



Spring 2012

Volume 2

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EX-Ls EXPRESS – Spring 2012

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Editor: Louise Vogelsberg

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

EX-Ls BOARD OF DIRECTORS

President:	Joseph Jaklevic
1 st Vice President:	Trudy Forte
2 nd Vice President:	Bob Schmieder
Secretary:	Karen Springsteen
Treasurer/Membership:	Suzanne Stroh
Activities:	Vicky Jared
LBNL Liaison:	Armando Viramontes
CUCRA/AROHE Representative:	Janis Dairiki
UCBRC Policy Board:	Richard Sexto Don Grether
UCBRC Liaison:	Patrick Cullinane
Editor EX-Ls EXPRESS:	Louise Vogelsberg
Webmaster – www.lbl.gov/EX-Ls	Richard Baker

CALENDAR OF BOARD MEETINGS & LUNCHEONS:

<u>Board:</u>	<u>Luncheons:</u>
January 12, 2012	February 16, 2012
April 12, 2012	May 17, 2012
July 12, 2012	August 16, 2012
October 11, 2012	November 15, 2012

Board Meetings start at **3:00** on the dates listed above, usually in 54-130B (that's in the conference room addition to Perseverance Hall at 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:

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Albany, CA 94706

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

Photo Czar: Ned Dairiki

Website: www.lbl.gov/EX-Ls

Webmaster: Richard Baker (xrobaker@comcast.net)

MEMBERS WITH NO CURRENT ADDRESS

Tom Elioff

Elliott Hewit

MEMBERS DECEASED IN 2012

Elaine G “Kay” Lucas
Douglas Drummond
Don Coyle
Gerry West

PAST PRESIDENTS:

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 IN 2012

Larry Morrison
Jeri Edgar
Rita Tidwell

EX-Ls Honorary Life Members

Shirley Ashley	Inge Henle
Esther Colwell	Bud Larsh

PRESIDENT'S MESSAGE

JOSEPH JAKLEVIC

As anticipated it is turning out to be an active 30th anniversary year for the Ex-Ls. The challenges and opportunities we are facing were reflected in the lively discussions that took place at the most recent Board of Director's meeting on April 12th.

Progress is being made with respect to the issues raised in the last president's message. In addition to proposing the usual minor language tweaks, the By-Laws Committee has presented some interesting modifications to the organizational structure that should enhance our ability to meet our stated goals to provide social connections among LBNL retirees and to maintain effective communication with the Laboratory. These changes will be elaborated upon in greater detail as they are worked out in time for membership review and approval in November.

Many of the ideas about the future direction of the Ex-Ls are being formed by the insights provided by analysis of last year's retiree survey. Janis Dairiki and members of her committee are actively engaged in summarizing these results for presentation to the membership and other interested parties in the near future. It has been a challenging job to develop a succinct narrative that captures the essence of the diverse feelings and opinions expressed by the LBNL retirement community. My overall impression is that, in general, LBNL retirees are busy, comfortable, and enjoying themselves in a variety of pursuits. Of course there are some outliers. Some responses even offered generous praise for the efforts of the Ex-Ls organization.

Some of you will recall that we also conducted an informal survey as a part of the last luncheon to solicit opinions from the membership regarding the newsletter content. It was reassuring to learn that most interest was focused on receiving news about the activities of other Ex-Ls retirees and reports concerning recent events at the Laboratory. Two items which we try hard to accommodate. (Don Grether has prepared a brief summary of existing resources with which to track developments at the Lab. It is elsewhere in this newsletter.) Other topics of potential interest included travel reports by members and descriptions of positive experiences at nearby venues and events that might be recommended to other members. I would like to remind members that we rely on you to do the reporting and

sharing of those items you find newsworthy. If you think you or a friend has done anything recently that might be of potential interest to a broader audience, take the time to send us a note or short article. Photos are also welcome.

It has been two newsletter editions ago that we opted for e-mail as the default method of delivery. Some have expressed a preference for continuing to receive NL in mail. That is an option you must exercise by notifying the editor, Louise Vogelsberg. In related news, in case you haven't noticed, our webmaster, Richard Baker, has recently created a new e-mail identity for messages sent from the Ex-Ls. As of the January newsletter, the sender of these messages is identified in your inbox as "LBNL EX-Ls". This should make it easier to distinguish important correspondence from background noise.

I have previously pointed out that this is the year in which the Lab will renew its contract with the UC Berkeley Retirement Center (UCBRC). These negotiations are proceeding toward completion and we can expect a continuation of the close working relationship we have with UCBRC together with LBNL retiree access to its services. This is the 15th anniversary of the Center and there are a number of interesting commemorative events planned. These are described in Patrick Cullinane's article in the current Ex-Ls newsletter. As always Ex-Ls members are encouraged to visit the UCBRC website at <http://thecenter.berkeley.edu> for information about these and other retiree opportunities and services.

Planning for our own Ex-Ls 30th anniversary celebration continues after a major setback. Don Grether has reluctantly been forced to resign as chair of the planning committee in order to focus his efforts on recovering from recent surgery. We wish him well and hope he returns to action soon. Vicky Jared has stepped in to continue the planning efforts. At minimum we would like to publish a special edition of the Ex-Ls Express recounting our recent history and including some commemorative features such as photos, recollections by members, etc. There is also the possibility of a special social event in addition to our normal luncheon. Those with suggestions regarding other commemorative activities or wishing to help Vicky in these daunting tasks should contact her (continued on page 4)

PRESIDENT'S MESSAGE (continued from page 3)

or any of the other Ex-Ls officers.

There are also several upcoming events concerning which members should be reminded. The Ex-Ls will have a booth at the upcoming Wellness Fair (see attached article) and are planning to participate in the annual Lab Open House in October. Last year's open house was an outstanding success and an enjoyable experience for those of us who attended. It turns out to be an important opportunity to showcase the Ex-Ls to future retirees and Lab management. We also are in continuing discussions with the (continued on page 4) Lab concerning a possible retiree reception for LBNL employees.

A significant event which will seriously impact future Ex-Ls' operations is the impending resignation of Suzanne Stroh as our Treasurer and Membership Coordinator. She advised me of her intentions prior to the recent Board meeting. Suzanne has asked that her resignation be effective at the end of her current term of office.

Suzanne has served in these dual roles for the past five years and has decided that it is time for her to "re-retire" in order to pursue other interests. She will remain active as a member of the Ex-Ls Board of Directors where her experience will be greatly valued. Her efforts over her tenure have been invaluable to the functioning of the Ex-Ls. In her role as Treasurer, Suzanne is responsible for the collection and disbursement of Ex-Ls operating funds. As Membership Coordinator, she is the contact person for the association who welcomes new members, keeps track of the current membership, and is often the first person contacted with questions about the association.

Obviously it will be necessary for us to recruit a replacement for Suzanne either with a pair of volunteers, one for each office, or with a single person willing to function in both, closely-related roles as she has done. Suzanne has agreed to be active in training her successor(s) and, as we have come to expect, has done a careful and complete job of organizing the administrative system to provide efficient operation for anyone taking over. I encourage any of our members who might be interested in becoming more involved with the Ex-Ls to contact Suzanne, me or anyone of the board for further details.

The year continues to look challenging and eventful for all of us.

Keep in touch with the Lab and Campus

- the Easy Way

by Don Grether

The Lab

The Lab's home page at lbl.gov always has interesting photos and articles about what is going on at the Lab, and one can click on [Today at Berkeley Lab](#) for a daily update. However, many of us (the author included) rarely think to take the initiative.

There is a way to receive news about the Lab from time to time via email, particularly in advance of Science at the Theater, well attended presentations by Lab scientists at the Berkeley Repertory Theatre. The way to receive the emails is to become a [Friend of Berkeley Lab](#). It's free, and signing up is easy. You can go to F on the A-Z Index at the Lab's home page (lbl.gov), or directly to lbl.gov/LBL-PID/fobl.

Campus

Many of us may remember the *Berkeleyan*, a print newsletter that came out every two weeks (as I recall) during the academic year and was filled with all sorts of information about the campus. The *Berkeleyan* was a victim of budget cuts and the final issue covered highlights of its 24-year run.

The *Berkeleyan* was reborn as an inevitable electronic version, sent by email to subscribers weekly. To subscribe click on this link and fill out the subscription: <http://e-news.berkeley.edu/>

SUMMARY OF TALK AT THE FEBRUARY 16, 201 LUNCHEON

**SPEAKER: Robert Ryan, Senior Scientist
Children's Hospital Oakland Research Center**

TITLE: Biological Nanoparticles for Drug Delivery: From Bench to Bedside

There is a tremendous interest in the medical field for the development of nano-sized particles (a billionth of a meter) for the targeted delivery of drugs to cells. Why nano-particles? They can be readily delivered by intravenous injection or inhalation and once in the blood stream can easily access the region between cells making it easy for the drug to reach its target cell. In his luncheon presentation, Dr. Ryan discussed the approach of using a biologically relevant protein for constructing nano-particles that can deliver lipophilic drugs (not soluble in water or aqueous fluid) to cells. Many drugs are lipophilic and present a challenge on how best to solubilize them for intravenous delivery.

Much of Dr. Ryan's career was spent on the study of lipoproteins. These molecules in the bloodstream are transporters of fat (lipid) that provide energy for cell activities. Some, like low density lipoproteins (LDL), which are the major transporters of cholesterol, are a marker for risk of heart disease. On the other hand, high density lipoproteins (HDL) protect against heart disease by removing excess cholesterol from the artery wall and returning it to the liver for disposal. In thinking about HDL's role in transporting lipids such as cholesterol, Dr. Ryan speculated that the protein associated with HDL can potentially be used to make nano-sized artificial HDL particles that could transport lipid-loving drugs instead of cholesterol. The idea was that, by using a biological protein found in the blood stream, there would be little or no toxicity from the protein since it is recognized by the body. The protein he used for subsequent work is called apolipoprotein A-I (apoA-I); it is the primary protein on HDL circulating in our bodies.

To construct the nano-sized HDL, apoA-I was reconstituted with phospholipid, a lipid found on the surface of lipoproteins. When apoA-I and phospholipids were added to a test tube, the apoA-I associated with the phospholipids and turned the turbid lipid suspension into a clear liquid. Electron microscopy of the particles formed in the test tube showed that they were discoidal in shape and nano-scale in size. Dr. Ryan dubbed these particles "Nanodisks". The apoA-I surrounds the edge of the disk and stabilizes the particle. Dr. Ryan further theorized that the nanodisks, because they are stable in aqueous medium and contain lipids, should be able to incorporate and transport lipophilic drugs for therapeutic purposes.

Amphotericin B (AMB) is an antifungal drug that is very lipophilic and difficult to formulate so that it is soluble

in water. This drug is very toxic so formulation of a transporter that can more efficiently deliver the drug with less toxic side effects would be very beneficial to a large group of patients. Fungal infections are an ever present problem for immune compromised patients such as those undergoing chemotherapy and those with AIDS. An estimated 9 million people are considered "at risk" for life threatening fungal infections. AMB kills fungal cells by binding to a cholesterol-like molecule called, ergosterol, in the fungal membrane causing the formation of holes in the fungal membranes which result in leakage of important cell constituents and ultimately fungal death. Dr. Ryan introduced AMB into the test tube along with phospholipids and apoA-I and discovered that the newly formed Nanodisks incorporated a large charge of drug. He tested whether this formulation was better at killing fungal cells than leading commercially available drugs. Nanodisks with AMB were up to ten-fold more efficient in causing inhibition of fungal growth than commercial drugs. Eureka! The Nanodisk strategy has promise! Presently studies are being carried out in mice infected with pathogenic fungi to determine whether Nanodisks with AMB are a better drug delivery mechanism than existing AMB formulations. The mouse studies are very encouraging showing that AMB Nanodisks are more efficacious (required lower concentration of drug) in eradicating systemic fungus than existing drugs and are also less toxic to the liver and kidneys.

Dr. Ryan showed the potential power of Nanodisk technology in the area of targeted delivery of lipophilic anti-cancer drugs to tumor cells. Targeted delivery means that a specific protein can be identified on the surface of the tumor and the drug can be targeted to it-much like a zip code will direct mail to a specific area. Chemotherapeutic drugs are highly toxic to cells and generally do not discriminate between normal cells and tumor cells. By targeting drugs to the tumor cells the non-tumor cells are spared and general toxicity is low. Dr. Ryan discussed targeted delivery of a lipophilic drug called ATRA (all-trans retinoic acid) to mantle cell lymphoma (MCL). This is a B-cell lymphoma found mainly in men over the age of 60 years and has a poor prognosis. Median survival is ~ 3-4 years. Presently the cancer is treated with a combination of chemotherapeutic agents that are highly cytotoxic and non-discriminating. An antibody called Rituxan is also used therapeutically. This antibody binds to a specific protein termed CD20 on the surface of B-cells and has (continued on page 6)

DR. RYAN (continued from page 5)

shown some success in treating MCL but patients frequently become resistant to this treatment.

Dr. Ryan explored the possibility that the CD20 “zip code” could be used in conjunction with Nanodisks loaded with ATRA to target the drug to MCL cells. A protein was developed that was made up of a small fragment of antibody that recognizes CD20 linked to apoA-I. The anti-CD20 portion should recognize the CD20 target protein while the apoA-I portion stabilizes the Nanodisk containing ATRA. Dr. Ryan showed a great photo where antiCD20-apoA-I fusion protein Nanodisks bind specifically to CD20 positive MCL cells but did not recognize CD20 negative cells. This novel Nanodisk has the ability to target MCL cells and recent studies indicate that by so-doing kills the cancerous cells grown in culture flasks.

Nanodisk technology developed at the lab bench may ultimately be used at the bedside.

LAB NEWS

Save the Date: Open House 2012

Mark your calendar: the Lab's annual Open House will take place on Saturday, October 13. Registration will be required as capacity is limited, but members of the Friends of Berkeley Lab will receive early notification when registration opens.

About Berkeley Lab

From the infinite scale of the universe, to the infinitesimal scale of sub-atomic particles, Berkeley Lab researchers are addressing national and global challenges and advancing the scope of human knowledge through an array of scientific programs, partnerships and proposals. The Laboratory is managed by the University of California for the U.S. Department of Energy. Among its missions, the Lab commits itself to improve science education in schools and to increase public understanding of science through outreach and service.

Visit the Berkeley Lab home page.

Visit the Friends of Berkeley Lab home page.

A Word On Synthetic Biology

A recent spate of news stories and opinion pieces by opponents of synthetic biology has renewed attention on the safety of a scientific process by which helpful microorganisms are being engineered to do everything from treating malaria to producing biofuels that can replace gasoline, diesel and jet fuel. Berkeley Lab scientists at the Joint BioEnergy Institute (JBEI) in

Emeryville are dedicated to developing the next generation of biofuels. And the Lab is committed to ensuring that the public is fully informed about the synthetic biology research now under way at Berkeley Lab, including the fact that the Lab meets or exceeds all state and federal safety standards.

To understand more about synthetic biology at Berkeley Lab, go [here](#). Please stay tuned for further information on this topic. If you have other questions, concerns or suggestions, please contact communications@lbl.gov.

SECOND CAMPUS UPDATE

Armando Viramontes

The Lab announced in January that it has identified the Richmond Field Station as its preferred site for the proposed consolidation of the biosciences programs (JBEI, JGI and Potter Street) currently located throughout the East Bay. The University of California-owned Richmond Field Station site presents the best opportunity to solve the Lab's pressing space problems while allowing for long term growth and maintaining the 80 year tradition of close cooperation with the UC Berkeley Campus. With this identification of a preferred site, the University will now move ahead with developing environmental impact studies and with the process of seeking final approval from the US Department of Energy for the project. The Lab will continue engaging in community relations in Richmond over the coming months. A website with updates on the Second Campus can be found at <http://www.lbl.gov/Community/second-campus/index.html>

Final analysis of the survey data, summarizing the many thoughtful comments, and drafting the final report are in progress. The results certainly document that most LBNL retirees are enjoying retirement; they were well prepared for retirement and are enjoying reasonable health and financial security. They are leading busy, productive and satisfying lives, making continuing contributions to the Lab and UC, making significant contributions to their communities, and are taking advantage of educational and self-enhancement opportunities. One specific benefit of the survey can already be seen. The UCB Retirement Center (UCBRC) now sponsors a caregiver support group with monthly meetings facilitated by a clinical social worker from the Elder Care program on campus. This was initiated due, in part, to the LBNL survey in which 74 respondents (out of 425) reported that they were either giving care to a family member(s) or receiving such care. To whet your appetite for the final report, I'll include here the tabulated comments to two general questions on the survey. I think you'll find the comments interesting.

Question 45: What surprised you most about life in retirement?

<u>Number of Responses</u>	<u>Comment Category</u>
98	How busy I am; how little time there is
41	How enjoyable it is; how rewarding it is
19	No surprises
15	The freedom to do whatever you want at any time
15	Easy transition to retirement
14	Medical issues; death of spouse
11	Not really retired, still working
8	More expensive than budgeted; drastic effects of the recession
6	Less expensive than expected.
8	Variety of activities that beckon
6	Opportunity to work more effectively as a professional
5	Miss working relationships; want to keep in touch with scientific community
4	Hard adjustment; hard to slow down
5	Shrinking world, need for stimulation, easily bored
4	Need for structure in life, long-term view
3	Less stress, more exercise, healthier
<u>22</u>	Other
284	Total responses

Question 46: Additional (General) Comments

<u>Number of Responses</u>	<u>Comment Category</u>
15	Proud of/grateful for LBNL and retirement benefits
13	Appreciate EX-Ls and the survey
7	How enjoyable and enriching retirement is
6	Need to keep one's mind stimulated/challenged; stay active and productive
6	Comments regarding/in appreciation of UCBRC (see below)
5	Enjoy contacts with Lab, co-workers, and scientific outreach programs
4	Giving back to the community is important
3	Should have worked longer; not really retired
2	Lab should take better advantage of retiree's skills
<u>20</u>	Other
81	Total Responses

Comments to Q46 concerning UCBRC (UCB Retirement Center)

1. Receiving the Retirement Center emails and newsletter keep me in touch, even though I don't seem to be utilizing the services that much, it's important to know what's going on. Thank you, I appreciate everything you are doing.
2. I neglected to mention, for a previous question, that I'd like to take some classes that are hard to find locally, and which could be organized for retirees, possibly BY retirees. One thing I'd like to learn is welding and brazing.
3. Where do we move to when the house is too big and my desire to keep up the garden wanes? If UC/LBNL had a retirement community, I'd probably move there in a heartbeat. My husband and I love the East Bay and can't see ourselves moving away from friends and connections we cherish. Any plans?
4. I plan to look into the audit course program. There was recently a Fidelity walk-in at the Retirement Center. I had made a mental note of it. An email reminder arrived at 8 am, "on the day of the 9:00-noon event," but I had checked my email at 7 am so I missed the event. I would suggest that email-reminders be sent the day/evening before.
5. Would like more lectures/lecture series – especially in the non-sciences. Would like financial planning at a more sophisticated, higher wealth level. Would like advanced computer use classes.
6. UC Retirement Center has been one of the two or three best things for me in retirement. I hope LBNL keeps its connection with the UC Retirement Center.

Topic: Alzheimer's disease (AD) is an increasingly important factor for our aging population where experts estimate that 5.1 million Americans have AD. Unless AD can be treated or prevented, the number of people with the disease will increase dramatically since the disease is age related and the U.S. population is aging. The number of afflicted people is expected to double for every 5 year interval after age 65. Extensive research into its causes and possible prevention or cure are currently underway. Among the many hypotheses regarding its causes are the accumulation of plaques in the brain made up of aggregates of a protein known as amyloid beta ($A\beta$) and/or the accumulation of protein tangles in neuronal cells, the protein in this case is known as tau protein. The accumulation of either of these proteins in the brain can lead to cognitive dysfunction. The amyloid hypothesis of Alzheimer's disease continues to be the leading, although controversial, theory of disease causation. This hypothesis holds that deposition of $A\beta$ initiates a chain of events that leads to neurodegeneration, loss of neuronal cells in the brain and ultimately dementia. We can now evaluate many aspects of this hypothesis through the use of in vivo imaging with amyloid-PET which measures metabolic activity, or lack of it, in the brain thus providing information on localization and extent of $A\beta$ plaque formation. This talk will examine how amyloid-PET imaging has informed our thinking about AD by exploring several specific questions. The first is an examination of normal aging, asking whether healthy older people with evidence of substantial $A\beta$ deposition are destined to develop AD and if not, how is it avoided? A second question involves an examination of how amyloid imaging has changed our conceptualization of the cause and progression of AD. Finally, the talk will explore how these insights are useful for developing therapeutic approaches to AD.

Biosketch:

Dr. Jagust received his bachelor's degree from Reed College in Portland, OR. He received his M.D. degree from State University of New York at Stony Brook School of Medicine (1978). Dr. Jagust carried out a residency in Neurology at Boston University Affiliated Hospitals after which he joined Dr. Thomas Budinger's Lab at LBNL as a postdoctoral fellow in Functional

Imaging (1983-1986):

In 1987 he became an Associate Faculty Medical Scientist at the Center for Functional Imaging at LBNL while holding a faculty position at UC Davis. He was Director of the Alzheimer's Disease Center at UC Davis from 1991 – 2004 and was Chair of the Department of Neurology at UCD from 1998-2004. In 2004 he joined the School of Public Health and Neuroscience UC Berkeley where he is currently Professor and Head of the Division of Community Health and Human Development. He continues his association with LBNL as Faculty Senior Scientist.

REMEMBER TO

SIGN UP FOR THE

MAY LUNCHEON

(SEE FLYER ON PAGE 11)

Retirement Center Update

In its 15th year of service, the UC Berkeley Retirement Center and the retiree associations strive to transform retirement by focusing on programs and services that contribute to the well-being and creativity of our retired faculty and staff and that support the UC community. Thanks to the Lawrence Berkeley National Laboratory’s contract with the Center for services to Lab retirees, we can offer meaningful and useful programs and services for Lab retirees.

“Passion and Purpose: Transforming Retirement” -- Retiree Conference – May 24,

The conference is designed to offer retirees advice and resources on important aspects of the “retirement” phase of life. Professor Robert B. Reich, the Chancellor’s Professor of Public Policy at the Goldman School of Public Policy, will provide a special keynote address, “The Baby Boom Bomb.” Professor Arthur P. Shimamura, Department of Psychology will present a plenary session on “Human Memory, Aging and the Brain or Where Did I Put Those Keys?” In addition to two plenary sessions, there will be workshops on financial and legal planning, health, volunteer/employment opportunities, lifelong learning, and the journey of aging. *Watch your mail for a registration packet arriving soon. Space is limited for the conference so timely registrations are encouraged.*

15th Anniversary

On October 11 of this year, the Center will celebrate its 15th year of service to retirees with a reception, dinner and an address by Stanley Pruisner, MD, Professor of Neurology at UCSF and Nobel Laureate on the latest advances in aging research and the implications for daily living. President Yudof and Chancellor Birgeneau have added their names to the Honorary Committee for the event. Retired faculty, staff and Center staff have formed a committee to plan this event. More information will be forthcoming this summer.

Annual Summer Picnic

After a successful launch last summer with over 100 retirees, the Center will again host a summer picnic for retirees, partners and friends in Tilden Park. Good food raffles and prizes, music and games will highlight the

afternoon get together. The tentative date is Thursday, July 26. Mark your calendar now. More information will be in the Center’s summer newsletter which you will receive in early June.

Summer Series for Caregivers

In collaboration with campus Elder Care program, four caregiver sessions will be offered this summer: Caregiver Challenges sessions 1&2 on July 11th and 18th, Caregiver Stress on July 25th, and Caregiver Grief on Aug. 1st. register for these free sessions by calling 510-643-7754 and identify you as a retiree.

Fidelity Investment Drop-In Sessions:

**Tuesday, June 12, 9:00 am to Noon, and
Thursday, July 19, 1 pm-4 pm.**

Stop by the Retirement Center, 1925 Walnut Street, and ask a Fidelity Retirement Services counselor general questions about the UC Retirement Savings Program. Registration not required.

Fidelity Building a Portfolio for Any Weather: Tuesday, June 26, 2:30 pm-4:00 pm.

This class explains the role of asset allocation and diversification when you are choosing investments for your UC Retirement Savings Program accounts. After the class, you should be able to recognize the characteristics of the three asset classes, identify an appropriate target asset mix based on your situation, and understand how and when to adjust your mix, and help you stay informed about the factors affecting recent market performance. Advance registration required; contact ucbrc@berkeley.edu or 510-642-5461 to register.

Cal Connections and Retiree ID card:

Take advantage of the numerous discounts with Cal programs and services with your retiree ID card. -- <http://thecenter.berkeley.edu/connect.shtml#id>. The free ID card can be obtained from the Center in person or by phone, mail or email.

You are always welcome in our offices. We are conveniently located at 1925 Walnut in Berkeley.

Be well!

Patrick Cullinane, Director
UCB Retirement Center



**LAWRENCE BERKELEY NATIONAL LABORATORY
HEALTH CARE FACILITATOR (HCF) PROGRAM
INVITES YOU TO ATTEND ...**

WHAT: **8th Annual Wellness Fair**

WHEN: **Thursday, June 7th, 2012
11:30 a.m. – 1:30 p.m.**

WHERE: **Building 54, Cafeteria Lawn Area**

The HCF Program is designed to expand health plan customer service to members who are experiencing difficulty dealing with their health care providers in the areas of care access, administrative, benefits coverage, and consumer education issues. The purpose of the Wellness Fair is to bring health care representatives and other organizations on-site so employees can pick up information or discuss health plans. Also, various LBNL clubs (who promote exercise and dance activities) are represented to encourage employees and retirees to join their group. EX-Ls and UCBRC will again have a booth at this year's event.

Some of the health care companies and other vendors represented will be: Delta Dental, Health Net, Kaiser, Care Services, United Behavioral Health, Liberty Mutual, Fidelity, Patelco, Prudential, California Causality and Costco.

For more about the Lab's Health Care Facilitator Program go to: lbl.gov/Workplace/HumanResources/html/Benefits/HCF/

Last year's event photos can be seen on our photo web site: <http://picasaweb.com/EXLpics>.

EX-Ls 02-16-12 Lunch Attendees – Spenger's Fish Grotto

Ted Akulian	Polly Fleischer	John and Barbara Lax	Lionel Schour
Richard Baker	Trudy Forte	Rita Mclean	Esther Schroeder
Winifred Baker	Donald and Jean Foster	Doug McWilliams	Starr Schulman
Paul Banchemo	Regine Goth-Goldstein	Bob Miller	Andy Sessler
Tom and Marcia Beales	Donald and Becky Grether	Ken Mirk	Rich Sextro
Edward and Mildred Bennett	Connie Grondona	Marty Morimoto	Brenda Shank
Gene and Myrna Binnall	James Haley	Robert Mortibo	Ben Shuey
Igor Blake	Jun Hamamoto	Rolf Muller	Betsy Smith
Kay Bristol	Thomas Henderson	Torleif Myhrer	Karen Springsteen
Jerry Bucher	Annette Hoye	Fred Perry	Frank and Agnes Stephens
Eleanor Dahl	Joe Jaklevic	Terry Powell	Dave and Sally Stevens
Diane D'Aoust	Vicky Jared	Patti Powers-Risius	Suzanne Stroh
Janis and Ned Dairiki	Kathy Jarrett	Paul Salz	Irma Vogel
Andy DuBois	Matt Kotowski	Summer Scanlan	Louise Vogelsberg
Tom and Ione Elioff	Richard LaPierre	Robert Schmieder	Ron Yourd
			Guest Speaker: Robert Ryan

Raffle Winners: Jun Hamamoto, Betsy Smith and Marie-Agnes Stephens

EX-Ls Luncheon

Date: Thursday, May 17, 2012

Where: Berkeley Yacht Club, #1 Seawall Drive, Berkeley ← ← ← ←

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

Bar Service: Opens at 11:30

Speaker: William Jagust, M.D., UC Berkeley Professor and LBNL Faculty Senior Scientist.

Title: : Amyloid, Aging and Alzheimer's Disease.

Topic: Dr. Jaquist will describe recent developments in in the application of *in vivo* imaging to the understanding of Alzheimer's (See newsletter article for full details)

Biosketch: (See newsletter article for full details)

Catering Service: R & J Catering, Hayward, CA

Menu: Tossed Garden Salad (family style), hot rolls and butter will be served at the tables along with coffee and water. Hot tea is available on a side table.

Entrees: BBQ Chicken Southwest style, Turgeon's Beef Tri Tip With a special house sauce, Vegetarian pasta, Au gratin potato and Zucchini with mushrooms.

Desserts: Cakes

Cost: \$25 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 Jared must receive your reservation by Monday, May 14. The form should be mailed to Vicky Jared, 4849 John Muir Road, Martinez, CA 94553. Please call or email Vicky (925) 228-2145 - jaredrv01@aol.com if you want to sign up or have questions.

See you at BERKELEY YACHT CLUB for the May 17 luncheon. Be sure to make reservations by Monday, May 14, 2012. Mail To: Vicky Jared, 4849 John Muir Road, Martinez, CA 94553

From _____

I Plan to attend the EX-Ls Luncheon Yes_____ No_____ \$25 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: _____