



Winter 2014

Volume 5

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EX-Ls EXPRESS – Winter 2014

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Editor: Louise Vogelsberg

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

EX-Ls BOARD OF DIRECTORS

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2 nd Vice President:	Cheryl Fragiadakis
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Treasurer:	Kay Bristol
Membership:	Patti Power-Risius
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CUCRA/AROHE Representative:	Janis Dairiki
UCBRC Policy Board:	Richard Sexto Joe Jaklevic
UCBRC Liaison:	Patrick Cullinane
Editor EX-Ls EXPRESS:	Louise Vogelsberg
Webmaster – www.lbl.gov/EX-Ls	Richard Baker

2013 CALENDAR OF BOARD MEETINGS & LUNCHEONS

<u>Board:</u>	<u>Luncheons:</u>	
April 10	February 20	BYC
July 10	May 22	Hs Lordships
October 9	August 21	BYC
	November 20	Hs Lordships

Board Meetings start at **3:00 p.m.** 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.

PAST PRESIDENTS

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

Carolyn Adams	Stan Klezman
Edward Bubak	William Hassenzahl
Angela Gill	Barbara Atkinson
Cheryl Fragiadakis	Ken Downing
Elsie Martin	Jeffrey Fernandez
James McMahan	Hans Gerog Ritter
Edward Manougian	

OFFICE ADDRESS:

Our mailing address is:

LBNL EX-Ls
1925 Walnut Street #1550
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	Inge Henle
Esther Colwell	Bud Larsh

MEMBERS DECEASED IN 2013

Dick A. Mack	Dave Clark
Gertrude Young	Dave Stevens
Gerald Wilson	Fred Goulding

I am honored to be your new President and I would like to wish you good health and prosperity for the coming year. Cheers to all!

As incoming President, I would like to thank Joe Jaklevic for his two years at the helm of the EX-Ls. He did a fantastic job; moreover, his wit will be missed. At this time I would also like to thank Cheryl Fragiadakis for accepting the Board of Director's position of 2nd Vice President. Cheryl recently retired from LBNL where she was head of Technology Transfer and Intellectual Property Management. As 2nd VP, Cheryl is the Chairperson of the EX-Ls Nominations Committee which is responsible for filling vacancies in various positions. Other members of the board who make our retiree association work so seamlessly are: Connie Grondona, 1st VP who Chairs the luncheon speaker committee; Vicky Jared, Activities Coordinator who, not only makes organizing our quarterly luncheons look so simple, but also organizes other activities such as special excursions to widen our horizons. Karen Springsteen is the Board Secretary and her accuracy in taking meeting notes and condensing them is awesome. Patti Powers-Risius heads the EX-Ls membership drive and has been devising measures to increase membership. Kay Bristol, who as our Treasurer, keeps our accounts in order. Others who contribute their time and talent include: Louise Vogelsberg, who as Editor of our newsletter, EX-Ls EX-PRESS, keeps us all aware of happenings in our association and with the Lab overall; Richard Baker, our Webmaster who makes communication within our organization smooth and fast. I salute you all because you make my job easier.

Last year was a challenging year for the Lab what with SEQUESTRATION of research and development funds by our leaders in Washington. The reduction in funding curtailed some of the Lab's hopes to build new facilities but with the change in fortunes with the Federal government (compromise by Republicans and Democrats increased science spending) in the new year, hopefully funding for basic science initiatives will look up. One of the projects that is still moving along is that of the Richmond Bay Campus (RBC) that will provide a vital hub for biosciences and energy sciences. The RBC is a joint venture between LBNL and UC Berkeley. Long range plans spanning 40 years for the new campus are in progress.

We are working closely with the UC Berkeley Retirement Center (UCBRC) to contact new Laboratory retirees to make them aware of the EX-Ls and to invite them to join our organization. The packet sent out to all retirees (UCB and LBNL) by UCBRC now includes a

Letter explaining the goals of the EX-Ls retiree association and an invitation to join them from your president; an application form is also enclosed. For the future, we are working with the LBNL leadership to more formally recognize new retirees by some function which will involve the Lab leadership and EX-Ls Association.

As you are undoubtedly aware, we no longer use Spenger's Restaurant for our alternate luncheon meetings. Sadly, Spenger's service declined and the Board felt a new venue was needed. Upon the recommendation of several people, Vicky Jared checked out HS Lordship at the Berkeley Marina. She was very enthusiastic about the restaurant. It is willing to provide an appetizing buffet for \$30. The views from many areas of the restaurant are spectacular and parking is very convenient. This should be a very pleasant restaurant experience and provides an alternate meeting place for our quarterly luncheons.

One of the core values of the EX-Ls is to support one another as a community of retired former employees of LBNL. Some of us were with the Lab for more than 40 years (where has time gone?). We hope to provide occasions such as our quarterly luncheons and occasional tours where we can meet with old friends and get to make new ones. Our quarterly lunches afford us a means to be exposed to scientific and non-scientific ideas while special field trips help to enrich our lives. This said, we had two great tours last year; one to Blackhawk to learn about antique autos and another to Rosie the Riveter Museum in Richmond to learn about the contribution of women to the war effort during WWII. In the last Newsletter, there was a great summary of potential tours within the Bay Area. To make a tour happen, we need your input and help in organizing a tour. Vicky Jared does an awesome job as our Activities Coordinator and could use help. As a matter-of-fact, there are other areas within our association where your help and talents would be most welcome including: the Newsletter (writing articles, editing, artwork), speaker committee (ideas and contact for both non-science and science speakers, of course these would be "freebies"), membership committee (how to get more retirees to become EX-Ls members), and nominations committee (help in recruitment of members to fill vacancies in the EX-Ls Board. Please, think about becoming involved and contact me or other Board members for further information; my contact info; phone, 510-526-0405; email, trudyforte@gmail.com.

Be well.
Trudy

LUNCHEON SPEAKER - FEBRUARY 20, 2014

Speaker: Peggy Hellweg, Ph.D.
Operations Manager
Seismological Laboratory, UC Berkeley

Title: Earthquakes in your backyard



Abstract: We all know that the Bay Area is part of California's earthquake country. Peggy will talk about our local earthquake faults. She will also introduce you to earthquake-related projects currently in progress at the Berkeley Seismological Lab, including the development and implementation of Earthquake Early Warning and the study of tiny seismic tremors. Please bring your questions about earthquakes and earthquake research!

Biosketch: Peggy was one of seven children born into a family where the father was a Professor of Physics. She followed in her father's footsteps and majored in physics at UC San Diego. Peggy went on to earn a Masters in Physics at Goettingen, Germany, after which she worked briefly for the seismological laboratory of Germany's Federal Institute of Earth Sciences and Resources. From there, it was on to obtain a doctorate in physics from the University of Stuttgart, Germany. Since 2001 Peggy has worked for the Seismological Laboratory at Berkeley and now is its Operations Manager. The Berkeley Seismological lab is a state-of-the-art facility that operates a network of seismometers that record earthquakes from throughout the world.

**IN CELEBRATION OF
DR. EDWARD J. LOFGREN**



The EX-Ls would like to celebrate 100 years of life of one of their own, Dr. Edward (Ed) Lofgren. Ed was born in Chicago on January 18, 1914. What a milestone!

Ed Lofgren is a renowned particle physicist. He obtained a physics degree from UC Berkeley in 1938 and worked on the 37-inch cyclotron at the Radiation Laboratory (early name of LBNL) while studying for a doctoral degree in physics. WWII intervened and Ed spent the war years working on the atomic bomb project at Los Alamos. After the war, Ed completed his Ph.D. and went to the U. of Minnesota for postdoctoral studies on cosmic radiation. In 1948 Ed was invited back to Berkeley by Dr. E.O. Lawrence and the rest is history. Ed was involved in the design of the Bevatron and when it was complete was its Director for many years. In 1982 Ed formally retired from Lawrence Berkeley Laboratory.

We salute you Ed, for a life well lived. May you enjoy many more.

Remember to change your clocks on March 9 as we will be going on Daylight Savings Time.

RETIREMENT CENTER UPDATE

January, named after the Roman god Janus, is a time to look back and to look forward. As you assess your last year and plan your future, we hope the Center's programs and services will be an aid in making 2014 the year you want it to be. Here are some highlights of Center offerings for the spring semester. Check the latest issue of our newsletter at <http://thecenter.berkeley.edu/centerpiece.shtml> for more information and registration.

Biennial Retiree Conference

Passion and Purpose: Transforming Retirement 2

The next retiree conference is set for May 15 at Hs. Lordships in the Berkeley Marina. Jennifer Granholm, UC Berkeley Distinguished Practitioner of Law and Public Policy and Michigan's 47th governor from 2003 to 2011, will be the keynoter. The month of May is chosen for this major event as it is Older Americans Month in the US. The month is a time to recognize the contributions and achievements of older Americans. The daylong conference will feature a variety of workshop sessions on topics of interest to retirees, e.g. memory, creativity, technology, care issues and resources, housing and sex. Contact the Center to be placed on the interest list for conference registration information.

One-on-One Appointments with Fidelity Guidance Consultants

Thursdays, January 23, February 13, March 27 and May 22, 9am-5pm and **Friday**, April 25, 9am-5 pm. We have arranged to have Fidelity Planning and Guidance Consultants available by appointment at the Retirement Center. They'll be glad to meet one-on-one with you to establish a plan that includes an annual review of your portfolio and professional guidance on investments and goal planning. To schedule a confidential consultation at the Retirement Center, call us at 510-642-5461. You may also call Fidelity directly at 1-800-558-9182 or go online to ucfocusonyourfuture.com to schedule an appointment for a date that is more convenient for you.

Heart of Berkeley: The McGee-Spaulling Historic District Exhibit

Sunday, February 9, 1-4 pm

Veterans Memorial Building, 1931 Center Street, Berkeley

The Berkeley Historical Society and the McGee-Spaulling-Hardy Historical Interest group invite UC Retirees to a special viewing of this exhibit on Sunday, February, 9.

The meticulously researched and aesthetically appealing exhibit covers central Berkeley history from the Ohlone

Indians, to Domingo Peralta, to the radical politics, communes and lifestyles of 1960s and '70s. It also includes the corner of the neighborhood known as University Terrace condominiums. Advance registration is required to attend this special event. Call the Retirement Center at 510-642-5461 or email ucbrc@berkeley.edu to register.

Museum Tours

Keepers of the Lost Ark: The Magnes Collection

Wednesday, February 5, 11 am-noon;

Thursday, May 8, 11 am-noon

In a sleek building on a quiet, tree-lined street in downtown Berkeley resides one of the world's premiere collections of art, artifacts, and archives related to Jewish culture and life, a treasure chest containing thousands of years of history from locations around the globe. The Magnes Collection of Jewish Art and Life invites you to join fellow retirees for a tour behind the scenes and to learn about the many unique resources and events that are available for teaching, study, and personal enrichment.

Berkeley Art Museum Tea and Tours

A Sly Delight in Design and Detail: A Special Introduction to BAM/PFA's

Trove of Japanese Woodblock Prints

Wednesday, March 5, 2 pm

The museum has over 1350 ukiyo-e prints, most the legacy of a 1919 gift to campus from William Dallam Armes, Professor of English. This special viewing surveys the history of Japanese woodblock prints with particular attention to highlights of the collection: landscape prints by Hiroshige and Hokusai, vivid kabuki and warrior images by Kuniyoshi, and slyly satirical mitate prints that hint at lives and thoughts outside of the outlines of official censorship. A tea and open discussion follows this free viewing.

The Elephant's Eye: Artful Animals in South and Southeast Asia

Wednesday, April 9, 2 pm-4pm and 3 pm-5pm

In the art of South and Southeast Asia, animals take on a variety of aspects and appearances. This exhibition brings together works highlighting a menagerie of elephants, camels, snakes, and other animals. It includes a large temple banner from Thailand, a rare sculpture of Vishnu from Cambodia, Mithila paintings from a women's collective in India, Rajput miniatures, and a painting done by an elephant. Join us for a special double tour of this exhibit: the first tour group will view the exhibit at 2pm, both tour groups will meet for tea at 3pm, and the second tour group will set off at 4pm.

Advance registration is required to attend any of these Center-arranged museum tours; email ucbrc@berkeley.edu or call 510-642-5461 to register.

Volunteer Fair

Thursday, February 20, 10 am – noon

UCBRC partners with Coming of Age: Bay Area to offer retirees access to volunteer opportunities within their communities. Join us at our upcoming Volunteer Fair to find an organization in need of the energy, passion and talent you have to share with the community. In addition to volunteer opportunities at some of the most innovative nonprofit organizations in the Bay Area, we will also feature campus departments, many of which you know and love, that offer regular opportunities for staying engaged via volunteerism.

- Meet an array of on- and off- campus organizations
- Enjoy refreshments and door prizes
- Chat one-on-one with a Coming of Age Talent Coach

Advance registration is required; contact UCBRC at ucbrc@berkeley.edu or (510) 642-5461 to register. Location will be provided with registration confirmation.

Travel Interest Group

Monday, March 3, 2pm – 4 pm

Join us for an Around the World presentation from Grand Circle Travel (GCT) and learn about travel opportunities available to UC retirees. Their exciting offerings include land tours, river cruises, and adventure travel to destinations including Cuba, Europe, Asia, the South Pacific, Africa, Antarctica and more. You'll have a chance to enter a raffle to win a travel voucher. RSVP is required to attend this event; call the Center at 510-642-5461 or email ucbrc@berkeley.edu to register. All trips booked through GCT support the Council of UC Retiree Associations (CUCRA), an advocacy organization of which the UCB Retirement Center and the UC Retirees' Association at Berkeley (UCRAB) are members.

Religious Uniformity and Diversity in the Ancient and Medieval Mediterranean

Organized by Professor Emeritus Louise George Clubb

This series considers the interplay of monotheism and polytheism, orthodoxy and heterodoxy, East and West, in the era which witnessed the emergence and canonical definitions of Judaism, Christianity and Islam.

- ***Thursday, April 17, 2-4 pm "The Biblical Struggle Toward Monotheism"***
Robert Alter, Professor Emeritus of Hebrew and Comparative Literature

- ***Tuesday, April 22, 2-4 pm "Religious Pluralism in the Roman Empire: Did Judaism Test the Limits of Roman Tolerance?"***

Erich Gruen, Prof. Emeritus History and Classics

- ***Tuesday, April 29, 2-4 pm "Islam in the Mediterranean: Empires, Religion, Communities, Identities"***

Ira Lapidus, Professor Emeritus of History and Islamic Studies

- ***Tuesday, May 6, 2-4 pm "Paganism, Christianity and Eastern Orthodoxy, 4th-15th Centuries"*** Maria Mavroudi, Professor of Classical and Byzantine History

Email Addresses

If the Center has your email address, then we can be sure you are included in email alerts about developments, like open enrollment, that impact the lives of retirees. You can share your email address with the Center by calling 510-642-5461 or writing to ucbrc@berkeley.edu.

Retiree ID Card

Your retiree ID card gives you access to many campus discounts, use of the campus libraries and other services. The card is free. If you do not have one, call or email the Center or drop by the office between 1 and 4pm any workday.

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

Be well!

Patrick Cullinane, Director
UCB Retirement Center

CHANCELLOR'S RECEPTION FOR RETIREES - SEPTEMBER 11, 2013

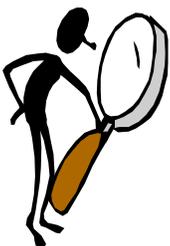
EX-Ls representatives Connie Grondona, Vicky Jared and Rich Sextro, attended the UCB Chancellor's Reception, Honoring New Retirees. The event was held on October 24, 2013 at the University House on the UC Berkeley campus. UC Berkeley Retirement Center sponsored the reception of approximately 80 attendees. Newly appointed Chancellor Nicholas Dirks gave welcoming remarks, Angelica M. Stacy, Associate Vice Provost spoke about "Transforming Retirement: Your Retirement Center", Patrick Cullinane, Director, UCBRC spoke of the benefits of joining the UCB Retirement Center and Rich Sextro, LBNL retiree and Chair of the Retirement Center Policy Board introduced the Policy Board and Association Representatives. Retiree and Emeriti Associations represented were: 1) UC Retirees' Association at Berkeley (UCRAB), 2) UC Berkeley Emeriti Association (UCBEA), 3) LBNL Retirees' Association (EX-Ls) and 4) Presidents' and Regents' Retiree Association (PARRA). Wine and Hors D'oeuvres were served, UCB Student Chamber Music Ensemble played in the background, and time was allowed for socializing, greeting retirees and enjoying the picturesque setting on Campus. LBNL retirees who attend the event were: Joe Cerney, Kathleen Dinnel-Jones and husband Gregory Jones, Kenneth Frankel, Ferenc and Laura Kovac, and Carla Garbis and Peter Turner.



Chancellor Nicholas Dirks – Introduction Remarks



Connie Grondona with new retirees Jones, Kovacs and Frankel



LOOK WHAT IS CHANGING

The May and November, 2014 luncheons will be held at H^s Lordships Restaurant, Berkeley Marina. We are trying out the new location to give us a little variety for our meeting/luncheons. The meal will be buffet style, but we think you will enjoy the food selection. Starting and ending times will be the same, bar service available, free parking (and lots of it). There is easy access to the banquet room (up close to the main door) with a private buffet. More information to follow in the next newsletter.

EX-Ls PHOTO VIEWING

If you are interested in looking at the photos from the past EX-Ls luncheons or events you can view them at our Picasa web page: <http://picasaweb.google.com/exLpics>. Join us at our next luncheon and see your former coworkers and friends in person.

CUCRA and CUCRA/CUCEA Joint Meetings Nov. 4-5, 2013

UCSF hosted this year's fall meetings, the CUCRA (Council of UC Retirement Associations) meeting on Nov. 4 on the Parnassus campus and the joint meeting with CUCEA (Council of UC Emeriti Associations) at the Mission Bay Campus the next morning. They also gave us a tour of the Mission Bay Campus – a very impressive campus with a lot of development in the last 10 years.

CUCRA meeting

At the request of CUCRA's executive committee, the presidents of the 13 member associations were invited to respond to a brief survey of their organizational structures, relationships with UC, and programmatic information before the meeting. A summary report of the results is on the CUCRA website – <http://www.cucra.ucsf.edu> – along with other meeting documents, e.g., agendas, financial statements, center reports, minutes and the Joint Benefits Committee (JBC) report. The survey results are interesting in that the membership dues in all the associations are about the same although the number of members varies widely. I noted that UC Irvine and UCLA distribute all their newsletters as hard copy and they are doing relatively well at getting new members. Several concerns were raised, e.g., recruitment and retention of members and advocacy for retirees, especially regarding health care. There's a lot more information that can be gained from this survey – I encourage you to check it out on the website.

Each association sends in a report before the meeting and these are also available on the CUCRA website. It is interesting to see what other groups are doing. UC Santa Cruz just completed a membership survey and the results are quite similar to ours. I was particularly struck by the report from the UCLA Retirement Center regarding retirees who had food insecurity challenges. The Center learned about a few people in need and asked its members to bring grocery gift cards to the annual holiday party and then distributed them throughout the year. Recently they conducted a broader survey and preliminary results show that ~5% of UCLA retirees have some food challenges. Further information will be available at the spring meeting. Is this something we should be concerned about? Do you know anyone personally who could use help?

Rosemary Norling, the travel group rep, handed out a packet of brochures of upcoming trips which I made available at our last luncheon. You don't have to be a UC retiree to sign up for any of the trips, but if you put

in the UC code, CUCRA gets the commission. See separate article on Travel in this newsletter for information about some upcoming trips.

Due in part to the Travel Group income, CUCRA has a very healthy treasury and the executive committee has been considering suggestions for possible usage of the funds. Based on the experience and cost at UCSF this year, it was decided to make up to \$1,500 available to the host campus for each meeting, if needed. That's good news for us as all. The Berkeley associations and UCBCRC will be hosting the meetings next fall.

CUCRA/CUCEA Joint Meeting

We were welcomed by Dr. Elizabeth Watkins, Dean of the Graduate Division and Vice Chancellor for Student Academic Affairs at UCSF. She bragged a bit about their programs, mentioned the new hospital at Mission Bay for children, women and cancer patients that is now under construction and due to open in Feb. 2015. She also mentioned the new emphasis on precision medicine, the integration of human genome results, environmental factors, and patients' records, to speed new cures and their distribution. In answer to a question about whether UCSF is interested in breaking apart from UC in order to raise more private funds, she replied that they were not, but they do need private funds while still emphasizing community service and are adding a national advisory board to explore future funding.

The Joint Benefits Committee (JBC) report was presented and adopted by CUCRA earlier (and by CUCEA in the afternoon) to send on to President Napolitano, the Academic Senate and the Office of the President among others. This report raised some good concerns and questions: lack of prior consultation in the health care process, given the major changes this year, concern about the new programs and use of Extend Health for out-of-state retirees, and terms of the contract with Extend Health. Some of these concerns were discussed and answered during the meeting.

We heard reports from several people in the Office of the President including recent UC news and updates regarding new databases and administrative systems.

Michael Waldman, Customer Service Manager for the Retirement Administration Service Center (RASC), talked about Open Enrollment and the changes in insurance choices. These changes were driven by the increasing insurance prices that could not be maintained, an opportunity to leverage UC's medical centers and as a response to the Affordable Care Act.

FINALLY, Joe Lewis, Director of RASC, talked about Extend Health, the insurance “exchange” now being used by out-of-state retirees. He said that Extend Health was chosen to give out-of-state retirees more choices since Kaiser and Health Net are not available to most of them. It also provides more flexibility in that each covered family member has an individual plan. UC provides a Health Reimbursement Account (HRA) of up to \$3000 for each family member to be used for insurance premiums and Medicare Part B Reimbursement. This program is applicable only to people in Medicare. Earlier the University met with retirees in several states to inform them of the new program and answer questions. By the time of our meeting, ~50% of the ~4000 out-of-state retirees had signed up for a plan. The biggest complaint so far was about the long wait time on the phone.

Why Extend Health? Extend Health has been administering the health plans (all except Kaiser) for LLNL retirees for the past ~4 years and there have been many problems. In addition, Extend Health does not offer Health Net, so that plan is no longer available to LLNL retirees. Joe Lewis said that UC also received bids from two other vendors but chose Extend Health as “it is the industry leader in Medicare coordination and has specially trained and licensed benefit advisors.” In answer to one of the questions in the JBC report, the agreement with Extend Health, as for other insurance plans, is for one year, although it could be terminated earlier if it is not successful. It is everyone’s suspicion that this could be the camel’s nose under the tent for all UC insurance. When asked about this, the response was that there are currently no plans to go in this direction. It can’t be ruled out though, if in the future, prices and policies would indicate some advantages.

Next meetings: April 30, May 1 in Santa Barbara

2014 TRAVEL OPPORTUNITIES - CUCRA

Start planning now to see the world by traveling with trips sponsored by the Council of UC Retiree Associations (CUCRA); if you book these trips, CUCRA receives a commission. You don’t have to be a retiree to participate in the travel program; friends and family are all welcome.

These upcoming **Collette Vacation** trips were described in the November issue of New Dimensions.

- July 10 – Discovering Poland, 12 days,
(Booking No. 563828)
- July 20 – Inspiring Iceland, 9 days
(Booking No. 563671)
- Aug 11 – Canadian Rockies by Train, 9 days
(Booking No. 563537)
- Oct. 9 – Australia/New Zealand, 21 days
(Booking No. 563667)
- Dec 31 – Antarctica, 18 days
(Booking No. 563669)

Some tours have discounts if you book early. For information and reservations, call Collette Vacation tours at (877)-872-4331 and indicate the Booking Number. If the advertised date of a trip isn’t convenient, you can sign up for a different date. In fact, you can sign up for any Collette vacation and, if you provide the promotions code **#U001-AX1-918** and “**University of California Retirees Association**,” CUCRA will still obtain a commission.

Grand Circle is offering 3 trips for 2014.

- March 3 – Burma & the Irrawaddy River, 16 days,
www.gct.com/bur2014
- May 27 – The Rivas: France, Italy & the Isles,
16 days, www.gct.com/frv2014
- Oct 9 – Highlights of South Africa, 20 days,
www.gct.com/saf2014

For reservations and information on Grand Circle Travel call (800)-597-2452, Press 2, and indicate the Booking Number (Grand Circle Group No. G4-23853 for all trips).



Sydney Opera House, Australia

Summary of November 21, 2013

EX-Ls luncheon talk

Speaker: Eleanor Blakely, PhD

Title: Radiation and Cataracts

Going to Mars anytime soon? Probably not; but NASA is considering sending people to the red planet. One of the potential negative consequences of a long trip in outer space is the bombardment of the eyes with charged particles that can generate cataracts. Cataracts in the lens of the eye results from perturbation of its crystalline proteins which leads to aggregation of misfolded proteins. The latter manifests itself as an opacification of the lens and distortion of vision. Ellie pointed out that cataracts are degenerative lesions that progressively increase with time. As many of us have already experienced, we do not need to leave mother Earth to have cataracts. Everyday exposure to UV rays of the sun causes oxidation events in the eye that leads to cataracts in the aged.

Ellie studies the lens of the eye in order to understand molecular events that contribute to radiation-induced cataracts. She pointed out that this is a magnificently organized organelle. The anterior surface of the lens is covered with cuboidal epithelial cells that migrate to the equatorial zone where they undergo a transformation into elongated cells. The nucleus disappears and the elongated cells now become elongated lens fiber cells that become highly organized in the lens. The central region of the lens has non-organized proteins and is referred to as the nuclear region. There are several different age related cataracts depending on which part of the lens is affected including: nuclear cataract caused by smoking, cortical cataract associated with diabetes and excess UVB exposure, posterior subcapsular cataract caused by diabetes and infra red exposure and supranuclear cataract linked to Alzheimers disease (AD) and Down's syndrome. The discovery of a link between AD and supranuclear cataracts is a recent one and is the first time that amyloid beta protein (the hallmark of AD) is found outside the central nervous system. This discovery may provide a non-invasive means for the early detection of AD.

There are several radiation-induced causes for cataracts in humans including: radiation accident victims (such as Chernobyl), patients treated with radiation for cancer or other medical conditions, occupational-exposed radiation worker and atomic bomb survivors. In the latter group, severe cataracts were found in the young. There is clearly a dose and time dependency in cataract formation following radiation exposure.

Ellie's research focus is on the mechanism(s) underlying radiation-induced cataracts. She is particularly interested in early events before the aggregated protein is visible. In this way one can develop strategies to prevent cataracts in populations prone to cataract formation including space travelers. Her approach is to use human lens epithelial cells in culture to study differentiation and genes involved in radiation-induced cataract formation. In vivo changes are being studied in animal models (mice and rats). Early studies with human lens cells in culture indicate that the ECM (extra cellular matrix) genes are involved and that radiation quality and dose have major effects on outcomes. The MMP-2 gene which is important for normal differentiation of lens cells was also perturbed after heavy particle radiation. Pilot studies were carried out with rats exposed to high energy iron and titanium ions. The Brookhaven National Laboratory and NASA Space Radiation Laboratory were used for heavy ion radiation studies. Analysis of lens from treated and untreated animals is ongoing with the goal to examine early markers for cataracts and to correlate them with molecular changes in human lens cells exposed to radiation.



President Trudy Forte and Ellie Blakely, PhD

GUEST LIST - NOVEMBER 21, 2013 LUNCHEON

Robert Avery
Paul Banchemo
Gene & Myrna Binnall
Igor Blake
Kay Bristol
Jerry Bucher
Charles Courey
Patrick Cullinane
Diane D'Aoust
Eleanor Dahl
Janis & Ned Dairiki
Ted de Castro
Randy Deguzman
Kathleen Dinnel-Jones
Carl Eben
Norman Edelstein
Andy DuBois
Karen Faircloth

Guest Speaker: Eleanor Blakeley

Cheryl Fragiadakis
Trudy Forte
Ken Frankel
Regine Goth-Goldstein
Larry Goldstein
Richard Gough
Donald & Becky Grether
Ingeborg Henle
Egon & Annette Hoyer
Joe Jaklevic
Vicky & Richard Jared
Gregory Jones
Joseph Katz
Fred Kirsten
Janos Kirz
Matt Kotowski
Don Landis
Richard LaPierre

Raffle Prize Winners:

Binnall, Bucher & Forte

Almon (Bud) Larsh
Branko & Ana Leskovar
Doug McWilliams
Howard & Nancy Mel
Gina Moreno
Fred Perry
Patti Powers-Risius
Clay Sealy
Andy Sessler
Rich Sextro
Brenda Shank
Robert (Ben) Shuey
Karen & Bob Springsteen
Bill Turner
Irma Vogel
Louise Vogelsberg
Lee Wagner
Allan Zalkin



2014 Incoming President Trudy Forte
and
2013 Outgoing President Joseph Jaklevic



Berkeley Yacht Club – Enjoying tasty food

A TRIP TO CABO SAN LUCAS –
VICKY AND RICHARD JARED

Have you ever traveled to the southern most tip of Baja? No! Well you might just think about looking into taking a vacation in Cabo during their winter months (unless you like it hot and then their summer months). Richard and I did this the first part of January. The cities and resorts have gone all out to provide a welcoming and safe environment. The weather was in the high 70's – low 80's and the water is warm enough to enjoy swimming, boating or fishing. There are many shapes and sizes of boats to take you out for a day of whale watching, dining or fishing. Many water activities are part of the every day scene. The airport is located in San José Del Cabo and has been modernized to accommodate the many travelers arriving in Cabo. A half hour drive in a shuttle delivers you to one of many beautiful resorts or hotels. There are interesting restaurants on or near the beach serving a variety of foods. We traveled to Todos Santos (where the Hotel California became famous) and then along the Sea of

Cortez to some smaller towns and villages. One highlight was our day of fishing on a 24 ft boat. We motored up the coast on the Pacific side of Baja for about three hours before hooking four Dorado (Mahi Mahi) and one Wahoo (like a barracuda). That evening we enjoyed our fresh fish cooked for us at a local restaurant, some fish was smoked and then we returned home with 12 lbs of frozen Mahi Mahi stakes. (That is an interesting story in its self!) We saw many whales (none too close to worry about) and the waves were cooperating—thank goodness! On the way back into the marina we had an unexpected visitor join us. The harbor seals think they have the right to request their dinner from the returning fishing boats. So, the picture below is a new friend of mine that scared the wits out of me at first. I thought he was on his way into the boat! Turns out he was just looking for a handout. So, if you go to Cabo San Lucas you may meet a new friend like this one.



COMING ATTRACTIONS!!

We are pleased to announce the following guest speaker line up for this year's luncheons.

- Feb. 20 A talk on earthquakes in our backyard by Peggy Hellweg from UCB Seismological Laboratory.
- May 22 Shirley Streshinsky and Patricia Klaus co-authors of the book "An Atomic Love Story: The Extraordinary Women in Robert Oppenheimer's Life".
- Aug. 21 Fred Schlachter will talk about electric cars
- Nov. 20 State of the Lab address by Lab Director, Paul Alivisatos



Cords in desert

EX-Ls Luncheon

Date: Thursday, February 20, 2014

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: Peggy Hellweg, Ph.D., Operations Manager, Seismological Lab, UCB

Title: Earthquakes in Your Backyard – Dr. Hellweg will talk about our local earthquake faults. She will introduce us to earthquake-related projects currently in progress at the Berkeley Seismo Lab. The Lab operates a network of seismometers that record earthquakes from throughout the world.

Bio: BS in Physics at UC San Diego, Masters in Physics at Goettingen, Germany, Doctorate in Physics from Un. of Stuttgart, Germany. Worked at the Federal Inst. of Earth Sci. and Resources, Germany and joined UCB in 2001 where she is now the Operations Manager for the Berkeley Seismo. Lab.

Catering Service: R & J Catering, Hayward, CA

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

Entrees: Kona Teriyaki Chicken topped with sesame seeds, traditional Shrimp Scampi in garlic butter, Rice Pilaf, Vegetarian Pasta and Caribbean Vegetable Medley

Desserts: Mango Mousse and Milk Cake

Cost: \$30 per person (prepaid)

Reservations: Computer access to the LBNL/EX-Ls Web page (www.lbl.gov/EX-Ls) will also give you the lunch form. Vicky Jared must receive your reservation by Monday, Feb. 17. Please mail form 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.

REGISTRATION FORM

See you at **BERKELEY YACHT CLUB** for the **Feb. 20 luncheon**. Be sure to make reservations by Monday, Feb. 17. Mail To: Vicky Jared, 4849 John Muir Road, Martinez, CA 94553

From _____

I Plan to attend the EX-Ls Luncheon Yes _____ No _____ **\$30 per person**

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 Help with Buffet? _____ Need to sit closer to the Screen? _____