

EX-Ls EX-PRESS

Volume 20 Number 2 SUMMER 2002

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The EX-Ls Board of Directors and members gratefully acknowledge the
Lawrence Berkeley National Laboratory Administration
for their continuing support.

PRESIDENT'S MESSAGE

Bob Birge

Good News! The Lab has made it possible for retirees from the Lab to participate in all of the activities of the UCB Campus Retirement Center. This was made possible by the work of Richard Takahashi of Human Resources and Sally Benson, new head of Facilities, working with Shelley Glazer of the Retirement Center. Money to facilitate this has been approved by the Lab Administration for a one year pilot try. One of the more interesting activities put on by the Retirement Center is their "Learning In Retirement" program, whereby Professors in various subjects give lectures, either one hour or sometimes several lectures over several days on current research or other interesting subjects. The Center also provides administrative support for the two campus retirement groups, the Retirement Association at Berkeley for staff, (UCRAB), and the UC Berkeley Emeriti group for Faculty. Each of these groups organizes activities of its own. The Center policies are overseen by a Policy Board, of about 10 members, including representatives from the Presidents and Regents Retirees' Association, UCB's two retirement associations, the Academic Senate Committee on University-Emeriti Relations, the Chancellor's office, a number of at-large members, and now me from the EX-Ls. I attended the meeting on May 8th for the first time.

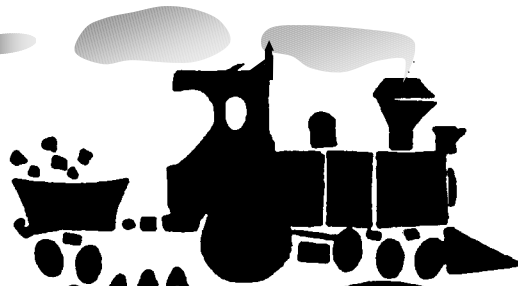
Shelley Glazer, Richard Takahashi, Dave Stevens, & Bob Birge, from left, discussing the relationship between the EX-Ls and the UC Campus Retirement Center. More pictures can be viewed at the Lab's photo site:
http://www-library.lbl.gov/teid/tmPhoto/clients/26932_kolb/index.html



Ex-Ls now have access to the UC Berkeley Retirement Center

By now you all should have received your first issue of *Center Piece*, the Retirement Center's quarterly newsletter as well as a letter from LBNL Benefits Manager Richard Takahashi announcing the program and providing a partial list of services available. To take advantage of some of these services, it is necessary to obtain a Retirement Center ID Card, which can be obtained from the Center (2 Boalt Hall #7200, Berkeley CA 94720-7200). (Your LBNL Retiree's badge will NOT serve as a substitute for the Center ID.) If you did not receive either the *Center Piece* or Mr. Takahashi's letter, please contact the Center or Richard directly. (The Center's address is given above; their phone number is 510-642-5461; e-mail is ucbrc@uclink4.berkeley.edu; Richard Takahashi's access points are RKTakahashi@LBL.gov, 510-486-7285, Lab Mailstop 967-0600.)

EX·LS Ex·press



2002 Summer Lunch

- Date:** Thursday, August 15, 2002
- Where:** Spenger's Fresh Fish grotto
1919 Fourth St.
Berkeley
- Time:** No-host Bar: 11:30 AM
Lunch Served: 12:00 Noon
- Speaker:** Linda Schneider, Lawrence Hall of Science
- Subject:** Forces that shaped the Bay Area Roadshow
- Menu:** Bay Shrimp Louie Salad (with cup of chowder)
Parmesan Petrale Sole w/ Lemon Caper Butter (with dinner salad)
Flatiron Steak w/mushroom demi-glaze (with dinner salad)
- Cost:** \$18 per person (PREPAID)
- Reservations:** Payable to EX-Ls. Send to Inge Henle
820 Villa Lane #3
Moraga, CA 94556

Spenger's management policy makes it
absolutely imperative
that they receive reservations by August 9, 2002

(Reservation slip on last page)

From our May lunch

Reported by Bob Fulton, EX-Ls VP #1: The speaker for our May 16, 2002, luncheon was Mike Whiteside, CalTrans Supervising Bridge Engineer, who gave us a very informative and interesting talk on “The Bay Bridge East Span Replacement Project.” A graduate of UC Davis and a registered civil engineer, Mike has been with CalTrans for 13 years and is presently Acting Specifications, Estimates and Schedule Manager for the Bay Bridge East Span Replacement Project.

He reviewed all the projects involved in the seismic retrofit of the Bay Bridge and its approaches, and then focused on the east span, a completely new single tower suspension bridge and causeway that will replace the existing cantilever bridge going from the Oakland toll plaza to Yerba Buena Island. Presently in the early stages of construction on the north side of the present bridge, both directions of traffic on the new bridge will be at the same level, with the cables of the suspension structure between them. The new span will include a pedestrian and bicycle pathway along the south side of the eastbound roadway. (Unfortunately for bicycle commuters, however, there are no plans to add such a feature to the west span.) The official cost estimate for the complete Bay Bridge East Span Replacement Project is \$6.2 billion, with a seven year construction schedule.

Mike had all us old mechanical engineers excited with his talk of “shear panels” and “self-loading suspension structure” and “plastic deformation.” The only problem was that everything was dimensioned in the metric system. These CalTrans guys are very up-to-date.

He talked about the architectural issues in the design of the bridge and its accessories, demonstrating how many of the smaller components of the bridge echoed the form of the suspension tower. He also pointed out many of the problems of building a bridge onto Yerba Buena island with its historic structures, Coast Guard activities, and Willie Brown’s girlfriend’s dog. He spent some time describing how the new bridge would be tied into the existing tunnel through Yerba Buena island with as little disruption to traffic as possible. The present plan calls for working only six hours on weekend nights to complete the tie-ins. This adds as much as two years to the schedule compared to closing the bridge, for example, for two complete weekends.

Mike’s presentation had excellent visuals, with many computer-generated maps and images of the bridge structure, including a virtual trip across the span. You can get more information on this CalTrans project on the web at www.dot.ca.gov/dist4/eastspans/index.html.

From Roving Correspondent Shirley Ashley, EX-Ls Secretary: Virginia Cherniak was introduced - everyone was so glad to see her. She was a charter member of the EX-Ls, the first secretary, first newsletter production typist and in 1987 she served as President. She received an enthusiastic greeting from all in attendance and we are glad that member Bob Meuser persuaded Virginia to attend after such a long absence from these events. Other charter members introduced were Bill Bigelow (another early president), Elmer Kelly, and Frank Garnier. Frank was the first treasurer and served in that office until Bud Larsh took over in 1996. They also received a rousing cheer from the audience.

When Secretary Ashley circulated around the room trying to find out “what’s happening” to members she learned the following: Chet Cernac reported that he and his brother went to Arizona to attend the Giants Spring Training Camp - he said they had a super time. Ed Reioux had been surprised when he ran into an old friend who has not yet joined the ranks of the EX-Ls, Ann Fleming. She worked many years in the Director’s Office and is still at the Laboratory in another department. Don Blackman and his wife flew to their daughter’s wedding in New Hampshire and promised to send a report on the trip. Mrs. Victor Henri (Chris) said that Howard and Bettie Heath were not able to attend the luncheon as they are staying with their daughter in Newport Beach - probably for several more months. Howard is also a charter member who rarely misses the luncheons.

Jo Morris who sat at my table with her husband Bob commented that they have both enjoyed Bob Fulton’s informative descriptions of the presentations given by our speakers. Discussions at the round tables were lively and cozy due to the fact that this time the luncheon was held in the smaller room at Spenger’s and the seating arrangement (10 at each table instead of 8) was awkward. The waiters are to be complimented for getting in and out between tables to serve...it did not appear to be easy.

The folks lucky enough to win the three door prizes were Bill Gilbert, who chose a very mysterious box...when asked what he received he showed the handsomely wrapped package and replied “Think I’ll save it and put it under the Christmas tree”; Nylan Jeung who picked up the bottle of Kaluha; and Ken Mirk, who got the Irish Cream.

Luncheon Attendees:

Maxine Adams	Andy DuBois	Jo & Ed Lundberg
Al Amon	Bill & Wally Everette	John & Priscilla Magee
John Anderson	Polly & Ed Fleischer	Fritz & June Marg
Shirley Ashley	Bob Fulton	Bob Meuser
Bob Avery	Frank & Maxine Garnier	Bob Miller
Bill Baker	Bill Gilbert	Ken Mirk
Winnie Baker	Lee Glasgow	Vic & Nancy Montoya
Josephine Barrera	Jim Haley	Robert & Jo Morris
Tom Beales	Inge Henle	Bob Mortiboy
Bill Bigelow	Victor & Christine Henri	Charles Ogden
Gene & Myrna Binnall	Roger Hughes	Conway Peterson
Bob & Elizabeth Birge	Nylan Jeung	Terry Powell
Don & Yvonne Blackman	Robert & Barbara	Don Prestella
Igor Blake	Kaufmann	Ellie & Gwen Ralph
Thomas Bowen	Elmer & Elizabeth Kelly	Lou & Rita Reginato
Dick Burleigh	Al Kleven	Ed Reioux
Rod Byrns	Ralph Kujala	Clay Sealy
Chet Cernac	Bud Larsh	Ben Shuey
John & Ginnie Chin	Ted & Lynn Lauritzen	Elmer Silva
Winifred Corniea & guest	John & Barbara Lax	Dave Stevens
Gary Schleimer	Branko Leskovar	Marilyn Taylor
Per & Eleanor Dahl	Ken Lou	Fred Vogelsberg
Bill & Jean Dolter	Katherine Lucas	

Editor's Note

As many of you have heard, Tané and Shirley have passed the editorial reins along to me, and I hope to continue to provide an interesting and informative newsletter. This cannot be done without your help, and in this space I shall, from time to time, have some fairly specific requests. To begin with, I need your ideas about what you would like to see in the Ex-Press. The EX-Ls is a group of people who accomplished great things during their professional lives; surely not all have withdrawn into golf and tourism in their retirement. What else interests you? What would you like to read about? Who has taken up a second (or third) career that you'd like to tell us about? Who has hobbies that are a bit out of the ordinary? Who does volunteer work? Could you use more volunteers? Who reads books? What do you read? What do you recommend? Who writes books? As we saw in May, not all the interesting speakers are from the Lab...what other topics are you interested in? Have you suggestions about speakers? Please let me know what you would like to see in the Ex-Press or send me an article or an idea for one. E-mail is preferred (stevens@LMI.net) or snail-mail to Dave Stevens, 1107 Amador Ave, Berkeley, CA 94707, or even telephone (510-524-2904). Thanks—

dfs

Webmaster Needed

The Lab has graciously granted some space on their website in the “Our Workplace” section, but our pages are sadly out of date. We need someone bring our pages up-to-date and keep them current. If you are interested, please contact me at stevens@lmi.net.

dfs

Minimum Required Distributions

If you are like me, and have recently reached or are approaching “the year in which you become 70-and-a-half”, you may have found the process for dealing with Minimum Required Distributions (MRDs) from UC accounts to be somewhat less than a model of clarity. Using my own experience as a basis I have put together a starter list of questions and answers that I hope will save some of you from some of the frustrations I experienced. (The answers were supplied by Adrian Harris, UCLA Vice Chancellor - Planning, retired. He is currently a volunteer on financial matters and estate planning at the UCLA Emeriti/Retiree Relations Center.) If you have other questions, please pass them along to me (Dave Stevens, 1107 Amador Ave, Berkeley 94707 or stevens@LMI.net) and I will try to find answers and publish them in a future Ex-Press.

Q. Where can I find a schedule of the factors I should use to determine my MRD from each account?

A. The Office of the President (OP) should be providing that information to you. However, there has been a change in the IRS life expectancy tables, as of April 17 of this year, and OP will not use the new tables until next year, because of the amount of effort required to make the change. The latest info on IRAs and tax deferred accounts is available on the following website: www.ira-help.com, published by Ed Slott. Check it out; it is very informative and helpful.

Q. I understand that the MRD rule applies to each separate account. Which of the following are considered to be separate accounts: 403(b), Defined Contribution (DCA) pre-tax, DCA after tax?

A. There are some different rules which apply to such withdrawals, by type. For example, the balance in your 403(b) account as of the end of 1986 is not included in the computation until you reach the age of 75. Separate accounts would be: 403(b); DCA pre-tax; DCA after-tax; and IRAs.

Q. Are different funds within these accounts (e.g., Equity Fund, Savings Fund) considered to be separate accounts?

A: No; different funds within these accounts would not be considered to be separate accounts. The default is to take proportional withdrawals from each fund within the account; if you wish to apportion the withdrawal differently you will need to specify the specific sub-accounts from which you want your distributions taken. (Typically you would specify the sub-account(s) earning the least.)

Q. May I use multiple withdrawals to make a single MRD?

A. I believe you can, as long as you and OP are communicating, and they are working with you rather than against what you are attempting to do.

Q. How do I inform the University that a withdrawal is intended to be part of an MRD?

A. All withdrawals made would be considered in computing any additional amounts that would be needed to meet the MRD. Again, it is best to communicate directly with OP regarding what you want to do and how you expect to accomplish your plan.

Q. How can I prevent the University from making an automatic MRD before I am ready for it?

A. Again, you need to communicate with OP. They are charged with assuring that the plan is not jeopardized by a failure to comply with all IRS regulations, including those dealing with MRDs.

Q. You mention communicating with OP; specifically to whom within OP should I take questions on these matters?

A. Start with Customer Service (1-800-888-UCOP). They will refer you to the correct person if they are unable to help you personally. If you have any problems with Customer Service, speak with Joe Lewis (510-987-0788), who is responsible for that function.

August Luncheon Talk

Our August 15th luncheon talk will be “Forces That Shape the Bay Roadshow”

Linda Schneider, Lawrence Hall of Science Marketing Director, will discuss the new LHS outdoor exhibit on how nature’s sculpting tools formed the San Francisco Bay. Linda will tell the story of “Forces That Shape the Bay” and the forces that shaped the exhibit.

**Footnote to the 20th Anniversary Issue
(From your original Editorial Team)**

After the Anniversary Issue was published (Vol 20 No. 1) we realized that there was no mention of who had originated the name *EX-Ls EX-PRESS*. Back in the very first issue, Vol 1, No. 1 (called the *NO-NAME-NEWS* at that time), we announced a contest for a permanent name for our newsletter and offered a reward of two tickets for a free luncheon. The suggestions were published in the next issue: *EX-Ls Tidings* (Red LeFebvre); *Grey-T Days* (Hank Cutler); *Split Atoms* (Marv Hartley); and the winner: *EX-Ls Ex-PRESS*, by Edgar and Eula Allred. A good choice don't you think?

Note - Hank Cutler and Marv Hartley are still members. Do you two have anything to add to the above mentioned historical event?

Shirley Ashley

Ed Fleischer in Vienna Hospital

Member Nancy Montoya passed along the news on July 10th that member Ed Fleischer is in intensive care in a hospital in Vienna, Austria. He and his wife, Pauline, were just finishing their travels on June 14th, when Ed was taken ill and entered the hospital. There is no word on when he will be able to return home. Pauline is staying at the Hilton Hotel, Am Stadpark, VA1030, Wien, Austria, and talks to Nancy frequently. As the Ex-Press was going to press, Nancy reported that Ed is responding better, and is expected to be Med-Vacc'd to John Muir in Walnut Creek by Friday, July 26. Nancy can be reached at 510/376-4606 for an update.

Oakland Museum Natural History Field Trips

Ex-Ls member Maxine Adams, a docent at the Oakland Museum of California, has provided the following list of trips sponsored and organized by the museum that Maxine will be leading. More information on these can be found on the Museum's web site at www.museumca.org. Let Maxine know if you are interested in participating in any of these trips. She can be reached at (510) 482-5010. Any suggestions of additional destinations that might be of interest would also be appreciated.

Mansions and Magnolias

March 11-19, 2003

Tour historic homes and gardens of the old South along the coast from Mobile, Alabama, to Mississippi's gulf Coast to New Orleans.

The Villas and Gardens of Tuscany

May 2-13, 2003

Visit Northern Italy's Lake District gardens full of azaleas and rhododendrons. Sight-seeing in Milan, Lake Como, Sienna, Verona, Venice and Florence. We will have 5 nights in Florence, giving us time in the evening to visit famous galleries.

The two trips below are small-ship (i.e., 70 passengers) cruises.

Great Whales of Baja & Sea of Cortez

Feb 15-24, 2003

Canoe or swim with gray whales and their babies in the Bay of Magdalena, or go hiking on the islands. For those who wish to snorkel with the sea lions, all equipment is provided.

Alaska with a Difference

June 21-28, 2003

Kayaking among icebergs or hiking through moss-covered forests. Sail from Juneau, with several stops including Glacier Bay. There is plenty of variety in the activities available, both for those who like to be active and those who would prefer a more leisurely time.

**Egyptian Exhibition Trip
Legion of Honor in San Francisco**

September 7 or Sept. 21

The LBNL Employees' Arts Council has organized two docent-led tours of the exhibition **Eternal Egypt: Masterworks of Ancient Art from The British Museum** on September 7 or September 21 at the Palace of the Legion of Honor in San Francisco's Lincoln Park. Each tour will begin at 9:00 a.m. (prior to the museum's opening to the public) and will last about an hour. Each tour is limited to 25-30.

This exhibition is the biggest Egyptian exhibition to visit San Francisco since the Tut exhibition. Additional information is available on the Legion's web site at <http://www.thinker.org/legion/exhibitions/129/index.html>.

Information on reservations and ticket prices is available from Mary Clary, mmclary@lbl.gov or 510-486-4940.

(If you wish to be placed on the distribution list for direct notification of future EAC tours, please contact Mary as indicated above.)

Board Meetings to Change Venue

Because of the conversion of the B77 lunchroom to (very nice) office space, the Ex-Ls Board of Directors meetings will be held in the Cafeteria, beginning with the October meeting. (Meetings are held the third Thursday of the month before a luncheon meeting, at 3:45. The next meeting is scheduled for October 17, 2002. All members are welcome to attend.)

Open House at Berkeley Lab on October 5

For the past year, lab shuttle buses have been carrying "Did You Ever Wonder...?" posters, telling about Berkeley Lab's research programs, as they traveled their routes through Berkeley. Soon the Lab buses will all exhibit posters that ask, "Did You Ever Wonder...about the Wonders that can be found at Berkeley Lab?"

Those who answer “yes,” and the merely curious, will be invited to the 2002 Laboratory Open House on Saturday, October 5. Every division and department at the lab will play a part in the fourth modern installment of this biannual tradition. The all-day (10 a.m. to 4 p.m.) program will include hands-on activities and scientific exhibits, facility and site tours, lectures and demonstrations, a children’s science zone, a career fair, plus food and music. Some of the lab’s most distinguished scientists will share the highlights of their research for the estimated 5,000 visitors who are expected to descend upon the lab that day.

It’s also a wonderful opportunity for former Laboratory scientists and staffers to renew acquaintances, get caught up on the latest research programs in their fields, and share in the pride that comes from experiencing once again the excitement of discovery.

Among the highlights will be a “robotics corral” being developed by the Engineering Division to demonstrate the versatility and utility of these mechanical assistants. Engineering will also sponsor the ever-popular “electronic petting zoo,” in which youngsters get to dismantle and inspect used computers and other high-tech devices.

The Advanced Light Source will be the center of a lot of activity, including tours of the experimental floor and science talks. Several of the beamlines will host demonstrations. The Life Sciences offerings, most at Building 84, will feature mini-demonstrations, a “junior gene sleuths” interactive experience for children, and a microarray robotics exercise.

Environmental Energy Technologies will showcase an array of displays about energy-efficient lighting, building design, electricity use, and “smart” windows technology. The Physics Division’s offerings will feature lectures, a remote telescope viewing activity, the supernova satellite project, displays about BaBar and other particle detectors, and a web-based “particle adventure” for kids.

Other program highlights will be announced in the coming weeks. Check frequently at the Open House web site: www.lbl.gov/openhouse.

In the auditorium, a day-long series of lectures by distinguished scientists will offer informative 30-minute respites from the outdoor shows. An exhibition by the Lawrence Hall of Science will also be included.

Special events include an award ceremony for outstanding teachers, which will follow morning teacher workshops sponsored by the Center for Science and Engineering Education; and the dedication of the Seaborg Conference Room in Building 70a. The designation will honor one of the laboratory’s most decorated researchers, the late Nobelist Glenn T. Seaborg. The room (3377) will feature memorabilia from Seaborg’s career.

The Berkeley Lab Music Club will coordinate a day of performances on the stage at the cafeteria, ranging from classical to Latin to rock ’n’ roll. Food booths in the lower cafeteria parking lot will offer a diverse assortment of low-cost fare.

As with previous Open Houses, on-site parking will be limited that day, and most visitors will arrive on buses from campus parking lots and the BART station.

Ron Kolb

IN MEMORIAM

Ron Lowder

**WELCOME
NEW MEMBERS**

**Don Landis
Nancy & Vic Montoya
Gary Schleimer (*rejoining*)
Donald Yee**

***NOTE: If you haven't sent in your DUES
PLEASE - DO IT NOW!***

MEMBERSHIP INFORMATION

Membership in EX-Ls is open to all past employees of LBL/LBNL. Annual dues are \$12 per family, prorated over the year for new members. New members, please include your name, address, and phone number. Also, please include any other information you would like included in the annual membership directory, such as spouse's name, e-mail address, or fax number. Please send your check payable to EX-Ls to

**Bud Larsh, Treasurer
610 Devonwood
Hercules, CA 94547**

SEE YOU AT THE AUGUST 15 LUNCHEON

**To: Inge Henle
820 Villa Lane #3
Moraga, CA 94556
Be sure to make reservations by August 9**

From: _____

I plan to attend the EX-Ls luncheon \$18 PREPAID

I will bring _____ guest(s). Name(s) of guest(s): _____

Menu Choice(s): Beef Fish Salad

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

EX-Ls EXPRESS – Summer 2002

Editor: Dave Stevens

Published Quarterly in January, April, July, and October

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Board Meetings

LBNL Cafeteria, 3:45 PM
October 17, 2002
January 16, 2003
April 17, 2003
July 17, 2003

We welcome attendance at our board meetings; we're always ready for new input.

Luncheons

August 15, 2002
November 21, 2002
February 20, 2003
May 15, 2003

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