

**EX-L' S**

# **Retiree Newsletter**

**Lawrence Berkeley National Laboratory - May, 2017**

**IN THIS ISSUE**

<b>Contents</b>	<b>1</b>
<b>Officers</b>	<b>2</b>
<b>President's Message</b>	<b>3-4</b>
<b>February Luncheon Recap</b>	<b>5-6</b>
<b>May Luncheon Preview</b>	<b>7-8</b>
<b>Experiment in Facilitating Connections</b>	<b>9</b>
<b>Notes from Members</b>	<b>10</b>
<b>LBNL Call for Participation in Aging Research Study</b>	<b>11</b>
<b>February Luncheon Attendees and Photo Gallery</b>	<b>12-13</b>
<b>May 18th Luncheon Reservation Form</b>	<b>14</b>

*Please note that the event described at the top of Page 10 is April 27-30*

## **EX-Ls EXPRESS - May 2017**

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

### **EX-Ls BOARD OF DIRECTORS**

President: Lee Schroeder  
1st Vice-President: Henry Rutkowski  
2nd Vice-President: Nancy Brown  
Secretary: Esther Schroeder  
Treasurer: Kay Bristol  
Membership: Patti Powers-Risius  
Activities: Kathy Bjornstad  
LBNL Liaison: Margaret Dick  
CUCRA Representative: Janis Dairiki/Don Grether  
UCBRC Policy Board: Richard Sexto  
Connie Grondona  
Editor EX-Ls Newsletter: Linda Rutkowski  
UCBRC Director and Liaison Cary Sweeney

### **PAST PRESIDENTS**

Cheryl Fragiadakis -- 2016 Connie Grondona – 2015  
Trudy Forte – 2014 Tom Beales – 2000  
Joe Jaklevic – 2012-2013 Ken Mirk – 1999  
Rollie Otto – 2011 Paul Hernandez – 1998  
Richard Sextro – 2010 Clay Sealy – 1996-1998  
Don Grether – 2009 Igor Blake – 1994-1996  
Jose Alonso – 2008 Conway Peterson – 1992-1994  
Janis Dairiki – 2007 Howard Browne – 1990-1992  
John Kadyk – 2006 Ethel Skyrdlinski – 1989  
Gene Binnall – 2005 Al Amon - 1988  
Sig Rogers – 2004 Ken Lou – 1987  
Bob Fulton – 2003 Virginia Cherniak - 1986  
Bob Birge – 2002 Bill Bigelow – 1985  
Per Dahl – 2001 Ted Bowers – 1981-1984

### **WELCOME NEW LUNCHEON GUESTS**

Mildred Hughes  
Christine Neyrinck  
Pier and Barbara Oddone  
Edward Theil

### **2017 CALENDAR OF BOARD MEETINGS & LUNCHEONS**

#### **Board: Meetings:**

January 12, 2017 April 13, 2017  
July 13, 2017 October 12, 2017  
Board Meetings start at 3:00 p.m. and end at 5:00 p.m. usually held in LBNL Conference Room (54-130B). Location is subject to change at the last minute, so check with a Board member if you plan on attending. We welcome attendance by interested members.

#### **Luncheons:**

Thursday, Feb 16, 2017, Hs Lordships  
Thursday, May 18, 2017, Hs Lordships  
Thursday, Aug 17, 2017, Hs Lordships  
Thursday, Nov 16, 2017, Hs Lordships

### **OFFICE ADDRESS:**

**Our mailing address is:** LBNL EX-Ls  
101 University Hall Berkeley, CA 94720-1550

#### **Photo Site:**

<https://get.google.com/albumarchive/108867583996319040696>

**Photo Czar:** Ned Dairiki

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

**Webmaster:** Kris Thornton, UCBRC

#### **EX-LS Honorary Life Members**

Shirley Ashley Patrick Cullinane, Bud Larsh

## **Next Luncheon: May 18, 2017**

## **PRESIDENT'S MESSAGE: Lee Schroeder**

Welcome to the 2<sup>nd</sup> Newsletter for 2017. The rains appear to be waning and we look forward to the bounty of color in the hills and the coming of warmer weather in the Bay area. There are a couple of items that I'd like to bring to your attention—they are listed below.

### **EX-Ls Universal Membership and Need for a Voluntary Contribution from the EX-L Membership:**

As reported at our luncheons in November 2016 and February 2017 the EX-L board had voted to continue with the “universal membership” program, meaning that every LBNL retiree and their spouse are automatically a member of the EX-Ls and will receive information such as the EX-L newsletter and be invited to EX-L events (e.g., quarterly luncheons and any scheduled retiree receptions). There are no changes for existing EX-L members, except that you will not be paying any annual dues. However, like any organization, there are on-going costs associated with the operation of the organization, e.g., annual dues paid to CUCRA (Council of University of California Retirees Associations—which importantly speaks to the University of California regarding benefits for its retirees), costs associated with EX-L attendance and participation in the two annual CUCRA meetings, and in the past as a ‘membership organization’ the EX-Ls have been able to make annual contributions to worthy causes such as the CRS (Community Resources for Science—particularly important in the era of Trump ). To help offset these costs the EX-L Board is requesting a *voluntary contribution* of \$15.00 per retiree to help support the on-going activities of the EX-Ls. Your \$15.00 contribution can be included with your payment on the enclosed registration form or it can be paid at the luncheon.

### **April 2017 Board Meeting:**

The 2<sup>nd</sup> Board meeting of 2017 took place on April 13, 2017, at LBNL. Of particular interest was a report from William Johansen (Senior Advisor to the Deputy Laboratory Director (Dr. Horst Simon)) regarding the Lab's present study of policy issues associated with ‘rehired retirees’ as well as general issues associated with access to the laboratory by retirees to attend such things as seminars, continued participation in research and other activities/events. Over the last several months, there has been a lot of uncertainty regarding the policies affecting retirees. On February 9, 2017, the Johansen Committee (and Dr. Simon) met with several EX-L Board members to discuss these issues. At this meeting the EX-L board members stressed the importance of the retiree community to the Laboratory and its on-going research activities. In addition, Johansen's committee talked with division directors, UCB faculty, and UC management on this subject. A draft report of new retiree-related policies is expected within the next few weeks and we anticipate that the EX-Ls will have the opportunity to review and comment on the draft before its implementation.

Also at this meeting it was announced that Wednesday, May 31, 2017, is the date for the 3<sup>rd</sup> Annual EX-L Laboratory Retiree Reception—to meet with the Lab Director, Mike Witherell, Deputy Director Horst Simon and others from LBNL's Directorate. The event will be held in the lab cafeteria (Bldg. 54). A formal announcement with exact time, location, etc., will be sent out by email in the near future.

### **Upcoming Events:**

As discussed in more detail later in this issue, the next quarterly luncheon will be held on May 18, 2017, at Hs Lordships in the Berkeley Marina. Dr. Thomas Mann, of the Brookings Institute in Washington DC and Resident Scholar in the Institute of Government Studies at UC Berkeley, will be our guest speaker. The title of his talk is: "POLITICS IN THE ERA OF TRUMP." With the present uncertainty in Washington, this promises to be a very exciting talk. We have also extended an invitation to the other UCB retirement groups to attend and we anticipate a large turn out. Looking forward to seeing you at the luncheon! We also want to remind you that you are eligible to attend lectures in a number of interesting areas. These lectures are sponsored by the UCBRC and cover topics ranging from the familiar to exciting new arenas that you may not be aware of, and all are free! But you must register in advance at:

<http://retirement.berkeley.edu/LIR/schedule>.

### **Website Location Reminder:**

As previously noted in the 2016 February newsletter, we have switched to a new website hosted by UCBRC. In addition to seeing the most up-to-date EX-L information, you will be able to learn of news from other UC retirement groups and UC's Retirement Center. Often activities sponsored by the other UC retirement groups and the Retirement Center is open to EX-Ls. You can access the website from the Lab's A-Z page under "E" for EX-Ls or "R" for Retirement. The Bookmark for the new address is: <http://retirement.berkeley.edu/EX-Ls>. Please let us know if you have any problems and/or suggestions for improvements to the EX-Ls. We are particularly interested in seeing if there are other activities, such as tours, that we as the EX-L community can become involved in.

I can be reached at [lsschroeder@lbl.gov](mailto:lsschroeder@lbl.gov). I'd be pleased to hear your thoughts and opinions on the EX-Ls and how we can improve things for our membership.

Lee Schroeder, 2017 EX-L President

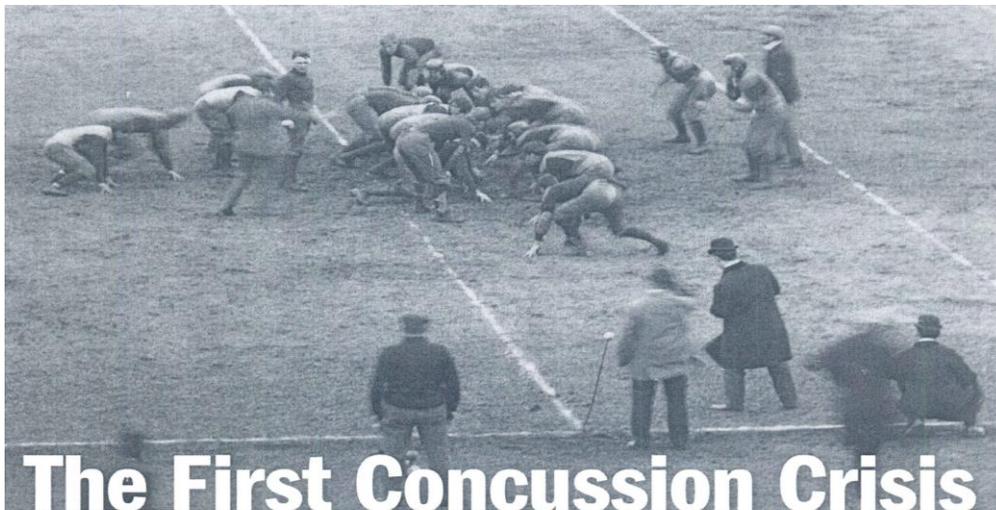
# FEBRUARY LUNCHEON RECAP

## Brain Damage Fact and Myth



Speaker Dr. Tom Budinger

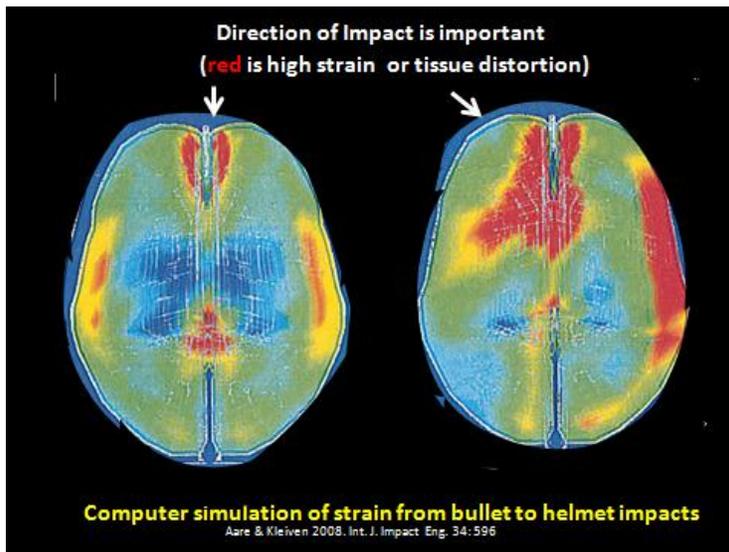
Dr. Budinger described the current national concussion crisis. Brain damage can result from falls and whiplash, but the major part of the problem occurs in football players and war fighters. The earliest data on football injuries dates back to 1843 and today 3.5M of the 5.0M football players in the US are in the 6-13 year old age group. The correlation between acceleration and concussion is not well understood and the number of concussions needed to cause brain damage is not known.



**Head Injury and Evidence in Early American Football**

| Emily A. Harrison, SM

In the last 5 years \$2B has been spent on animal studies trying to understand the effect of bullet hits on animals in order to better understand the effect of bullet impact to various parts of the war fighter's body on subsequent brain damage. The transmission of shock to the brain from various impact sites and the subsequent chemical and neurological changes are not well understood. Each year 3.8M traumatic brain injuries occur in the US from sport and recreation. This number only accounts for the cases in which consciousness is lost which happens in less than 10% of concussions. Just the issue of impact direction is very complicated. Shear forces seem to be much more dangerous than compression or tension because the tissue is torn. There is debate over the role of inflammation and impact anywhere on the body can be transmitted to the brain. For instance 90% of the pressure from a bullet impact to the thigh is transmitted to the brain and a bullet wound to the stomach will create blotches in the face and eyes.



The pituitary gland is critical in regulating growth and hormonal processes in the body. Eight hormones are produced in the pituitary include Oxytocin which is critical for one's relational life. It is called the "love hormone." The level of this hormone drops in people with brain trauma. The human growth hormone level is reduced in 40% of people who are knocked out. The pituitary and the hypothalamus, which regulates the pituitary, sit in a bone cradle at the base of the skull and are easily affected by pressure waves resulting from shock to the body.



LBNL can contribute to better understanding of this very complex brain trauma process which can affect the lives of so many young athletes and soldiers. The Lab can perform computer simulations to map the strain field in the brain with greater spatial and temporal resolution than currently available and over a wide range of acceleration. It could perform head model experiments to measure the pressures associated with whiplash events. It could demonstrate an acceptable non-invasive test of pituitary function applicable to child athletes. Finally, it could advocate for a national 14-20 Tesla human brain MRI with the goal of detecting chemical and structural changes in the brain twenty or more years before any symptoms of cerebral traumatic encephalopathy appear.

## MAY LUNCHEON PREVIEW

### Politics and Policy in the Era of Trump

Speaker- Dr Thomas Mann, Brookings Institution and UC Berkeley Institute for Governmental Studies

Most of President Trump's supporters reported they voted against Clinton, not for him. This is not surprising in light of our tribal politics and negative partisanship but it was even more than that. Most didn't believe Trump was the most qualified candidate, had the requisite experience and personality to be commander-in-chief, or made a practice of telling the truth. Nonetheless, a small number of voters strategically located in a handful of swing states overcame those doubts and took a flyer on the promise of change, a whack at the establishment, and an opportunity to express their understandable frustration and resentment of economic and cultural changes.

Trump had the skills of a salesman in recognising a market and in framing his candidacy to fill it. He rolled over the rest of the Republican field for the presidential nomination, which instantly made him a serious competitor for the presidency. Unlike right-wing populists in other countries and America's past, he was not consigned to the fringes of politics by having to operate outside of the major parties. The Republican Party, which has radicalised in recent years and played Tea Party and white working class supporters as chumps, was vulnerable to a Trump candidacy. He saw his opportunities and he took them.

Trump's shortcomings, evident in the campaign but apparently not disqualifying - his lack of experience, knowledge or interest in government and public policy, the absence of any coherent ideology or worldview, his limitless craving for wealth and fame, his affinity for autocrats and kleptocrats, his obliviousness to democratic norms, and his complete lack of what the framers of the Constitution called 'republican virtue' - have carried over to his first months in office. Chaos, disruption and deflection are the order of the day. No attempt to normalise him and his presidency, however well-intended, can disguise just how abnormal they are. We are now experiencing many firsts in American history and none of them are positive.

The US and many other countries around the world have experienced growing economic inequality, the lingering aftermath of a global financial crisis, disruptions fueled by technology and globalisation, and surges of refugees (in Europe) or immigrants that have historically been the seedbed of public unrest and extreme political movements. Populism, nationalism, nativism and protectionism often flourish in this environment. The question is whether those empowered by these appeals pursue and deliver policies responsive to the needs of those bearing the brunt of these developments.

President Trump has not yet said or done anything in office that promises to deliver help for the working and middle class - as he put it, for 'the forgotten men and women of America.' His embrace of the Republican plan to 'repeal and replace Obamacare' put him on the side of the wealthy who would benefit from tax cuts at the cost of millions of Americans (many of them Trump voters) losing health insurance. His regulatory reforms favour corporations over consumers. His tax plan would benefit the wealthy, not the struggling working class. His budget cuts would eliminate much of what government now does to boost economic activity and job training in rural areas and small towns. Just as disconcerting and even more dangerous are his initial forays into foreign policy, where mistakes can cause global insecurity as well as widespread suffering and death.

These times call for vigilance, not just accommodating the abnormal in hopes that it will do little harm and eventually go away.

**Thomas E. Mann** is Senior Fellow in Governance Studies at The Brookings Institution and Resident Scholar, Institute of Governmental Studies, University of California, Berkeley. He earned his B.A. in political science at the University of Florida and his M.A. and Ph.D. at the University of Michigan. Mann has taught at many universities including Princeton and the University of Virginia; conducted polls for congressional candidates; and chaired the Board of Overseers of the National Election Studies.

Mann is a fellow of the American Academy of Arts and Sciences and a member of the Council on Foreign Relations. His latest book, written with his longtime collaborator Norman Ornstein, is a New York Times bestseller entitled *It's Even Worse Than It Looks: How the American Constitutional System Collided With the New Politics of Extremism* (2012). A new expanded paper edition was released in 2016. Mann and Ornstein were named by Foreign Policy Magazine among the "100 Top Global Thinkers of 2012" for "diagnosing America's political dysfunction."

---



**WHERE HAVE YOU BEEN?**

**SHARE YOUR TRAVEL ADVENTURES OR SPECIAL  
EVENTS YOU ATTENDED**

**Submit your articles to EX-Ls Newsletter Editor: Linda  
Rutkowski**

**Email: [chamisa6@att.net](mailto:chamisa6@att.net)**

## **EX-Ls PHOTO VIEWING**

If you are interested in looking at the photos from the February, 2017 luncheon you can view them at our Google web page:

<http://get.google.com/albumarchive/108867583996319040696>

77 members and guests met at Hs Lordships Restaurant. Join us on May 18 at Hs Lordships and get reacquainted with former co-workers and friends, enjoy excellent food/drink and enjoy an interesting lecture.

## Experiment in Facilitating Connections

By Linda Rutkowski, Newsletter Editor

Have you missed the casual conversations and camaraderie of meeting co-workers in the LBNL Cafeteria? Have you missed discussing shared interests not related to your work? Are there activities you would be interested in pursuing that are more efficiently accomplished with others? We would like to facilitate connecting individuals with others who share a common interest. At the next Luncheon we will be providing you with the opportunity to form activity groups.

I understand that in the past the EX-L's have hosted trips to the Blackhawk Auto Museum, Rosie the Riveter Museum, Red Oak Liberty Ship tour, Potomac cruise around the Bay and a Day at the Races with UCRAB to name a few. These types of activities could be announced in the Newsletter prior to the event.

Other individuals are meeting in small groups. A group of Engineers have been meeting for breakfast once a month since 1993. They have recently switched from having breakfast at Saul's in Berkeley to Fat Apple's in El Cerrito (see picture below). A Deputies lunch is held once a month at the Laboratory in spite of problems with site access and parking problems. The ROMEOs (Retired Old Men Eating Out) have lunch, usually on Fridays, several times a month at various restaurants in the area. Each of these groups co-ordinate their activities internally.

Possible other activities could include having a once a month lunch at one of the many ethnic restaurants in the area (or finding out if other groups are already doing the same thing), starting a book discussion group, getting together to discuss articles in the New Yorker, Physics Today, AAAS Science Magazine, or Scientific American, playing Mahjong or Bridge, or seeking out and visiting little known sites in the Bay Area. What other interests do you have that might be shared by others?

We will have signup sheets available at the next luncheon on May 18th. In addition, suggestions can be sent to a special email address setup as a central point of contact.

Send questions or suggestions to [EXLconnections@gmail.com](mailto:EXLconnections@gmail.com)





### Luncheon Note received from Ken Woolfe:

Ken Woolfe will be performing in a five-person musical Review, Tom Foolery, featuring about 25 of Tom Lehrer's songs at the Piedmont Center for the Arts across from Piedmont High School; website: [piedmontcenterforthearts.org](http://piedmontcenterforthearts.org). Tickets will be \$25, probably available in mid-March. This reprise of last spring's well-received show (with most of the same cast) will have only five performances during the last weekend of April, 27-30, Thursday through Sunday. The Center is located at 801 Magnolia Avenue. There is ample free street parking for evening events.

Tom Lehrer is a retired American [singer-songwriter](#), [satirist](#), and [mathematician](#). Yes, he is still alive and living in Santa Cruz where he last taught [mathematics](#) and [musical theater](#) (after Harvard and other schools). He is best known for the pithy, humorous songs he recorded in the 1950s and '60s, including Poisoning Pigeons in the Park, Vatican Rag, The Elements (the entire periodic table sung to Gilbert and Sullivan's Major General Song) and many others.



### Travel note from Tom Beales wrote:

October, 2016 -- Great road trip down Highway 395 to Lone Pine enjoying the Fall Colors.

November and December, 2016 -- Trip to Albuquerque, Santa Fe and Taos, New Mexico. Enjoyed the snow, beautiful scenery and Christmas lights.

January, 2017 -- made a trip to our cabin at Tahoe that proved challenging because of the amount of snow and road conditions. Never seen snow so high – over the top of my cabin.

February, 2017 – Trip to Maui for whale watching, warm weather and had very little rain. Left it all at home!



### Travel Notes from Brenda Shank and Almon Larsh

In November, 2016, Almon Larsh and Brenda Shank visited the Riviera Maya in Mexico for a week, and took in Tulum (Mayan ruins) and also the Cirque du Soleil, based at the Riviera Maya Resort, in the Cirque venue built just for them.

The Riviera Maya is a stretch of Caribbean coastline on Mexico's northeastern Yucatán Peninsula. It's known for its numerous all-inclusive resorts, such as those in the town of Playa del Carmen, and its long beaches. To the south, Tulum is home to the preserved ruins of an ancient Mayan port city, perched on an outcrop above a white-sand beach.

### Documentary from Doug McWilliams

Doug McWilliams has a 35-minute documentary running now (streaming, video) called "the Sweet Spot". It is online at several sites: 1) Amazon Prime, 2) Roku (Roku is free), and 3) VIMEO. Doug's story is called "Doug McWilliams, an Eye for Baseball".

Doug worked at LBNL's photo lab for many years.



**Lawrence Berkeley National Laboratory**

### **Wanted for Participation in Aging Research Study:**

Healthy people ages 20 and older are invited to participate in a study to investigate how thinking abilities change over time. Some volunteers will be invited back later for other projects they are interested in, which may include brain scans.

### **Study details:**

- These studies are not expected to result in any medical benefit or cause you any harm. People who are presently not in good health, who have had any history of neurological or psychiatric problems, or who cannot speak English proficiently should not volunteer for the study. When you call to volunteer for this study a research associate will ask you a series of questions to determine your eligibility. If you are chosen for participation, a consent form and the Subjects Bill of Rights will be given to you to read and sign on the day of the study. You will be given a verbal explanation of the protocol procedure and possible discomforts.
- You will be paid \$40 for participation in this study. The study will take approximately 3-4 hours to complete.
- You will come to the University of California, Berkeley, where you will have a brief medical interview and a medical examination. Following this, you will take a series of tests designed to assess your thinking abilities. These tests use pencil and paper or computers and involve things such as solving puzzles and remembering lists of words.
- We will place your name on a list and contact you every 1 or 2 years and invite you back for retesting. We will also call you periodically to see if you are interested in participating in other studies in laboratories at Berkeley that are studying brain aging. If you are interested in participating in this study please contact The Berkeley Aging Cohort Study at [\(510\) 643-6609](tel:5106436609). Our address is: Helen Wills Neuroscience Institute, 132 Barker Hall, University of California, Berkeley, California 94720-3190.

For further information please use the following link for the Helen Wills Neuroscience Institute Web Site: <https://jagustlab.neuro.berkeley.edu/wantedforparticipation>

**EX-Ls 02-16-2017 Luncheon****Attendees and Guests**

Jose Alonso  
Winnie Baker  
Paul Banchemo  
Tom Beales  
Igor Blake  
Kay Bristol  
Nancy Brown-Williamson  
Jerry Bucher  
Jane Colman  
Patrick Cullinane  
Eleanor Dahl  
Diane D'Aoust  
Norman Edelstein  
David & Tanya Edgar  
Vic Elischer  
Ben Feinberg  
Trudy Forte  
Richard Gough  
Donald & Becky Grether  
Connie & Ed Grondona  
John Gurule  
Bill & Jeanne Hassenzahl  
Lilian & Gordon Hawkins  
Diana Hopper  
Egon & Annette Hoyer  
Mildred Hughes  
Vicky & Richard Jared  
Debby Kearney  
Ferenc & Laura Kovac  
Irene Kuhn  
Richard LaPierre

Almon Larsh  
David McGraw  
Doug McWilliams  
Nancy & Vic Montoya  
Marty Morimoto  
Christine Neyrinck  
Pier & Barbara Oddone  
Patti Powers-Risius  
Hans Georg Ritter  
Donald Rondeau  
Henry & Linda Rutkowski  
Fred Schlachter  
Esther Schroeder  
Lee Schroeder  
Clary Sealy  
Brenda Shank  
Starr Shulman  
R.P. Singh  
Betsy Smith  
Karen & Bob Sprintsteen  
Frank & Marie Agnes Stephens  
Barry Stockli  
Greg Stover  
Cary Sweeney  
Adele Sylar  
Thomas & Susan Tenforde  
Edward Theil  
William Turner  
Trudy Washburn  
Ken Woolfe  
Allan Zalkin

**Guest Speaker:** Thomas Budinger

**Raffle Prize Winners:**

Jerry Bucher, Ben Feinberg, Greg Stover



Igor Blake visiting with friends



Sunny Day on the Bay - No Rain!!!



Vicky hard at work keeping us organized

# EX-Ls Luncheon

Date: **Thursday, May 18, 2017**

**LOCATION:** HS Lordships Restaurant, 199 Seawall Drive, Berkeley Marina 

**TIME:** 11:30 AM - Lunch Served at 12:00 (or there about)

**BANQUET ROOM LOCATION:** Windsor Court Room - To the right of the entrance door  
Opens at 11:30 – No Host Bar Service located in banquet room

**BUFFET SELECTION:** Garden Salad with two dressings + Sliced Seasonal Fruit + Baked Herb Chicken + Pan Seared Cod + Portobello Mushroom Ravioli + Rice Pilaf + Fresh Seasonal Vegetables + Assorted Desserts. Dinner rolls and butter, water, coffee (hot tea on request) and iced tea.

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

**LUNCHEON SPEAKER:** Dr. Thomas Mann, Senior Fellow in Governance Studies, at The Brookings Institution and Resident Scholar, Institute for Governmental Studies, UC Berkeley. Mann is a fellow of the American Academy of Arts and Sciences and a member of the Council on Foreign Relations.

**TITLE OF TALK:** “POLITICS AND POLICY IN THE ERA OF TRUMP”

**BIOGRAPHY:** Dr. Mann received his B.A. in political science at the University of Florida and his M.A. and Ph.D. at the University of Michigan. Mann has taught at many universities including Princeton and the University of Virginia; conducted polls for congressional candidates; and chaired the Board of Overseers of the National Election Studies.

**Reservations:** Computer access to the EX-Ls Web page (<http://retirement.berkeley.edu/ex-ls>) will also give you the lunch form. Vicky must receive your reservation by *Saturday, May 13*. 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)

---

**REGISTRATION FORM:** See you at the May 18 luncheon at Hs Lordships Restaurant. Be sure to make reservations by *Sat. May 13, 2017*. **Mail To:** Vicky Jared, 4849 John Muir Road, Martinez, CA 94553

I Plan to Attend (Name): \_\_\_\_\_

I will bring \_\_\_\_\_ guest(s) Name of guest(s): \_\_\_\_\_

Buffet Service - Advance choice is not required **\$30.00 per person – Check payable to EX-Ls**

**EX-Ls Voluntary \$15.00 Contribution:** \_\_\_\_\_ Total Enclosed: \$ \_\_\_\_\_

**First Time Attending Luncheon?** \_\_\_\_\_ **LBNL Retiree?** \_\_\_\_\_ **UC Retiree?** \_\_\_\_\_

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

Need to sit closer to the screen? \_\_\_\_\_ Buffet Assistance? \_\_\_\_\_