



EX-Ls Retiree Newsletter

Lawrence Berkeley National Laboratory – July 2020



Join Us for Free Zoom Meeting
SPEAKER: J. Keith Gilliss
TITLE: Filling in the Blanks:
Current research on
measuring, managing, and
co-existing with California’s Forests

Date: Thursday, August 20, 2020

Time: 1:00 to 2:00 pm

(Practice & Connecting with Fellow Retirees - 12:30 to 1:00 pm)

Registration Online:

<https://berkeley.zoom.us/meeting/register/tJlpc-2oqDsjHNfAueHseA20OQMySwZt6iyU>

If you need help please contact Kathy Bjornstad, EX-Ls Activities Coordinator -

kathy.bjornstad73@gmail.com

ABSTRACT: California's forests are capable of producing both forest products and environmental services, but also pose public safety and public health challenges - even to those who live in urban areas. From a research perspective, we don't know much of what we'd like to know to: design effective policies and incentives to promote innovative forest products; accurately measuring what is happening in the forests with respect to carbon sequestration, mortality from fires, droughts, and insects; increase fire resilience at a landscape scale; and effectively manage evacuations and fire suppression activities. California's researchers, with considerable support from the State, are developing and deploying new technologies such as LiDAR, computer gaming, and mass-timber construction to fill in some of the blanks. Keith Gilliss will outline current research in this area from his unique perspective as a researcher, administrator, regulatory, and forestry professional. (Speaker Biography continues on page 2)

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President's Report – Bob Cahn



Robert (Bob) Cahn

The pandemic is especially stressful for us retirees: COVID-19 is particularly dangerous for the elderly as we are cut-off from direct contact with our children and grandchildren along with extended family and friends. At this time, EX-Ls, together with the University of California Berkeley Retirement Center (UCBRC) can provide some services that can make this time more tolerable.

EX-Ls continues to arrange the quarterly luncheons, though without the lunch! The upcoming luncheons, which will of course be available by zoom, are scheduled for August and November.

The luncheon speaker for August 20th is Keith Gilles, Professor Emeritus of College of Natural Resources. He will be talking on wildland fires. On November 19 we will hear from Dr. Kevin Doxzen of the Innovative Genomics Institute, which is headed by Prof. Jennifer Doudna. The presentation about COVID-19 by Dr. John Swartzberg given on May 18 is available on Youtube at <https://www.youtube.com/watch?v=xpDT-6Hmnzs>.

The extensive offerings of UCBRC at its website <https://retirement.berkeley.edu/home> are especially valuable at this time. There is a special section devoted to COVID-19. You will find video links to talks from the Retirement Learning Series. I am particularly fond of the opportunities provided at <https://retirement.berkeley.edu/keeping-connected-amid-sheltering-place/learning-and-enrichment> and the webpage for the EX-Ls at <https://retirement.berkeley.edu/ex-ls>.

While the restrictions the pandemic have caused are evident to all of us, there are some compensations to be enjoyed. We are separated from each other, but the connections provided by zoom and other similar services have resulted in a new sort of geometry: we are all equidistant from each other. Your friends and acquaintances are just one zoom-call away, whether they live across the bay or across the country. Regular or even sporadic calls can add variety to days that otherwise can start to seem as repetitive as those in the film "Goundhog Day." I hope the variety of opportunities available from EX-Ls and UCBRC will help you deal with the difficult times we all share.

Speaker's Biography continued from page 1

J. KEITH GILLESS BIOGRAPHY: J. Keith Gilles is a member of the faculty of both the Department of Environmental Science, Policy, and Management and the Department of Agricultural and Resource Economics. He served as Dean of Berkeley's College of Natural Resources from 2007 to 2018, and retired from active professorial status in 2020. Gilles serves as chair of the California Board of Forestry and Fire Protection. Under his leadership, the Board has engaged in substantive revisions to the portions of the California Public Regulatory Code dealing with protection of watercourses, fire safety-related land use planning, non-industrial forest management plans, etc., and promulgated emergency rules to allow the public to quickly address with problems such as tree mortality resulting from drought and fire. At the national level, he served for two terms on the US Department of Agriculture's Forest Research Advisory Council. Gilles' research has encompassed structure survival in large urban-wildland conflagrations, simulation modeling of fire behavior and initial attack on wildland fire, effects of climate change on fire management, public engagement in the development of Community Wildfire Protection Plans, natural hazards impacts and planning. He is also the co-author of two textbooks on forest resource management and economics.

CUCRA Summary - Nancy Brown



Nancy Brown

The Council of the University of California Retiree Associations (CUCRA) informs the University of California Leadership and the Board of Regents in their decision making. The most important thing that CUCRA is doing now is preparing a member survey that will be conducted during the fall of 2020. This survey is quite similar to the previous one conducted in 2016 in its purpose to learn about the activities and accomplishments of retirees after UC employment. The survey will be conducted on-line and will take 15 minutes to complete. Participation will enable CUCRA, its member retiree associations and retiree centers to 1) advocate more effectively on behalf of UC retirees; 2) help the UCOP, campus, and laboratory administrators to more fully understand contributions made by UC retirees to UC and the broader community; 3) assist UC retiree associations and retiree centers to create and improve useful programs and services for retirees; and 4) provide retirees with

comprehensive information about their collective contributions and achievements. This is especially timely because there is a new president of UC.

Please take the time to respond to the survey. The EX-Ls will receive the survey early in October. I also urge the Ex-Ls to become familiar with the CUCRA web page. I draw your attention to two things of timely interest, the report of the Joint Benefits Committee (JBC) that Roger Anderson chairs and John Meyer's report. At our most recent CUCRA meeting at the end of April, John Meyer (Chair of the Health Benefits Advisory Committee) gave a report on health care. His report is contained within the JBC report, and he anticipates that health care will be stable for 2020 and 2021. His current committee is a restructured version of the previous one, but with more current employees as members and an enlarged scope to include active members as well. There are lots of activities concerned with health care, but not a lot of information. Meyer's committee is busy preparing a report for the new UC President. The fall meeting of CUCRA will be conducted on Zoom at the end of October.



COUNCIL OF UNIVERSITY OF CALIFORNIA
RETIREE ASSOCIATIONS

About CUCRA

In 1993 representatives of the retiree associations from the nine University of California campuses and three University-managed DOE laboratories organized the Council of University of California Retirees' Associations (CUCRA). Their goal is to provide a single organization that could speak for the many University and laboratory retirees on issues that could affect retiree benefits and privileges. Each campus, Laboratory and Office of the President/Regents retiree association has one representative and one alternate who attend CUCRA meetings twice a year (fall and spring) at the various UC locations.

May 14, 2020, Zoom Mini Presentation

Cary Sweeny, Growing Older in Your Home



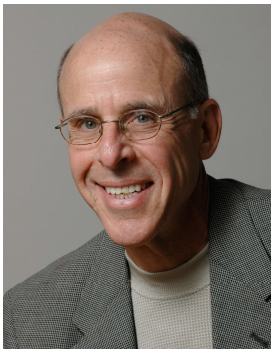
Opening slide of talk.

This mini-presentation on "Growing Older in Your Home" presented by Cary Sweeney, Gerontologist, Director of the Retirement Center on May 14, 2020, is based on one of the classes offered as part of the "[Taking Charge of Your Future: Planning for Long-term Care Course](#)." It was offered as a mini-presentation for the EX-Ls Retiree Association.

Presentation description: According to AARP, nearly 90% of adults age 65+ want to stay in their current home and community as they age. This mini-presentation will review considerations for staying in your home weighing out the pros and cons of each and considering the cost. You can find this presentation at the link below:

<https://retirement.berkeley.edu/learning-events/long-term-care-planning-course/growing-older-your-home>

EX-Ls May 21, 2020 ZOOM Meeting, Dr. John Swartzberg, Update on the Ongoing Coronavirus Pandemic



Dr. John Swartzberg

The speaker at the May 21st luncheon was **Dr. John Swartzberg, Clinical Professor Emeritus, UC Berkeley School of Public Health, and Editorial Board Chair of Berkeley Public Health's Health & Wellness Publications.** Dr. Swartzberg is board certified in internal medicine and infectious diseases. He spoke about the coronavirus and the COVID-19 pandemic.

Dr. Swartzberg's talk began with a definition of the coronavirus, a discussion of its origins and the mutations that humanized it, and the prevalence and incidence. He discussed who gets infected and the case-fatality rate and the R_0 , its reproduction rate or the average number of people who will contract the disease from one person with the disease. Dr. Swartzberg also talked about the incubation period, the length of time that it takes from infection to hospitalization, for those that get very sick. He talked about the latest understanding of whether we develop immunity, how its transmitted, who is contagious and for how long, the natural history of the disease in humans, and the characteristic symptoms.

Covid-19 diagnosis and treatment were also discussed, along with how to prevent infection. Finally, Dr. Swartzberg talked about how to decide when to return to work, and how the pandemic is likely to proceed.

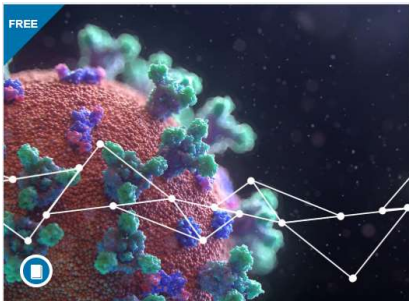
For people in the retiree age group, the take-home message was that they (we) should be the last to leave shelter-in-place.

A YouTube video of his talk can be found at this link: <https://youtu.be/xpDT-6Hmnzs> (Attendees continued on page 5.)

May 21, 2020, ZOOM Meeting Attendees

Judy Ackerhalt	Joe Epperson	Donata Hubert	Patti Owen
Arwa Ali	Sandra Epstein	Sheila Humphreys	J. Page
Mark and Christine	Parisa Farvid	Craig Ikami	Enid Pollack
Alper	Ben Feinberg	Judith Justice	Lisa Polley
Lynn Bailiff	Mary Feinberg	Caroline Kane	Bill Powning
Winifred Baker	Ron Fisher	Steve Kessler	Ariadne Prater
Margaret Barbee	Miguel Furman	Mohammed Khan	Paul Reif
Donald Bell	Marian Gade	Jud King	Vincent Resh
Michele J. Bernal	Phyllis Gale	Janos Kirz	Dee Bardach Richair
Eugene & Myrna Binnall	Carla Garbis	David Kittams	Hans Georg Ritter
Kathleen Bjornstad	Gilda Garcia	David Kong	Stephan Ritter
Linda Blachman	Sue Gettinger	Jeffrey Kortright	Henry Rutkowski
Nancy Brown	Julie Glover	Brad Krebs	Karen Schafer
Robert Budnitz	William Golove	Amy Kronenberg	Esther Schroeder
Robert Cahn	Milica Grahovac	Leslie Kwan	Rich Sextro
Francis Cahn	Jeff Green	Regina Lackner	Ellen Shandalove
Sravan Chalasani	Douglas Greiner	Ann Lage	Alexander Sherman
Crystal Chan	Don Grether	Ralda Lee	Norine Shimafojt
Steve Chan	Connie Grondona	Donna Lee	Mayuni Story
Michael Chanowitz	David Grunwald	Erika Lindquist	Nancy Sutherland
Zoher Chiba	Bronwyn Hall	Gail LoDolce	John Swartzberg
Karen Christensen	L. Christine Hansel	Jenny Markus	Cary Sweeney
Roxanne Clement	Linda Hanzel	Howard Matis	Kris Thornton
Joseph Curley	Todd Hansen	Nance Matson	William Tschudi
Clytia Curley	Joseph Harkins	Annette McCoubrey	Eugene Veklerov
Janis Dairiki	Patsy Harvey	Pat Meehan	Edward Vine
Thomas Daley	Howard Hatayama	Jim Mitchell	Barry Waldman
Nancy Donovan	Diane Hinkly	Molly Mitchell	Viviana Wolinsky
Anne Dorfman	Rose Hoffman	Robin Mitchell	Elise Woods
Diane Douglas	Elizabeth Holbrook	Carol Murota	Amy Worth
Diane Driver	Karla Holmberg	Lynn Nakada	Craig Wray
Carol Dudley	Patricia Hom	Sally Nasman	Masaaki Yamato
David Duer	Nancy Horton	Charlan Nemeth	Lynn Yarris
Mark Durst	Egon Hoyer	Kevin Oberman	Jo Yuen

Managing the Pandemic: A Course Presented by UC Berkeley Public Health



If you are curious about the COVID-19 Pandemic, you may wish to sign up for the UC Berkeley Public Health's FREE Course on "Managing the Pandemic". The 20 lectures provided by faculty with a wide range of topics the lead to an understanding the prevention and control of deadly infectious disease. If you are interested, you can find a complete summary including a list of classes and faculty at the link below. You can also sign up for this self-paced program at the link above, and if you complete the 20+ lectures, you can receive a certificate.

[https://berkeleyphw.catalog.instructure.com/courses/managing-the-](https://berkeleyphw.catalog.instructure.com/courses/managing-the-covid-19-pandemic)

[covid-19-pandemic](https://berkeleyphw.catalog.instructure.com/courses/managing-the-covid-19-pandemic)

2020 LBNL Retirees Reception, June 25, 2020

Hosted by Director Michael Witherell



The annual retiree reception was conducted on June 25, with **over 100 attendees** joining on Zoom. While we missed the chance to socialize and enjoy refreshments as at the traditional reception held every fall, we did hear from Lab Director Mike Witherell, EX-Ls President Bob Cahn, and UCBRC Director Cary Sweeney.

Director Witherell showed slides that displayed vividly how the Lab looks while COVID-19 has reduced the presence of personnel: empty hallways, turkeys claiming possession of wide areas, masked scientists gazing at each other from a distance. The Director told us about a variety of research programs at the Lab focused on the COVID-19. He celebrated the six winners of Early Career Awards. He concluded with congratulations for the new retirees with a slide showing E. O. Lawrence wearing a mask, superimposed on a photo of the ALS area.

Bob Cahn, EX-Ls President, gave an overview of the EX-Ls, exhorting new retirees (and old) to make sure we have their emails so we can stay in touch. To do this, all that is needed is an email to ex-ls@berkeley.edu. Bob gave a review of the current list of officers, a reminder of the usual EX-Ls activities (some of which are suspended), a review of the past quarterly luncheon talks and a preview of talks to come. A special pitch was given to encourage retirees to take advantage of the many services offered by the University of California Berkeley Retirement Center – UCBRC.

Cary Sweeney, Director of the UCBRC, spoke of the Retirement Center's offerings in education programs, lectures, and social gatherings, in person and through zoom. UCBRC also provides support and advocacy for retirees. She noted that UCBRC serves the Berkeley Campus, the Office of the President, and LBNL. UCBRC receives significant financial support from the Lab and the contract for this has been recently renewed.

While the retiree reception worked well with Zoom, we are looking forward to returning to our usual venue for the 2021 event. (Reception Attendees continued on page 7.)



Some the attendees completed the survey included in the invitations. The following is a summary of the information that was shared with current and past retirees attending the event:

- there are over 1,000 years of service among registrants.
- on average each of you have had 4 different Lab Directors over your time at the lab- with some retirees having had 7 different Directors.
- The average number of times you changed work locations at LBNL is about 3, ranging from 0 – 10.

June 25, 2020 Director Michael Witherell's Virtual EX-Ls Retiree Reception

Nord Andresen
Paula Ashley
Abiola Ashorobi
Steve Bakaley
Winifred Baker
Angela Barbaro Galtieri
Michael Barnett
Jacob Bastacky
David Batzloff
Eugene & Myrna Binnall
Kathleen Bjornstad
Genevieve Boissier
Dreyfus
Jack Borde
Nancy Brown
Robert Cahn
Norris Cash
Andrea Chan
Steven Chow
Dennis Collins
Mark Conrad
Claire Curtin
Janis & Ned Dairiki

Rosie Davis
Margaret Dick
Ayesha Dixon
Ben Feinberg
Glenda Fish
Michelle Flynn
Cheryl Fragiadakis
George Frazier
Miguel Furman
Phyllis Gale
William Golove
Harvey Gould
Don Grether
Connie Grondona
Keith Groves
Todd Hansen
Howard Hatayama
Ian Hinchliffe
Rose Hoffman
Karen Houston
Egon Hoyer
Rick Inada
Giselle Jiles

Juanita Jones
John A. Kadyk
Gail Kato
Angela Keres
Chris Kniel
Jeffrey Kortright
Angela Kumar
Rei Lee
Alex Lekov
Connie Lin
Erika Lindquist
Mary Maxon
Jane McCall
James McMahan
Doug McWilliams
Suzanne Kranz
Sally Nasman
Mary Oxnam
Annie Pang
Marilyn Parra
Peter Persoff
Patricia Powers-Risius
Arthur Ritchie

Tim Roberts
Gregory Rosenquest
Bernie Ruffenach
Henry Rutkowski
Dale Sartor
Walter Schimmerling
Fred Schlachter
Esther Schroeder
Lee Schroeder
Lori Shields
Gregory Stover
Jing-Chiou Su
Cary Sweeney
Jane Tanamachi
Romulo Tecson
Kris Thornton
Bill Tschudi
Barbara Tuse
Mike Witherell
Craig Wray
Masaaki Yamato
Lynn Yarris
Ronald Zuckermann



2020 EX-Ls OFFICERS, INFORMATION AND CALENDARS

EX-Ls BOARD OF DIRECTORS

President: Bob Cahn
1st Vice-President: Ben Feinberg
2nd Vice-President: Howard Hatayama
Secretary: Esther Schroeder
Treasurer: Howard Matis
Membership: Open
Activities: Kathy Bjornstad
LBNL Liaison: Margaret Dick
CUCRA Representative: Nancy Brown/Bob Cahn
UCBRC Advisory Board: Nancy Brown/Bob Cahn
Editor EX-Ls Newsletter: Phyllis Housel Gale
UCBRC Director and Liaison: Cary Sweeney

EX-Ls Address at UCB Retirement Center

Mailing Address: LBNL EX-Ls; 101 University Hall, Berkeley CA 94720-1550

Website: <https://retirement.berkeley.edu/ex-ls>

Webmaster: Kris Thornton, UCBRC

2020 EX-Ls Board Meeting Calendar

Thursday, January 16, 2020, 3:00 p.m.

Thursday, April 9, 2020, 3:00 p.m.

Thursday, July 9, 2020, 3:00 p.m.

Thursday, October 8, 2020, 3:00 p.m.

2020 Luncheon and Event Dates

February 20, 2020 Luncheon at the Berkeley Yacht Club, 11:30 - 2:00, Dr. Joel Parrott

May 21, 2020, **Remote Zoom Meeting,**
Speaker 1:00 - 2:00, John Swartzberg, MD

August 20, 2020 Remote Zoom Meeting,
Speaker 1:00 - 2:00, J. Keith Gillless, PhD

November 19, 2020 **Remote Zoom Meeting,**
Speaker 1:00 - 2:00, Dr. Kevin Doxen

PAST PRESIDENTS

Nancy Brown – 2019
Henry Rutkowski -2018
Lee Schroeder – 2016-17
Cheryl Fragiadakis – 2016
Connie Grondona – 2015
Trudy Forte – 2014
Joe Jaklevic – 2012-13
Rollie Otto – 2011
Richard Sextro – 2010
Don Grether – 2009
Jose Alonso – 2008
Janis Dairiki – 2007
John Kadyk –2006
Gene Binnall – 2005
Sig Rogers – 2004
Bob Fulton – 2003

Bob Birge – 2002
Per Dahl – 2001
Tom Beales – 2000
Ken Mirk - 1999
Paul Hernandez – 1998
Clay Sealy - 1996-98
Igor Blake - 1994-96
Conway Peterson –1992-94
Howard Browne – 1990-92
Ethel Skyrdlinski – 1989
Al Amon – 1988
Ken Lou – 1987
Virginia Cherniak – 1986
Bill Bigelow – 1985
Ted Bowers – 1981-84

In Memoriam

Al Thompson



Al Thompson – second from left

With sadness we announce the recent passing of our retired colleague Al Thompson on May 30, 2020 after several years of medical challenges. He is survived by his wife, a number of children, grandchildren, a great-grandchild, as well as his sisters. Al was born on August 4, 1942 and grew up in Vancouver, Canada. From an early age, he enjoyed building electronic devices with his father. After receiving his PhD from Carnegie Mellon University, he worked at Los Alamos National Laboratory before coming to Berkeley Lab in 1974.

At Berkeley Lab, he worked on x-ray detectors before transitioning into synchrotron applications. At first he worked with SSRL where he did digital angiography among other things. He brought things he learned from working with SSRL to Berkeley Lab and to the ALS. In 1984 he became one of the founding members of Berkeley Lab's Center for X-Ray Optics.

His proposed x-ray microprobe beamline, developed with James Underwood, was the first to be constructed at the ALS. It was there that an image of the ALS's "first light" was captured via a phosphor-coated screen at 12:20 a.m. on October 5, 1993. Over the years he used the beamline to study a wide variety of samples. He analyzed Napoleon's hair, looking for traces of arsenic to find out if he was poisoned. He also took the image of a spider fang showing the distribution of zinc and arsenic within the fang that can still be found on the ALS experimental floor and is much beloved by tour guides and shown to many a tour group traipsing through.

Al also recognized a need for x-ray data tables to be available in an easy-to-use format (at a time when there were no smartphones). He played a major role in organizing the X-Ray Data Booklet, commonly referred to as the little orange book, which is known in the x-ray community around the world. It is handed out in hard copy to users at the ALS, and Al also took the lead in producing a second edition of the data booklet and made it available [on the web](#).

Al was interested in computers even way back when we did not all have one on our desk. His expertise was appreciated by his co-workers at a time when the technology changed rapidly and decisions about which system to use had to be made. His friend and coworker Joe Jaklevic remembers how Al introduced him to the earliest version of Windows when it first came out.

Al enjoyed hiking, especially in Yosemite National Park, where he took most of his family members at one time or another. His ashes will be buried with a view of Mount Tamalpais at Fernwood Cemetery in Mill Valley.

He will be missed by his colleagues at the ALS who will remember him as a capable scientist and diligent worker.

This obituary was published in LBNL's Elements and is based on contributions from Al Thompson's family and LBNL colleagues Joe Jaklevic, Eric Gullikson, and Rupert Perera

Tony Linard

Tony Linard passed away unexpectedly on April 22, 2020. He had retired from Berkeley Lab in 2012 after working 23 years in various capacities in the Life Sciences Division.



He joined the Lab in 1989 to serve as the research administrator for Dr. Jack Fabrikant in the Heavy Ion Radiosurgery Group in the Research Medicine and Radiation Biophysics Division, a predecessor of the Life Sciences Division. In 1994, after Dr. Fabrikant's death, Tony was asked to serve as the division safety coordinator, a position he held for nearly 15 years. In this capacity, Tony worked hard to reduce both the hazard exposure and environmental contamination of radioactive materials. For this effort, he and a researcher, Dr. Li-Yang Chang, were presented a Certification of Appreciation from then DOE Secretary Federico Pena. He also led other initiatives to reduce waste; develop training programs for new hires; and, in close collaboration with the EH&S Division, develop programs to improve researcher safety such as his notable mercury thermometer trade-in program.

In 2000 when the Life Sciences Division Animal Facility and Building Manager retired, building management was added to Tony's responsibilities, and he effectively handled the heavy workload. Of note, he was instrumental in moving a number of research programs to the Lab by arranging the renovation of new laboratories to support these programs. He also skillfully guided the relocation of a significant portion of the division's research programs to an off-site location at the Potter Street building. During his tenure, Tony received two promotions and a number of awards for his "invaluable contribution to the Life Sciences and LBNL's safety management review."

When the Lab consolidated support services in 2008, Tony was transferred to the EH&S Division where he represented the Life Sciences Division and continued to support their efforts in environmental and safety management until his retirement in 2012.

As a retiree, Tony spent time at his family's cabin in Taylorsville, enjoyed working in his yard, and shared his home with two rescue cats. He was especially talented at building model boats and model train layouts. He had a dedicated train room where he built a wall-to-wall layout with multiple trains, structures, and scenery. As soon as it is safe, friends will gather in memory of Tony and scatter his ashes.

Contributed by Karen Springsteen

(Note: If you know of the recent death of a member of the EX-Ls retirement family, please send a note with an obituary of about 250 – 500 words in length and photograph to Phyllis Gale, Newsletter Editor at p2gale@gmail.com.)

