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

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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

PAST PRESIDENTS

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

EX-Ls Honorary Life Members
Shirley Ashley Ingeborg Henle
Bud Larsh Patrick Cullinane

WELCOME NEW MEMBERS THIS QUARTER
Jim Krupnick R.P. Singh
Jorgan Randrup Fred Schlacher
Eugene Veklerov Howard Matis
Fred Crenshaw Alan Biocca

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 Perseverence 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 2015
Robert Mortiboy Franklin Choy
Abe Glicksman Andrew Sessler
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 19th. The Board has approved the 2016 slate as follows:

New officers are:
- President: Cheryl Fragiadakis
  - 1st Vice President and Chair of the Luncheon Speaker Committee: Lee Schroeder
  - 2nd 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

**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 19th 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

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 assists 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

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 m² 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.
Guests:
Paul Williams, Speaker - Elisabeth Roth guest
Terri Hall, Bayhealth Representative
Eileen Montano, Worker Health Protection Program Rep

Raffle Winners:
Kay Bristol, Paul Banchero, Don Grether, and Doug McWilliams

Something to think about

Dr. Williams and luncheon guests
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-Risisus 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: lbni-exls@lbl.gov
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 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

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? ___________

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