detect work-related illnesses as early as possible. Trained occupational medicine clinicians at a local Kaiser Permanente facility will take your occupational and medical history and give you a complete physical exam. (You do not have to be a Kaiser member in order to participate.) The results of this exam will be reviewed by physicians located at Queens College, City University of New York. They will provide a written results letter advising you of any abnormalities and recommend follow-up care when appropriate. Participants are eligible for repeat medical examinations every three years. For further information you can call (866) 460-0628 or email: [info@worker-health.org](mailto:info@worker-health.org)

**Note:** Daylight Savings Time ends on November 1.

## **NOVEMBER 19, 2015 LUNCHEON PROGRAM**

### **China and Energy: China's low carbon development -transforming buildings and built environment**

**Speaker:** Dr. Nan Zhou, Deputy Director of the LBNL China Energy Group, and Director of the U.S.-China Clean Energy Center-Building Energy Efficiency.

China has been in the news extensively this year regarding energy and environment, and for good reason. Globally, buildings for example account for 40% of total emissions; China and the U.S. together account for almost half of the world's total building emissions. China alone has been building 2 to 3 Billion m<sup>2</sup> a year in the last decades, accounting for half of the world's new construction. If the energy used to produce building materials and pavement is counted, the impact is even more prominent. This talk touches upon the current status of low carbon development in China, and strategies to transform the building and built environment and reduce the energy consumption by half by 2050. The strategies include applying passive design principles, prefabricated building methods, super efficient equipment and renewable energy.

Founded in 1988, the LBNL China Energy Group works collaboratively with groups in China and elsewhere to understand the dynamics of energy use, improve energy efficiency, and reduce emissions in China, strengthen Chinese capabilities in energy efficiency, and enhance relationships on energy efficiency among Chinese, U.S., and international institutions.

### **NEW PROGRAM MANAGER AT RETIREMENT CENTER**

The Retirement Center is very pleased to introduce our new Program Manager, Kris Thornton, who started on September 14. Kris brings over 16 years experience in education foundation administration, alumni relations, and admissions with the Laguna Beach Education Foundation, Dominican University of California, and The Alumni Society of The College of William and Mary respectively. She brings a passion for education and the programs that support life-long learning and engagement. Please join me in welcoming Kris!

Cary Sweeney, MS  
Director, UCB Retirement Center

## **SUMMARY OF PRESENTATION AUG. LUNCHEON MEETING**

“Twenty-three year history of the National Runners’ and Walkers’ Health Studies” was presented by Dr. Paul T. Williams of LBNL and CHORI.

While we all know that “exercise is good for us”, how much is good, and what are the actual outcomes of various exercise levels? Paul has collected and analyzed the data from over 150 thousand individuals, in studies over two decades. He has discovered that the basic recommendations from the US Center for Disease Control (CDC) for 150 minutes/ week of moderate exercise, (or 75 minutes/ week of vigorous aerobic exercise) is only a start, and that doubling the amount to 300 minutes/week of moderate (or 150 minutes of aerobic) exercise can provide large and profound health benefits. In fact, if the results in disease prevention were the result of a new pharmaceutical he’d discovered, we’d all be taking it and someone would be very rich.

The largest data sets have been from the National Runners and Walkers Health Studies. Running and walking are used as study topics since the amount of energy expenditure is much more reliably calculated, versus the estimates from gym usage for instance. The results were striking: the more the subjects ran (from a base range of 0-16 km/wk to a high of > 80km/wk) the better the cholesterol profile and the lower the Body Mass Index (BMI). No leveling off or point of diminishing returns was observed. To study whether the effect was due to genetic differences, Paul also studied identical twins, and found for instance that HDL (good cholesterol) substantially better in the active twin.

The disease states that were influenced were extensive. For example, the risk of hypertension was reduced by 18% when the exercise regimen was twice the CDC recommendation. Coronary heart disease was reduced by 12% when doubling the CDC recommendation, and a whopping 33% when the subjects increased the exercise by 3-4X. In the case of diabetes, the basic CDC recommendation reduces risk by 48% over the sedentary base, but doubling the exercise adds another 15% improvement, and a 4X increase in exercise results in a 62% improvement.

Diseases that we might not generally think of as influenced by exercise showed remarkable risk improvement in cancers (breast, brain, kidney) as well as cataracts, macular degeneration, and even resistance to infectious diseases.

**EX-LS 08-20-15 LUNCHEON**

Richard Baker  
 Paul Banchemo  
 Roy Benedict  
 Kay Bristol  
 Geores Buttner  
 Jane Colman  
 Freddie Crenshaw, Jr.  
 Laura Crymble  
 Patrick & Barbara Cullinane  
 Diane D' Aoust  
 Eleanor Dahl  
 Genevieve Dreyfus  
 Andy DuBois  
 David Edgar  
 Tom & Ione Elioff  
 Polly Fleischer  
 Trudy Forte

**ATTENDEES AND GUESTS – BERKELEY YACHT CLUB**

Cheryl Fragiadakis  
 Kenneth Frankel  
 Rick Gough  
 Don & Becky Grether  
 Connie Grondona  
 Lilian Hawkins  
 Diana Hopper  
 Egon & Annette Hoyer  
 Joseph Jaklevic  
 Vicky & Richard Jared  
 Jose Katz  
 Richard LaPierre  
 Almon (Bud) Larsh  
 Doug McWilliams  
 Nancy & Vic Montoya  
 Marty Morimoto  
 Fred Perry

Terry Powell  
 Jorgen Randrup  
 Don Rondeau  
 Henry & Linda Rutkowski  
 Esther Schroeder  
 Rich Sextro  
 Brenda Shank  
 RP Singh  
 Henry Stauffer  
 Frank & Marie Agnes Stephens  
 Sandra Stewart  
 Barry Stockie  
 William Turner  
 Irma Vogel  
 Trudy Washburn  
 Gordon Wozniak  
 Ron Yourd  
 Allan Zalkin

**Guests:**

Paul Williams, Speaker - Elisabeth Roth guest  
 Terri Hall, Bayhealth Representative  
 Eileen Montano, Worker Health Protection Program Rep

**Raffle Winners:**

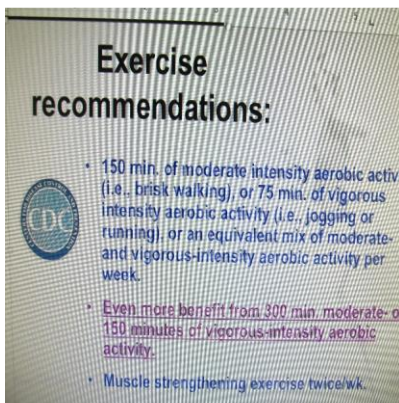
Kay Bristol, Paul Banchemo,  
 Don Grether, and Doug McWilliams



Fragiadakis, Williams, Grondona, Stauffer



LaPierre, Jared, Rondeau, Katz, Zalkin



Something to think about



Dr. Williams and luncheon guests

**LBNL and THE BERKELEY SOLANO STROLL  
SEPTEMBER 13, 2015  
Vicky Jared, EX-Ls Activities Coordinator**

LBNL participated in the Solano Stroll held on September 13, 2015, in Berkeley. The Laboratory's Government and Community Relations Office under the direction of LBNL's Armando Viramontes, hosted the booth and had a large turnout of Laboratory volunteers to talk with those strolling by. 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. Staff from the Physical Sciences Division and the Joint Bioenergy Institute hosted a DIY fermentation project to help explain the process of creating biofuels. EX-Ls' Vicky and Richard Jared volunteered to answer questions about the Lab and hand out literature. You can view more photos of the event on the EX-Ls' Picasaweb Photo Page at: <http://picasaweb.google.com/EXLpics>



**EX-Ls PHOTO VIEWING**

If you are interested in looking at more photos can be viewed  
our Picasa web page: <http://picasaweb.google.com/exlpics>.

## THE 38TH ANNUAL RUNAROUND

The 38th Annual **Runaround** — Berkeley Lab’s hilly, 3-kilometer (1.86-mile) footrace — took place on Friday, October 16. The race started at the Fire House at noon and ended at the Cafeteria parking lot. *There was also an informal bike-around that started first.* All finishers received a free t-shirt, and a special lunch menu and music was provided. An estimated 700 runners, walkers and a few bicyclists participated in the race.

EX-Ls was invited to join the event, and our booth was set up near the finish line (good viewing). Connie Grondona, Patti Powers-Risius and Richard and Vicky Jared represented EX-Ls. Brochures were given to a few of those who were considering retirement and who may be interested in joining EX-Ls. Connie brought “tangerine/cuties” and “energy bars” to give to the runaround participants, and they were a big hit with everyone.

Steve Derenzo, (2015 Runaround Planning Committee), came by to visit, and Tom Budinger headed up the time keepers/recording team at the finish line. It was good to see them both. A few other former coworkers came by to say hello.

Photos of the event can be seen on our Picasa photo web site: <http://picasaweb.google.com/exlpics>.



**WHERE HAVE YOU BEEN?**

**SHARE YOUR TRAVEL ADVENTURES**

**Submit your articles to:**

**lbnl-exls@lbl.gov**



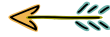
# EX-Ls Luncheon

**Date:** Thursday, November 19, 2015

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

**Time:** Doors Open at 11:30 AM - Lunch Served about 12:00

**LOCATION:** HS Lordships Restaurant



**TIME:** 11:30 AM - Lunch Served at 12:00 (or there about)

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

**No Host Bar Service:** located in banquet room

**LUNCHEON SPEAKER:** Nan Zhou, Staff Scientist and Deputy Director of the LBNL China Energy Group and Director of the U.S./China Clean Energy Center – Building Energy Efficiency.

**TOPIC: China and Energy: China's Low Carbon Development – Transforming Buildings and Built Environment.** Dr. Zhou will discuss the group's collaboration with China and elsewhere to understand the dynamics of energy use, improve energy efficiency, and reduce emissions in China, strengthen Chinese capabilities in energy efficiency, and enhance relationships on energy efficiency among Chinese, U.S., and international institutions.

**MENU: First Course:** Classic Caesar Salad, Sliced Seasonal Fruit, dinner rolls and butter.

**Entrée:** Baked Herb Chicken, Sliced Tri Tip Roast, Mashed Potatoes and Fresh Seasonal Vegetables

**Desserts:** Assorted Desserts, Coffee, Tea, Decaf and Iced Tea

**Cost: \$30 per person (prepaid)**

**Reservations:** Computer access to the LBNL/EX-Ls Web page (<http://retirement.berkeley.edu/ex-ls>) will also give you the lunch form. Vicky must receive your reservation by Saturday, November 14. Please mail form to Vicky Jared, 4849 John Muir Road, Martinez, CA 94553. Call (925) 228-2145 - or email to: [jaredrv01@aol.com](mailto:jaredrv01@aol.com) if you want to sign up or have questions.

See you at the **November 19 luncheon at HS Lordships Restaurant**. Be sure to make reservations by Sat., **Nov. 14, 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? \_\_\_\_\_