



**Winter 2015**

**Volume 1**

**IN THIS ISSUE**

Officers .....2

President's Message .....3

UC Celebration Honoring New Retirees .....4

Luncheon Speaker for February 19, 2105 .....4

Friends of Berkeley Lab Update.....4

Share Your Travel Adventures.....4

EX-Ls Photo Viewing.....4

Summary of Presentation by Horst Simon at November Luncheon.....5-6

Pictures from November Luncheon.....6

Report on CUCRA/CUCEA Meetings.....7-8

November 11, 2014 Luncheon Guest List.....8

November Luncheon Registration.....9

## EX-Ls EXPRESS – WINTER 2015

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

Editor: Louise Vogelsberg

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

### EX-Ls BOARD OF DIRECTORS

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

### 2015 CALENDAR OF BOARD MEETINGS & LUNCHEONS

<u>Board:</u>	<u>Luncheons:</u>	
April 9	February 19	Berkeley Y.C.
July 9	May 21	
October 8	November 19	Hs Lordships

Board Meetings start at **3:00 p.m.**, usually in 54-130B (that's in the conference room addition to Perseverance Hall in the Cafeteria) at the Lab, but subject to change at the last minute, so check with a Board member if you plan on attending. We welcome attendance by interested members.

### PAST PRESIDENTS

Trudy Forte - 2014	
Joe Jaklevic-2012-2013	
Rollie Otto – 2011	Ken Mirk – 1999
Richard Sextro – 2010	Paul Hernandez – 1998
Don Grether – 2009	Clay Sealy – 1996-1998
Jose Alonso – 2008	Igor Blake – 1994-1996
Janis Dairiki – 2007	Conway Peterson – 1992-1994
John Kadyk – 2006	Howard Browne – 1990-1992
Gene Binnall – 2005	Ethel Skyrdlinski - 1989
Sig Rogers – 2004	Al Amon - 1988
Bob Fulton – 2003	Ken Lou – 1987
Bob Birge – 2002	Virginia Cherniak - 1986
Per Dahl - 2001	Bill Bigelow - 1985
Tom Beales – 2000	Ted Bowers – 1981-1984

### OFFICE ADDRESS:

**Our mailing address is:**  
LBNL EX-Ls  
101 University Hall  
Berkeley, CA 94720

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

**Photo Czar:** Ned Dairiki

**Website:** [www.lbl.gov/EX-Ls](http://www.lbl.gov/EX-Ls)

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

### EX-Ls Honorary Life Members

Shirley Ashley	Ingeborg Henle
Bud Larsh	Patrick Cullinane

### WELCOME NEW MEMBERS THIS QUARTER

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

### MEMBERS DECEASED IN 2014

Robert Mortiboy	Franklin Choy
Abe Glicksman	Andrew Sessler

Welcome to 2015! I trust you all had good Holidays, and are looking forward to Happy Days ahead!!

The New Year brings some changes to the Ex-L's Board.

I will be serving as your EX-Ls President for this year. I would like to thank Trudy Forte for her service this last year and for serving as 1st V.P. for two years before that! Tho' she has stepped down as President she will still be very much a part of the Executive Board and she will be representing the EX-L's at the UC Retirement Center Policy Board meetings. The EX-Ls are well represented on this board. Joe Jakelavic is the other representative and Rich Sextro is the Policy Board's President.

I would also like to thank Lee Schroeder and Esther Schroeder (no relation) for accepting positions and joining us on the Board. Lee, retired in 2006 from Nuclear Science, will be the 2<sup>nd</sup> Vice President and will chair the Nominations Committee. He will be looking for candidates for next year's 2<sup>nd</sup> V.P. If you could, please consider volunteering, or nominating someone for this position. Esther, who retired in 2003 from Information Technology, will be the new Secretary replacing Karen Springsteen whom we all thank for serving in that position for many years.

Cheryl Fragiadakis will be the 1<sup>st</sup> Vice President and will chair the luncheon speaker committee. Don't forget to join us at the **luncheon on Feb. 19<sup>th</sup>**. Look for more information in this newsletter.

Vicky Jared continues to chair the Activities Committee and manages to seamlessly co-ordinate all the luncheons. She could use more help in this endeavor and in planning other activities. Patti Powers-Risius continues as Membership Chair. Please remember to renew your membership, or consider a one-time fee of \$150 for a lifetime

membership. Kay Bristol continues as Treasurer and keeps our accounts in order. Louise Vogelsberg produces the newsletter, and Dick Baker manages the EX-L's web site.

Cary Sweeney from the UC Retirement Center attends our meetings. We continue to enjoy a good working relationship with her and the Center.

Lab Liaison update: Armando Viramontes has moved in with the Directorate in B-50. He has been able to set a date of **April 30, 2015 for the long awaited Lab Retires Reception. More information will follow!!**

The Board will be reviewing and updating the By-Laws this year. We are also planning a new banner for the Newsletter. (Time to retire the Ex-Press with it's outdated, coal burning engine logo.) And, we are participating in the planning and organizing of the Retiree Reception mentioned above.

I retired 10 years ago from Health Services and have always enjoyed the Ex-L's luncheons, newsletters, and other functions and communications. When I was approached two years ago to accept the nomination of 2nd Vice president, I felt honored and was eager to help this fine organization. So far it has been an interesting, and fulfilling activity. I say this to encourage others of you to consider volunteering to help us. Even if you feel you can't serve as a Board member, let one of us know if you are interested in assisting with the luncheons, planning activities, helping to recruit new members, or helping with the newsletter by editing, or submitting articles. Our Board meetings are open to all. Please feel free to join us at the next meeting on April 9<sup>th</sup> at 3 pm in B54/130.

I wish you the best of 2015 and, if you have any questions or comments, please feel free to contact me at [cegrondona@att.net](mailto:cegrondona@att.net)

## UC Celebration Honoring New Retirees

On November 13, 2014, UC honored retirees from the campus community and LBNL. The reception had a World Café theme. It was held at the Krutch Theater on the Clark Kerr Campus; a beautiful room for such an event! Retirees were welcomed by Claude Steele, Executive Vice Chancellor, and he saluted all with a champagne toast (or bubbly apple cider for some). It was a merry gathering with a delicious buffet luncheon during which we were serenaded by members of the UC Berkeley band. Following lunch and the toast, we had the unique experience of breaking out and joining conversations at tables with different themes. As part of the café theme, coffee and desserts were served. Some of the themes included: Gardening, fitness and nutrition, volunteering, cultural activities and creative arts, and tours and outings. This wonderful reception was developed and organized by Cary Sweeney, Director, UCB Retirement Center.

Members and associates of the EX-Ls Board of Directors were on hand to greet the new retirees from LBNL - They included: Trudy Forte, Connie Grondona, Patti Powers-Risius, Kay Bristol, Rich Sextro, Joe Jaklevic and Janis Dairiki. We were able to recruit 8 new EX-Ls members. The picture below shows one of the new members, Kathy Bjornstead (center) joined by Patti Powers-Risius on the right and Trudy Forte on the left with the banner from our recruiting table.



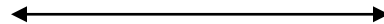
## Luncheon Speaker for February 19, 2015

Come join us for lunch and a great talk:  
"The Science of a Meaningful Life"

For more than a decade, UC Berkeley's Greater Good Science Center has been studying the science of compassion, happiness, altruism, gratitude -- what it calls "the science of a meaningful life." In this talk, Jason Marsh, the GGSC's director of programs, will share some of the key insights from this science, including evidence that long-term happiness depends not on material wealth but on connection and kindness to others.

## Friends of Berkeley Lab Update

On January 14, 2015 the Lab announced a new website for Friends of Berkeley Lab: [friends.lbl.gov](http://friends.lbl.gov). You join at no cost and/or just browse the contents. One interesting page is reached by clicking on the icon of Lab History. There are some historic photos dating from the Lab's early years, as well as information about the Lab's Nobel prizes, and "29 Breakthroughs". Check it out.



## **WHERE HAVE YOU BEEN? SHARE YOUR TRAVEL ADVENTURES**

Submit your articles to: [lbl-exls@lbl.gov](mailto:lbl-exls@lbl.gov)



Bud Larsh and Brenda Shank spent a week on the Big Island of Hawaii at the end of August, 2014. Most fascinating was seeing the activity of Kilauea – especially at night and riding the plume down the mountain on the north side of the island.

## **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 co-workers and friends in person

**LABORATORY OVERVIEW PRESENTED BY HORST SIMON, DEPUTY  
LABORATORY DIRECTOR AT THE NOVEMBER 20, 2014 EX-L'S LUNCHEON**

Established in 1931 Lawrence Berkeley Laboratory is the oldest of the National Labs. It is managed and operated by the US Department of Energy (DOE). The Lab currently employs 4200 people and, with an annual budget of approximately 820 million, conducts unclassified research. The Lab has always and continues to use a “team science” approach, using its large-scale, world-class facilities for the discovery of science. Its user facilities serve the nation and the world; over 10,000 visiting scientists from 92 different countries use the facility each year.

The Laboratory organization chart has changed in recent years, going back to the appointment of Associate Directors who now head Physical Operations, Computing Sciences, Biosciences, Energy Sciences, Physical Sciences, and Energy Technology.

The budget was described as “healthy” with an average increase of 3% per year over time. Over three fourths of the Lab’s funding is from DOE, with funding going to three main areas: Basic Energy Science, Biological and Environmental Research, and Math and Computing. The budget is expected to be flat in the coming year.

The Lab’s mission has evolved and changed from high-energy physics in the ‘70s to a multidisciplinary approach, focusing on biological and computing sciences today. It will continue to look at new initiatives in other areas (possibly neurosciences) in the future.

A new approach to scientific research called “Cyclotron Road” has been recently announced. This model starts with choosing entrepreneurial innovators who strive for commercial impact. They are given the right environment (access to large-scale facilities) and incentives are provided through a handoff to network partners. It is hoped that this will lead bright new stars to develop new scientific breakthroughs.

In support of meeting the DOE’s critical missions of our time, LBNL collaborates with other the National Labs. The depth of expertise across multiple disciplines allows for creation of whole new fields of research at the intersection of strategic areas. LBNL brings its strength in Bio and Earth Sciences, Advanced Scientific Computing, Nanotechnology, and Soft-X-ray Science to help solve today’s problems.

Some examples of LBNL participation are:

Shale Gas Revolution: In the 1980’s DOE invested in 20 years of research in horizontal drilling and fracturing, raising the production of domestic shale gas from 2% to 25%.

Energy Efficient Technology: Since the 70s the Labs have been focused on reducing energy consumption, producing CFL’s, and developing Energy Star standards, cool roofing materials, and more efficient aero duct sealers.

Renewal Energy Technology: Developed basic PV and wind-energy materials and manufacturing have been developed.

LBNL has a strong legacy in particle Physics and continues to provide international leadership in particle physics in ATLAS at CERN, by contributing to Higgs discovery, and by participating in Daya Bay with China in an experiment to measure neutrinos, as well as a dark energy experiment using baryon acoustic oscillations (BOSS). LBNL is also a leader in studies of the cosmic frontier.

In the Biosciences, the Lab leads in the Human Genome Project, use of synthetic biology and the designing of microbial systems for the advance of bio-fuels and chemicals for beneficial use. “Microbes to Biomes” is the organizing theme for Bio-energy Research that consists of controlling, understanding and observing microbes leading to early discovery of how microbial communities react to and define global carbon flux.

X-ray light sources at the DOE Labs, made possible by accelerator science, are critical for other disciplines. Four of the National Labs provide the nation these tools: Argonne has hard(est) x-ray; Brookhaven has hard x-rays; Stanford, hard x-ray and x-ray laser; Berkeley has soft(est) x-rays.

LBNL is the world’s soft x-ray science leader, impacting science and technology by allowing multi-scale biological imaging, (in situ) spectroscopy for chemical information, and supporting other research initiatives. A planned upgrade to the Advanced Light Source will enable functional mapping with an even higher resolution by 2021.

Computing is pervasive in modern science and technology. The future of Computational Science at LBNL is in partnering with other large computers at other Labs and companies on energy-efficient exascale technologies, as well as providing real-time imaging at the ALS.

LBNL’s science strategy has driven the Labs infrastructure vision. Current new buildings at B90, at the old B25 site and below the B50 complex, are focused on evaluating and improving the energy efficiency of new buildings, improving battery storage, exploring bio-fuels, and increasing high-performance computing. The



future vision includes a building at the old Bevatron site dedicated to bioscience programs and a new material and chemistry buildings near the ASL.

Current and future challenges;

2015 will be the year of “1000 moves” as the new facilities come on line.

There will be yet another mandated review of the National Labs.

Funding for the Richmond Campus has been lost. It will now be developed by UCB as a Berkeley Global Campus.

Parking continues to be a challenge and a study including an off-site option with shuttles as well as fees for on-site parking is underway.

A recent development is that of a Berkeley Lab Foundation whose purpose is to raise philanthropic funds. An Executive Director has been hired and more information will be forthcoming.

A complete set of slides is available at:

[141120 Simon LBNL Overview ExLs.pdf](#)



**REPORT ON CUCRA/CUCEA MEETINGS**  
**OCTOBER 22-23, 2014 AT THE ALUMNI HOUSE, UC BERKELEY**

by Janis Dairiki

CUCEA is the Council of UC Emeriti Associations and CUCRA is the Council of UC Retiree Associations, of which EX-Ls is a member. The two councils hold biannual meetings, rotating among the UC campuses. The UCB Retirement Center (UCBRC) and the four local retiree associations, including the EX-Ls, hosted this fall meeting at Berkeley. Trudy Forte and I represented the EX-Ls on the planning committee and also at the meetings.

The format of the meetings is that CUCEA and CUCRA each meet separately for half a day and also hold a joint meeting that is attended by representatives of the UC Office of the President (UCOP). This report addresses the highlights of the CUCRA and joint meetings without distinguishing between them.

The joint meeting got off to a rousing start as the UC Straw Hat Band marched in and serenaded us for a few minutes.

Angelica (Angy) Stacy, Associate Vice Provost for the Faculty, then gave the campus welcome. She presented several viewgraphs supporting her introductory statements that aging and work in the academy is distinct and faculty age structure impacts renewal. The average age of faculty has increased in the last 20 years; there is no strong evidence for a decline in productivity, but, given budget restraints, the number of young faculty has therefore decreased. She has carried out some research on faculty retirement to explore questions of retirement in academia with a goal of creating options and a smooth pathway to the next phase of an academic career.

Rich Sextro followed up (later in the meeting) with a talk on **Transforming Retirement**, an initiative of the UCBRC. Noting the faculty demographics and, in many cases, limited growth in budgets or in new FTE's, the UCBRC policy board formed a committee to explore the dilemma of how UC Berkeley can balance the potentially competing interests of encouraging and maintaining intellectual leadership and maturity with those of bringing in new energy and developing new intellectual contributions. Is there a role for the UCBRC?

The UCBRC committee's initial effort is aimed at faculty retirement but will be followed by a focus on retirement issues for staff and non-Senate academics. In each of the past two summers, the UCBRC hired a graduate student to assemble information about existing policies, procedures and any ongoing research relevant to aging and retirement, both at Berkeley and elsewhere.

Based on the key findings, the students developed a 'toolkit' as a means of starting the conversation with faculty about retirement. The second year produced a draft website which will be further developed as one part of the 'Transforming Retirement' program. The overall goal is to create a "retirement friendly" culture on campus as another chapter in one's life in the campus community.

The Retirement Administration Service Center (RASC) within UCOP plays a centralized role for services that formerly were carried out by the individual campuses. This includes retirement counseling and processing for employees at the Lab. Michael Waldman talked about a survey sent to active faculty and staff who received retirement counseling through the RASC between April and June 2014 to find out how satisfied they were with the RASC service. The goal of RASC was to achieve 80% overall satisfaction and that was the outcome. There were 14 LBNL staff who used the RASC service and they indicated 100% satisfaction. Davis is now conducting a survey of people who went through the local retirement office versus using RASC and they will have a report at the spring meeting.

CUCRA is fairly flush with money, which comes mostly from the Collette travel agency for UC retirees' participation in Collette-organized group trips. This allowed CUCRA to begin a Grants program last year. Any retiree organization can request funding (up to a total of \$5000 for all grants in 2015) for a new project that will (1) enhance or create services for retirees or (2) which actively involves retirees. Two grants were awarded in 2014. **I would encourage you to let the Board know if you have an idea for a project that the EX-Ls could submit when the call for projects is issued in the spring!**

As is now customary at CUCRA meetings, there were two roundtable discussions – one on Financial Sustainability and the other on Membership Communications. The leader of the communications discussion group started off very enthusiastic about the idea of a Facebook page, having talked to (younger) friends in other organizations. The retiree associations that have tried it, aside from the UCLA Retirement Center that has a techie guru to maintain it, have decided it is not useful. This caught my attention because some EX-Ls members have suggested a Facebook page for the EX-Ls. Most all centers have a newsletter, most quarterly; some distribute it only by email and some by both email and snail mail. The UC Davis Retiree Center

has recently gone down to only one newsletter/year (because of cost) and supplements that with weekly email updates. One topic mentioned in the Financial Roundtable was that the ability to pay on-line seems to lead to an increase in membership (for a 6% fee!). Some EX-Ls members have suggested that.

The first day's CUCRA meeting was followed by a tour of the Paleontology Museum in the Valley Life Sciences Building (very worthwhile if you haven't ever been there) and a dinner at HS. Lordships.

Adrian Harris, Chair of the Joint Benefits Committee (JBC), with members from both CUCRA and CUCEA, noted that it is now 20 years since the founding of the JBC. There have been many significant changes in the way CUCEA and CUCRA interact with UCOP and other university entities since the JBC's founding. He distributed a list of JBC successful recommendations over the past years, noting that the most important

accomplishments since the last report in 2010 are centered in the area of communication. And then he announced that after 20 years he feels it is time to step down as Chair of the JBC, but is willing to continue as a member of the committee. He received a big round of applause. In my opinion, he has been the reason that the JBC has been so successful, so it's good news that he is willing to stay on the Committee.

If you want to learn more, check out the CUCRA website at: [www.cucra.ucsd.edu](http://www.cucra.ucsd.edu). You will find reports from each retiree center and association discussing its recent activities; I always find these very interesting. There are also other meeting materials, e.g., agendas, minutes, and the JBC reports posted there.

Next meetings: April 29-30, 2015 at the UC San Diego Faculty Club

**EX-Ls 11-20-14 LUNCHEON      Attendees and Guests – Hs Lordships**

Jose Alonso	David Edgar	Ken Mirk
Richard Baker	Pauline Fleischer	Nancy & Vic Montova
Paul Banchemo	Trudy Forte	Fred Perry
Tom Beales	Ken Frankel	Conway Peterson
Roy Benedict	Rick Gough	Martin Pollard
Edward Bennett	Don & Becky Grether	Terry Powell
Gene & Myrna Binnall	Connie & Edward Grondona	Patti Powers-Risius
Kathy Bjornstad	Bill & Jeanne Hassenzahl	Michael Press
Kay Bristol	Lilian Hawkins	Hans Georg Ritter
Jerry Bucher	Egon Hoyer	Francis Rubinstein
Geores Buttner	Joe Jaklevic	Blanche Sack
Laura Crymble	Vicky & Richard Jared	Esther Schroeder
Patrick Cullinane	Walt Johansen	Lee & Beverly Schroeder
Eleanor Dahl	Janos Kirz	Richard Sextro
Peggy Dahl	Matt Kotowski	Brenda Shank
Janis & Ned Dairiki	Almon (Bud) Larsh	Karen & Bob Springsteen
Diane D'Aoust	Peter & Mary Lichty	Sandra Stewart
Genevieve Dreyfus	Pat McKean	William Turner
Norman Edelstein	Doug McWilliams	Allan Zalkin
Guests:	Horst Simon, Armando Viramontes, William Johansen	
Raffle Winners:	Gene Binnall, Peggy Dahl, Blanche Sack	



# EX-Ls Luncheon

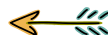
**Date:** Thursday, February 19, 2015

**Where:** Berkeley Yacht Club, 1 Seawall Drive, Berkeley Marina

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

Bar Service: Opens at 11:30

**LOCATION: Berkeley Yacht Club**



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

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

**BAR SERVICE:** Located left of the entrance door - opens at 11:30 - around \$6.00 for beer or wine

**LUNCHEON LECTURE:** Jason Marsh, Program Director at the UCB Greater Good Science Center (GGSC) will discuss "The Science of Meaningful Life." The GGSC has been studying the science of compassion, happiness, altruism, gratitude--what it calls the science of a meaningful life. In this talk, Jason Marsh will share some of the key insights from this science, including evidence that long-term happiness depends not on material wealth but on connection and kindness to others.

**BUFFET SELECTION: First Course:** Garden Salad (family style), Dinner rolls and butter will be served at the tables along with coffee and water. Hot tea is available on request.

**Entrees:** Chicken Florentine with champagne mushroom sauce, Oven Poached Salmon with aioli cream sauce, Rice Pilaf, Fresh Seasonal Vegetables

**Desserts:** Assorted Desserts

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

**Reservations:** Computer access to the LBNL/EX-Ls Web page ([www.lbl.gov/EX-Ls](http://www.lbl.gov/EX-Ls)) will also give you the lunch form. Vicky must receive your reservation by Monday, February 16. Please mail form to Vicky Jared, 4849 John Muir Road, Martinez, CA 94553. Call (925) 228-2145 - or email to: [jaredrv01@aol.com](mailto:jaredrv01@aol.com) if you want to sign up or have questions.

---

See you at the **February 19 luncheon at the Berkeley Yacht Club**. Be sure to make reservations by Monday, Feb. 19, 2015. Mail To: Vicky Jared, 4849 John Muir Road, Martinez, CA 94553

From: \_\_\_\_\_

I Plan to attend the EX-Ls Luncheon **\$30 per person** PREPAID

**Menu is Buffet: Advance Choice is not required**

I will bring \_\_\_\_\_ guest(s)

Name(s) of Guest(s): \_\_\_\_\_

Please make check payable to **EX-Ls** Total Enclosed: \$\_\_\_\_\_

Willing to carpool: As Rider? \_\_\_\_\_ As Driver? \_\_\_\_\_

Need to sit closer to the Screen? \_\_\_\_\_ Other: \_\_\_\_\_

Wish Assistance with Buffet? \_\_\_\_\_