

Reaching Out From a
Common Experience

"Reaching Out From a Common Experience"

Greetings from a unique group of people - the retirees of the Los Alamos National Laboratory (LANL). The Laboratory Retiree Group (LRG) is a non-profit corporation which seeks to maintain communications with and to serve the needs and interests of retirees from LANL. If you wish to join our organization, an application is available in this newsletter. For more information, please contact our President Charles R. Mansfield at coyote2@swcp.com or by mail at P. O. Box 546, Los Alamos, NM 87544.

LRG Officers and Board Members

President: Charles R. Mansfield coyote2@swcp.com

Vice President: Dale Thompson dalethompson@losalamos.com

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Board Member: Mary L. Mariner

Board Member: Bob Meier bobmeier@mac.com

Board Member: David Schiferl dsconsult@centurylink.net

Board Member: Cecil Stark cecilstark@gmail.com

Board Member: Alan Wadlinger awadlinger@vla.com

Committee Chairs

Health Issues: Glenn Lockhart, (505) 672-3784, and Ken Wilson, Co-Chairs

Health Care Premium Working Committee: Glenn Lockhart

Computer Literacy: Mary L. Mariner, (505) 672-1950

Membership: Sheila Girard, (505) 672-3497

Main Gate: John Stewart, (505) 662-7158

Web Contact: LRG Web Master: Don Reid lrg271a@gmail.com

The **Laboratory Retiree Group** web site is www.losalamoslrg.org.

Health Issues by Glenn Lockhart

The LANL Open Enrollment period for 2015 is October 27 – November 14. As usual, this is a passive enrollment (unless you change plans, your plan stays the same). Benefits are the same as for 2014.

Premiums for 2015 LANL plans are going up. The Total Annual Cost (exclusive of copays and co-insurance) for each plan will be:

Medicare:

National EPO	\$1,207.20
National PPO, In Network	1,355.20
National PPO, Out of Network	1,605.20
National Medicare Supplement	1,129.20

Non-Medicare:

PPO Medical, In Network	\$1,824.00
PPO Medical, Out of Network	2,024.00
HDHP Medical, In Network	2,592.00
HDHP Medical, Out of Network	4,092.00

Ken Wilson and I will conduct the Ken and Glenn Show to discuss health care decisions on November 4 (Betty Ehart Senior Center) at 1:30 and on November 11 (White Rock Senior Center) at 1:30 to discuss health care decisions.

If you have benefits questions, call me at (505) 672-3784, e-mail at mandmlockhart@cs.com, or snail mail at 91 Mimbres Drive, Los Alamos, NM 87544.

Make Life Easier For Your Heirs

(Continued from the Summer 2014 issue, July)

Asset and Property List:

Bank Accounts: Name of bank/credit union, address, phone, account number, names on the account, web page (URL), PIN/password, type of account (checking, savings, safe-deposit, CD, etc.), automatic deposits (give details), automatic withdrawals (give details). NOTE: CDs may come due on the death of one of the owners. You may want to set up a separate bank account for funeral expenses with your administrator named as a co-owner so that the administrator can access the money without going to court.

Investment Accounts: Name of financial firm, address, phone, account number, names on the account, and details on automatic deposits/withdrawals to/from the account.

IRAs, 401(k)s, Other Retirement Plans and Pensions: Each company/institution name (UCRP, PERS, Fidelity, etc.), address, phone, account number, type of plan (IRA, SEP, 401(k), 403(b), pension, profit sharing), whether distributions are being made from the plan and how much.

Stocks and Bonds held individually (the security certificate is held by you, not a financial advisor, and I hope that you have them in your safe-deposit box):

Stocks: Company name on the stock, number of shares, owner(s) of shares, purchase price or other basis, disposition of dividends, location of certificate.

Bonds: Type of bond (US Savings, municipal, corporate, Treasury Bill), issuer, face

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(maturity) value, purchase price or other basis, disposition of interest, location of bond.

Real Estate: Address of property, owner(s), property type (residential, commercial, farm, vacant land, time-share, etc), purchase price or other basis, insurance agent. If mortgaged, the name, address and phone for the lender, and the payment terms. If rented, name of the renter and the rental terms.

Life Insurance Policies: Company name, policy number, address, phone, owner, person insured, type of policy, death benefit amount, cash value, primary beneficiary, secondary beneficiary. NOTE: Many UC retirees have not designated a beneficiary for their pension, death benefit, and 403(b). This has tax consequences for the ultimate beneficiaries.

Annuities: Company name, account number, address, phone, owner, annuitant, face amount, beneficiary, whether distributions are being made from the annuity.

Business Interests: Name of business, type of entity (sole proprietor, corporation, partnership, LLC, other), other owners (partners or members), percentage of ownership, existence of shareholder, partnership, buy-sell, or other agreements (with location).

Money Owed to You: Name of person/entity, original amount, balance due, due date, existence of a promissory note or written agreement (with location).

Vehicles and Other Assets: Description of asset (including location), amount owed, monthly payment, date acquired, purchase price or other basis, location, insurance agent.

Money owed on Other than Thirty (30) Day Accounts: Creditor/lender, amount of debt, security for debt, periodic payments, date due, and other information.

Credit Cards: Name (MasterCard, Visa, Discover, American Express, etc.), account number, expiration date, web page (URL), and password.

The foregoing is intended to help you compile information to be used by someone else after you die. You are wondering whether it is worth the time investment. Yes, it is.

If you have a question about health care or other benefits, call me at (505) 672-3784, e-mail at mandmlockhart@cs.com, or snail mail at 91 Mimbres Drive, Los Alamos, NM 87544.

Sweet Seventy (or 65)

Manhattan Project Restaurant, 1789 Central Avenue (across from the Post Office) in Los Alamos, offers a brunch buffet every Sunday from 10:00 a.m. to 2:00 p.m. For seniors 65 and older the price is just \$12.00, including drinks (coffee, tea, sodas) and dessert! Their phone number is 505-662-1436.

Science Shorts

Scientists grow functioning blood vessel in 7 days

A study in the journal *EbioMedicine* showed a new stem cell technique that enables researchers to produce a functioning blood vessel in just seven days without the painful extraction of cells from the bone marrow. The stem cells were extracted from only 25 milliliters, or two tablespoons, of blood and were transplanted into three children born without the vein that connects the gastrointestinal tract and liver. Researchers said that the blood itself contains substances that accelerated the growth of the vein.

Researchers finally get full picture of dinosaur with gigantic arms

Almost 50 years since the discovery of only the massive arms of a 70-million-year-old dinosaur, scientists have pieced together a portrait of *Deinocheirus mirificus*, a bipedal bird-like creature. A pair of nearly complete skeletons were unearthed recently, finally giving researchers a better understanding of the strange creature that stretched 36 feet, or 11 meters, in length with arms that measured 8 feet, or 2.4 meters, the longest appendages ever known in a bipedal creature.

BEFORE THE PUMPKIN GLOW 2014



DENIZENS OF CENTRAL AVENUE 2014



THE NEW SMITH'S MARKETPLACE



Shown is the front of the Smith's Marketplace. The patio shown below is on the right side.



Deli, Fresh Meals, and Starbucks (in background)



The Patio



Produce Section



Bakery

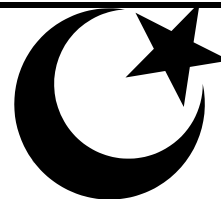


And miles of shelving



LANL In Memoriam

06-23-2014 - 10-29-14
By Jack Clifford



Wilma Jean McClary

Vernon J. Stephens

Gayle L. Lewis

Neva W. Pollock

Edward R. Shunk

David W. Steinhaus

Simon A. Bergauer

Max Brinkman

Robert P. Forrest, Jr.

Myron G. "Mike" Silbert

Syrena M. Tucker

Walton P. Ellis

Maxine S. Goad

William "Bill" Spack

Edward Foley

Jonathan M. North

Jennie J. Stone

James F. Taylor

James Koch

Consuelo (Connie) Fulgenzi

Anthony J. Pasquierllo

Charles S. Brownrigg

Thomas P. Suchocki

Fred Roach

Ben Roybal

Gilbert W. Butler

Charles R. Sorsby

Betty I. Newman

Janice N. Miller

Twilla R. Feiertag

Bernard L. (Bun) Ryan

Frances (Fran) Rogers

Pete Reed

Marlene E. Course

Richard L. Morse

Bernie G. Gilbert

Raymond S. Gauler

Richard L. Wakefield III

Roland A. Jalbert

William E. Stein

The Birth of Nevada Test Site by Bob Peck

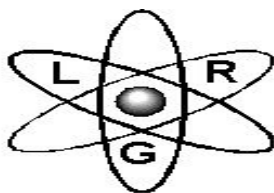
In the summer of 1950 I was working in group J-6, the field engineering group of J Division, on preparations for Operation Greenhouse to be held the next year at Eniwetok, when some land in southern Nevada was offered to the Atomic Energy Commission as an alternate location for nuclear testing within the continental US. The logistics would be much simpler than at the Pacific Ocean sites.

Jack Clark, the J-6 group leader, and Galen Felt of the J-division office were flown over the area. Dr. Clark (as he was called) asked me to join a small inspection party to have a look at it on the ground. The others in the party were Paul Spain of the AEC Los Alamos Area Office and two engineers from Holmes & Narver Corp., the service contractor for the Pacific Ocean tests. The four of us flew to Las Vegas, NV and met the next day at Nellis Air Force Base in North Las Vegas. Bill Ogle, alternate J-division leader, grew up in Las Vegas and recommended a hotel for me, the Sal Sagev (Las Vegas spelled backward.) The hotel was at the foot of Fremont St. across from the Union Pacific depot. To my knowledge no one from the lab ever used that hotel again.

On July 25 we were flown in a B-26 medium bomber (Martin Marauder) about 70 miles to Indian Springs Air Force Base, near the proposed land transfer. Of course the plane was not equipped to carry passengers - no seats, no insulation, no heat, but the trip was brief as we squatted in the bomb bay. The land we visited was part of the Las Vegas Bombing and Gunnery Range. Its title describes its function - to contain targets for practice bombing and strafing by Air Force planes from Nellis AFB. Air Force personnel at Indian Springs maintained the targets on the ground.

Indian Springs was such a small base that its commanding officer was an Air Force captain. Captain Antes himself took us on a tour in a 4x6 truck. We traveled west a few miles on US 95, then on the abandoned railroad bed of the Las Vegas and Tonopah RR, built in 1905 for a gold rush, then on

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Membership Application

LRG has three classes of membership. Participation in all LRG social or educational events is open to all members regardless of membership classification.

ACTIVE Member: A Los Alamos National Laboratory employee who has retired **from the prime contractor of LANL (presently UCRS, PERS, and LANS)**. Active members pay dues of \$12.00/ calendar year. VOTING PRIVILEGES at Annual Meetings and eligibility to serve as LRG Officers and/or Directors are reserved for Active Members. Active Members receive copies of the LABORATORY RETIREE DIRECTORY and LRG's publication, *The Main Gate*.

AFFILIATE Member: The spouse of an Active Member, of a deceased retiree, or of a deceased person who would have been eligible for ACTIVE membership. **AFFILIATES pay no dues. An Affiliate member may become a Member on the death of the spouse by paying dues.**

FRIENDS: Persons who are not LANL retirees or affiliates but support LRG. FRIENDS pay dues of \$15.00/yr to cover cost of postage for the DIRECTORY and all issues of *The Main Gate*.

THE LABORATORY RETIREE GROUP, INC. (LRG)

☐ New Membership ☐ Renewal ☐ Affiliate ☐ Friend

☐ Change of address ☐ Check here if requested information remains unchanged.

Lab. Retiree: _____, _____ Year Retired: _____
(Please print or type last name first)

Retiree System: _____

Spouse: _____, _____ LANL Retiree? Y ___ N ___ Year Ret.: _____
(Please print or type last name first)

OR

Friend: _____, _____
(Please print or type last name first)

Address: _____ City: _____ State: _____ Zip: _____

Telephone: (_____) _____ Fax or E-Mail _____

I WISH TO BE LISTED IN THE LABORATORY RETIREE DIRECTORY: Yes ___ No ___

Please make your check, which will serve as your receipt, payable to LRG, Inc. and mail to:
LRG, Inc.

PO Box 546

Los Alamos, NM 87544

Cash or Check #: _____ Date: _____ Amount: \$ _____

Laboratory Retiree Group
LRG, Inc.
PO Box 546
Los Alamos, NM 87544

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STANDARD
U.S. POSTAGE PAID
LOS ALAMOS, NM
PERMIT NO. 152

Address Service Requested

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just a pair of tire tracks across the desert to the north. We crossed a ridge into the next valley, known as Frenchman Flat, with a dry lake bed at its low point. Then we went over another ridge to the next valley, Yucca Flat, with another dry lake. From there we could see most of the offered area. We ate our sack lunches and returned from this all-day trip. Back at Los Alamos I wrote a report on the lay of the land. Thus I became the first member of the Los Alamos lab to set foot on what soon became the Nevada Test Site.

The land was indeed transferred to the AEC and was soon put to use. Weapon designers at the lab wanted to get off a few quick shots at NTS ahead of Greenhouse. In January 1951 Operation Ranger took place. Five bombs were dropped from airplanes and detonated in the air above Frenchman Flat. About a dozen experimenters from the lab and two secretaries observed from the ridge to the south. They lived and worked in some temporary buildings trucked out from Los Alamos. The buildings had been temporary housing in Los Alamos and came originally from an army base in Missouri. Some of us remember the Fort Leonard Wood houses.

Permanent facilities were constructed at NTS, and it became the site of test nuclear explosions from then on, except for the larger scale hydrogen bomb tests that continued in the Pacific.

Bob Peck is now 88 and living in Santa Fe. rcpeck@nets.com

Coffee and Conversation (and Breakfast)

1st Tuesday of the month, 8:30-10:30 a.m., Viola's on Trinity. Coffee is free.