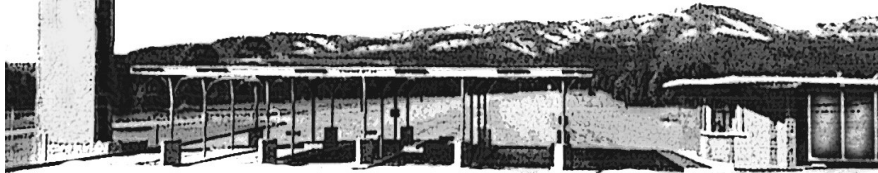
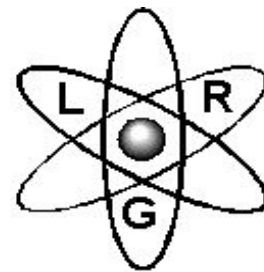




THE MAIN GATE



1947



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.

Laboratory Retiree Group Website: www.lalrg.org

Laboratory Benefits Updates for 2020

March 2020

Norm Delamater Patricia Wing Leigh House

This month we comment on issues which members have brought to our attention in questions and emails.

DIVORCE, COBRA, AND MEDICARE

In the case of divorce, the spouse cannot continue medical coverage through the person with Lab retiree benefits. If the spouse already has separate Lab benefits, those separate Lab benefits will continue. The divorce agreement may specify that medical coverage be provided to the spouse.

COBRA is a national program of the U.S. Department of Labor. COBRA is not funded by LANL / Triad, or Empyrean. An individual can arrange to have COBRA payments deducted from pension payments through Empyrean.

COBRA coverage lasts for only 18 months. In case of a divorce, it is therefore advisable to investigate long-term coverage rather than deal with the complexities and the short-term coverage of COBRA.

COBRA has been described as expensive so it is likely not an economical alternative to long-term coverage. The cost of COBRA cannot be determined ahead of time. When a person loses medical insurance coverage through LANL / Triad, a packet will be automatically sent to them to be filled out and returned, then a packet will be sent back to the uninsured within two months and will include the cost for their COBRA. COBRA supposedly reimburses for any medical costs incurred during the two-month delay period. COBRA coverage is a complex issue.

Coverage through Medicare is a reliable option. If someone has Medicare, "Medicare gap" insurance programs are available through different vendors. Medicare "gap" insurance is designed to cover some or most of the gap between the Medicare payment and the total bill for a service. Many different "gap" insurances are available.

Continued next page

SIGNING UP FOR MEDICARE

It is imperative that every person eligible for Medicare sign up for Medicare as soon as they are eligible. Lab retirees must enroll in both Parts A and B when eligible (age 65).

BENEFICIARY FORMS MUST BE UP-TO-DATE

It is imperative that all LRG members keep their beneficiary forms up-to-date because in most cases all beneficiary forms are legally binding and supersede what may be otherwise specified in a personal will document. Beneficiary forms would apply to all financial accounts such as bank accounts, investment accounts, retirement accounts (IRA (traditional or Roth), 401(k), 403(b), 457 and DC accounts). Also, life insurance and annuity policies have beneficiary forms which must be updated periodically. Life events like death of spouse, divorce, and remarriage would be among the reasons to reassess your beneficiary forms.

Before you find you need it, verify your retirement annuity beneficiary designation by contacting the appropriate office. If you have a defined benefit pension (TCP1) from LANS/Triad pension plan, contact the Hewitt/LANS Pension Center, 1-866-370-7301. If you have a UC pension, contact UC Retirement Administration Service Center (1-800-888-8267). If you have a pension from CalPERS, contact them at 1-888-225-7377. This contact information is also available on LRG's web pages: lalg.org/links. Survivors of retirees with pensions from University of California (UCRP) or TRIAD must check with either UC Benefits or TRIAD benefits to effect the transfer of pension or other benefits to the surviving spouse.

University of California handles the UCRP pension for those LRG members who retired with UCRP pensions and there is a life insurance benefit of \$7500 payable to the beneficiary after the death of the retiree. Aon-Hewitt manages the TRIAD TCP1 pension plan, and would need to be notified of the death of a retiree. The Triad TCP1 plan has a death benefit similar to what UC provides. Regardless of what type of pension plan pays the retiree their annuity, health coverage, and other retiree benefits are paid for by the Laboratory, and are administered by Empyrean. Contact Empyrean (1-844-805-0002) to notify them of the death of a retiree. Do this as soon as possible to help assure that the survivor's health benefits are not interrupted. Also, be sure to notify Social Security (1-800-772-1213) of the death of a Social Security recipient as soon as possible to facilitate payments to survivors. Funeral homes often do this automatically. If the retiree who died is a veteran who wished to be interred in a national cemetery, you may also want to notify the Department of Veteran's Affairs (1-844-698-2311) to arrange for that.

EXPRESS SCRIPTS IS THE NEW DRUG PLAN MANAGER

In most cases, we have heard that the new drug plan manager, Express Scripts, is working smoothly as we transitioned into 2020. Whether you are using a retail pharmacy or the mail plan, your prescriptions should have continued unaffected by the transition. We have heard anecdotally that drug plan costs and co-payments are about the same as last year. In some cases the generic drug copay may be less than last year but more importantly there have been some reports that certain prescription drugs are not on the new formulary. In such a case, you must check with your physician to see what alternatives may be suitable for you. For example, an anticoagulant drug, Pradaxa, which was on last year's formulary, is not now on the Express Scripts formulary and there is no available generic for Pradaxa. Sometimes the drug manufacturer may have a special program available for reduced cost prescriptions and you might check with the manufacturer if this may affect you. Also, check on www.goodrx.com to see what discounted coupon prices may be available for a particular prescription. Please contact us if you have had any issues with Express Scripts.

SECURE ACT AND EFFECTS ON RETIREMENT AND ESTATE PLANS

The SECURE Act was passed by Congress in 2019, and this law may have an effect on your retirement savings plans and possibly on your estate plans. For those LRG members who have retirement plan savings in the Triad 401(k), the University of California 403(b), 457 or DC plans, you must withdraw Required Minimum Distributions (RMD) each year according to

Continued next page

a prescribed schedule by the IRS based on your age. The SECURE act changes the date for your first RMD to the year in which you become age 72. If you turned 70 1/2 in 2019 or earlier and have already been taking RMDs then this would not affect you. Another provision in the SECURE act affects inherited retirement plans (IRAs and all employer sponsored plans). If a spouse inherits a retirement plan, there is no change and the spouse must take RMDs at a rate according to his or her life expectancy, as under the previous law. However there is now a change for non-spouse inherited IRAs and employer sponsored plans (like 403(b) and 401(k)). The non spouse inherited plan must be depleted by ten years after the death of the retiree or spouse. This could have a significant tax impact on the non-spouse beneficiary (usually a child or other family member). Since we do not presume to give tax advice, we suggest that you may want to review, and possibly revise your estate plans to take account of the changes brought about by the SECURE act.

Please continue to email us with any benefits issues. We hope we can be helpful with your issues and provide clarity where possible.

Empyrean:	1-844-805-0002, www.lanlbenefits.com
Blue Cross/Blue Shield of New Mexico:	1-877-878-5265, www.bcbsnm.com/lanl
Express Scripts:	1-800-838-4590, www.express-scripts.com (beginning 1/1/20)
Delta Dental of New Mexico:	1-877-395-9420, www.deltadentalnm.com , group number 4000
Davis Vision:	1-800-999-5431, www.davisvision.com , client code 9019
ARAG Legal:	1-800-247-4184, www.members.araggroup.com / access code 14822lal, group number 14822
lans, Medicare:	1-800-MEDICARE or 1-800-633-4427, www.medicare.gov
Los Alamos Retiree Group	www.lalrg.org

LRG NEWS

The Annual Meeting of the LRG will be held on May15th at the Betty Ehart Senior Center. Linda Deck, the Director of the Bradbury Science Museum, will be our guest speaker. We encourage you to come early to registration at 11:00 am as lines can become long and congested. There will be vendor tables to peruse. Turkey lunch will begin serving at 11:30.

Remember that LRG membership includes the LRG Member Directory, which lists, if provided, cellular/mobile phone numbers: information not found in telephone books. See page 11 to renew your membership, to join, or to pass along to a non-member.

Drop Us an Email What do you like (or not) about the revised look of The Main Gate masthead, new features: On the Bookshelf, LRG News, head shots, and rearranged pages of regular features? If you know of a friend or colleague who should be listed in Memorium please tell us. We search local media, and usually receive word from CUCRA (Council of University of California Retiree Associations), but we can miss some.

LA Daily Post is a FREE Los Alamos newspaper on line, which will keep out-of-town members in touch with news and photos from around the townsite. In addition, on page 9, you will find selected headlines of interest from the past four months. The Post does not delete material so you can search these headlines, which in turn lead to the entire edition. You can receive daily update headlines in your email inbox from the LA Daily Post by subscribing to that free service.

Thanks to the LANL Workforce Retiree Scholarship, I have been able to expand my involvement on campus, and am currently a School of Engineering student ambassador. As an ambassador, I help advocate for greater participation in STEM related fields of study, and even taught a programming workshop for students at Belen High School in Belen New Mexico. Correspondingly, I had the opportunity to attend two conferences, O4U Tech and WE 19, both of which offered opportunities to learn about working in technology.

This academic year I have been able to participate in a Research Experiences for Undergraduates Program sponsored by the National Science Foundation, conducting data visualization research for McMurdo Dry Valleys Long Term Ecological Research Site in Antarctica. As part of this research, I have been learning about information management, and am currently in the process of developing a web-based dashboard for visualizing meteorological datasets. Over the summer, I worked as a LANL intern within the Intelligence and Space Research group, on applications utilizing the NASA/Goddard Space Flight Center's Core Flight System.

As a first-generation college student, I never imagined the opportunities I would have, and I must admit that I would not have been able to do the work I have done this semester without the generous donations of LANL Workforce Retirees. The LANL Workforce Retiree Scholarship, has given me the ability to worry less about finances, and focus more on my school, research, and campus involvement. This academic year has been my most productive and fulfilling yet, and much of my success this year would not have been possible without the Los Alamos Employee's Scholarship Fund. Thank you to everyone who has donated to the scholarship fund, and I hope future recipients benefit from the scholarship as much as I have.

AARP SMART DRIVER CLASS



**Kim Thomas teaches
an AARP Smart
Driver
Class at the White
Rock Senior Center**

The AARP Smart Driver Safety Class is excellent. The four hour class is a wealth of information that brings experienced drivers up to date on new car safety features, new laws, tips for driving safely, and much more.

The class is taught nearly every month by one of two LANL retirees, Kim Thomas or Helena Whyte with classes alternating between the Betty Ehart Center and the Senior Center in White Rock. Check with LARSO for information or log on to the AARP Website where you will find a class near you anywhere in the country.

Kim tells me one of her greatest rewards from teaching the class is to have students tell her how valuable the class turned out to be.

The recent class I took included a discussion on roundabouts, appropriate for Los Alamos drivers in light of the major construction of the future roundabout at the east end of Trinity and Central. When this project is complete drivers may be challenged, but once mastered, a roundabout reduces injury collisions by 75% (Washington State DOT). The workbook itself is worth the reasonable cost of the class. AARP members receive a class discount.

Tip: You can learn if your vehicle is at risk from a recalled airbag by logging onto www.checktoprotect.org/aarp. This website lists other recalls that might apply to your car. Recall repair is FREE.

Next classes in Los Alamos are March 23 and April 20 at Betty Ehart and May 7 at the WR Senior Center

JJW

LANL In Memoriam

By Jack Clifford

November 2019—Jan 2020



Petrita Q. Oliver	5	Donald D. Patton	3
John C. Gallimore	2	James N.P. Lawrence	3
Brian Bruce Glover	1	Ignacio (Nacho) Uban	4
M. Paul Vidrine	6	Robert R. Sharp	3
Margaret Chan	3	Jose Cecil Montoya	4
Mary Ann Cotter	1	Mike M. Sacoman	2
Alvin J. Miller	3	Gary Clyde Salzman	1
Michael H. Thomas	3	Jan Sander	1
William L. Spurgeon	3	Darryl B. Smith	1
Ralph Robert Stevens	3	Margaret Kook Sun	1
Janie Lee Kelly	1	Lillian Apodaca	1
Kay Fisher	1	Robert W. Turner	1
Ruth Hapke	3	Mary E. Rivera	3
Joseph O. Muench	2	Virgil W. Griffin	1
Bradford G. Harvey	2	Ralph E. Dorsey	1
Douglas L. Dunbar	2	Don Milligan	1
Donald L. Zickert	3	Garth Fahrbach	2
Joe S. Quintana	5	Samuel Robert Skaggs	1
Kenneth J. LaGattuta	1	Donald W. Barr	1
Thomas Springer	3		
Ivan (Chick) Bergstein	1		

*What happened to we?
One half of us is now gone.
I go on as I.
JJW*

To view published obituaries search:

#1-LA Daily Post, #2-Albuquerque Journal, #3-LA Monitor, #4-New Mexican, #5-Rio Grande Sun, #6-Personal correspondence (No more information available).

The LRG and the community are grateful to Carol Clark, Publisher of the LA Daily Post, for printing obituaries at no cost.

Stunning Art in Public Places-the White Rock Pots

By John Hopkins

Retired Associate Director responsible for the Nuclear Weapons Program.

Those of us who reside in the county of Los Alamos appreciate that we live in an area with a very rich history. The first residents were Native Americans who occupied the Pajarito Plateau for well over a thousand years. Eventually they migrated to the Rio Grande valley where they built the villages that the Spanish explorers and settlers of the 16th century called pueblos. The mesas and canyons retain the evidence of the impressive Native American culture practiced by our first settlers. The abundance of pottery shards bare silent testimony to the artistic talents and interests of these early Americans. Life was difficult, but they took the time and effort to produce beautiful pieces for their daily lives.

Fast forward to the present. While the descendants of our predecessors on the Pajarito Plateau now reside in several communities in the valley most are residents of the San Ildefonso pueblo. It seems only natural that when the White Rock Master Plan Implementation Committee, chaired by Denny Erickson, wanted to add artistic pieces to their community that they hit upon the idea of incorporating Native American pottery replicas similar to the pieces adorning the Albuquerque Sunport. It quickly became clear that the collection should represent examples of San Ildefonso pottery from the prehistoric period through the present.

The Los Alamos County Art in Public Places Board Chair, Steve Foltyn, (pictured below) joined the White Rock Committee to insure communication regarding this project. Foltyn provided the driving force behind the project and discussed the issues with Bandelier National Monument superintendent, Jason Lott. Foltyn contacted San Ildefonso representatives regarding the participation of pueblo artists in the project. In the meantime, Foltyn and the Art in Public Places Board selected designs representing typical patterns over the years. Three designs came from the collection at the Bandelier National Monument, two from the pottery collection of John C. Hopkins of Los Alamos, and one a Google image. Then Bennie Duran and his employees of NM Pots fabricated the six large concrete pottery replicas in Albuquerque.

Ten artists from San Ildefonso cooperated in the decoration of the pottery replicas: Johnny Cruz, Karen Fred, Barbara Gonzales, Cavan Gonzales, Becky Martinez, Evone Martinez, Frances Martinez, Marvin Martinez, N. Summer Martinez, and Eva Moquino. Several of these artists are descendants of famous San Ildefonso potters. It is important to realize that the designs, while based on motifs from the past, are completely the work of one or more of the ten artists. They are not copies of old designs.



Installation was complicated but the six impressive pottery replicas can now be seen along State Road 4 in White Rock and on the west wall at the White Rock Visitor Center. Thanks to the Los Alamos Departments of Communication and Public Relations, Public Utilities, Public Works, and Parks, Recreation & Open Space. Thanks also to Denny Erickson, Steve Foltyn and their committees. Special thanks to the leaders and artists of San Ildefonso Pueblo and to the Los Alamos County Council.

Ed note: You will find a colorful and comprehensive article, [The Great Big Pottery Project](#), in the November 2016 issue of New Mexico Magazine. It describes the project from dream-to-completion. It was a complicated project with an ending that entertains and benefits anyone traveling State Road 4 (to Bandelier) through White Rock.



**Contemporary Black-on-Sienna
1960s**



Black-on-Red Jar about 1910



**Ancestral Cooking Pot
AD 1200-1550**

San Ildefonso Pottery Replicas In White Rock



**San Ildefonso Polychrome Jar
Late 1800s**



**Black-on-Black Maria Martinez
1920s**

**Page 7—Bandelier Black-on-Gray Jar
AD 1400—1500**

Photos by Shari Mills and Richard Henderson



Linda Deck with an armload of flowers she prepped for a Rose Parade float

New Year's Day in Pasadena

Linda Deck, Director of the Bradbury Science Museum, spent the New Year's holiday in southern California on a Road Scholar trip (formerly Elder-hostel), which revolved primarily around the exciting and colorful Tournament of Roses Parade. She witnessed first hand the enormous effort required to create the awesome floats-every inch covered with plant material. But it was a hands-on experience as well as she was taught how to prep hundreds of flowers to be put in place for their trip down Colorado Blvd. She visited several museums and enjoyed free time. She has nothing but praise for this Road Scholar experience. Click on the headline highlighted below to view the LA Daily Post article and more pictures.

The LRG is delighted to have Linda as guest speaker at the annual LRG meeting on May 15th at the Betty Ehart Center. (*Please read more about this meeting on page 3.*)

The LA Daily Post is the FREE online Los Alamos newspaper. www.ladailypost.com

In November 2019

LANL Nine Los Alamos Projects Win R&D 100 Awards

Remembering Turk Griffith On Veterans Day 2019

Workers Remove LANB Sign From Enterprise Bank & Trust Building

Snyder: The Manhattan Project And The Los Alamos School In Taos

Liddie's Traditional New Mexican Dishes: Posole (see book review page 10)

LANL Director Thom Mason Speaks At Military Order Of The World Wars Pearl Harbor Commemoration Dinner

In December 2019

Heinrich: Closer Than Ever To Establishing New National Park In New Mexico

LANL Announces Winners Of First-Ever New Mexico Governor's STEM Challenge

British Scientist Left His Mark On The Community

Los Alamos Residents At Tournament Of Roses Parade

In January 2020

Oops ... Street Sign Mishap

More Homes Built In Mirador Subdivision On NM 4

Los Alamos National Laboratory Spent \$396 Million With New Mexico Businesses In 2019

Life After 50: Needing Help

In February 2020

Total 2019 Part 1 Crimes Believed Lowest Recorded Rate In Los Alamos Police Department History

CB FOX Officially Announces Its Closure

End Of An Era: CB FOX Closing Doors After 40 Years

Letter To The Ed: CB Fox Exemplifies What Makes A Community Vibrant And Desirable

Los Alamos Low Crime Rate A Community-Wide Achievement

On the Bookshelf

The Chile Line Historic Northern New Mexican Recipes Liddie Martinez



I've been following Liddie's recipes in the LA Daily Post since they first appeared in March 2018 so I was delighted to attend her book signing at the Lodge last fall. This "tasteful" event featured samples of Liddie's delicious recipes. I was so taken with the cookbook I bought ten as Christmas gifts personally inscribed by Liddie to enthusiastic friends and family members who all cook northern New Mexico. JJW

This colorful attractive cook book is superb, filled with traditional recipes from northern New Mexico, lovingly collected by Liddie from her childhood days in Grandmother's kitchen. Every recipe is illustrated with Liddie's rich color photographs to make one's mouth water. The book is further enhanced by vintage photographs gleaned from the Los Alamos History Museum archives. The pages throughout are glossy, slick, and sturdy making them impervious to splashes of Albondigas soup on page 50 or Chaquewe

on page 110. Curious?

But there is more. New Mexico Governor Michelle Lujan Grisham, writes a warm and familiar introductory message, a second is by Carol Clark, Publisher of the LA Daily Post, who reminds us that Liddie's recipes appear in the LA Daily Post. Jackie Baca, of CEO Bueno Foods, praises the book, and there are sweet, personal, biographical words from Liddie herself, many in the form of Recipe Insights that accompany each traditional dish. Insights are glimpses into many thoughts: ingredients, how-tos, history, and family.

The Chile Line is published by local Pajarito Press LLC to whom Liddie expresses gratitude and Nancy Bartlit for her grasp of a mission to produce a work that will satisfy a reader/user on all levels and to Mark Rayburn for performing photographic magic and laying out this delicious cookbook.

The book is available at www.thechileline.com, and at the Los Alamos History Museum gift shop. Follow Liddie on Facebook: www.facebook.com/liddiemartinezauthor/.

As Liddie says in her dedication, "You will never have another chile emergency again."

Watch for Nancy's and Mark's article on the Pajarito Press in the July issue of the Main Gate.

LRG Officers and Board Members

President:	Dale Thompson	dalethompson@losalamos.com president@lalrg.org
Vice President:	Leigh House	hagar@newmexico.com president@lalrg.org
Treasurer and Membership:	Sheila Girard	sgirard@losalamos.com
Scribe:	Alan Wadlinger	awadlinger@vla.com
Board Member:	George Best	georgehbest@cs.com
Board Member and Benefits:	Norman Delamater	ynormdel@earthlink.net
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Board Member:	Bob Meier	bobmeier@mac.com :
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Board Member:	John Stewart	jns@rt66.com
Board Member and Benefits:	Patricia Wing	hwybks455@yahoo.com
Board Member and Main Gate:	Joyce Wolff (JJW)	jwolff@lomalobo.com
All Board Members:		board@lalrg.org

LABORATORY RETIREE GROUP (LRG)

www.lalrg.org

LRG Works to Protect Retiree Benefits

Membership in the Los Alamos Laboratory Retiree Group, Inc. (LRG) is open to any person age 50 or older who currently receives or expects to receive an ongoing financial benefit (health or other insurance, retirement income, or other forms of remuneration) from having worked or having an association with someone who worked for the prime contractor of Los Alamos National Laboratory.

Active Members, as described above, pay annual dues of \$20, have voting privileges at Annual Meetings, and may serve as LRG Officers and/or Board Members. Active members receive the annual LRG Directory of members and *The Main Gate* news bulletin 3 times a year. Spouses of deceased Active Members remain members as long as yearly dues are paid.

Friends are persons who support LRG. Friends pay dues of \$20 per year to cover the cost of printing and mailing *The Main Gate*. Friends may not vote, hold office, or receive the LRG Directory.

**Enjoy Conversation and a Great
Breakfast
(from the menu)
Coffee or tea paid for by the LRG
1st Tuesday every month
8:30-10:30 a.m.
Morning Glory Restaurant**

**LRG Board Meetings
3rd Wednesday of the month
2:00 pm Mesa Public Library
Anyone is welcome.**

**May general meeting
will be announced in the
March Main Gate**

MEMBERSHIP APPLICATION or RENEWAL FORM

THE LABORATORY RETIREE GROUP, INC. (LRG)

- ☐ New Membership ☐ Renewal ☐ Friend ☐ Change of Address
☐ Check here if requested information remains unchanged (including phone no. and e-mail)
☐ Check here if you DO NOT want to be listed in the DIRECTORY

Active Member: _____
Last Name First Name Middle

LANL Retiree? Yes No Year _____ System: UCRS PERS LANS OTHER (circle as needed)

Spouse and/or
Active Member _____
Last Name First Name Middle

LANL Retiree? Yes No Year _____ System: UCRS PERS LANS OTHER (circle as needed)

Friend _____
Last Name First Name Middle

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

Telephone: (____) _____ E-mail? No Yes: _____

Payment: Please mail this form plus \$20 per year dues payment by check to:
LRG, PO Box 546, Los Alamos, NM 87544

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The LAESF Workforce Retirees' Scholarship Fund is an endowed component of the Los Alamos Employees' Scholarship Fund. It is funded by generous contributions from Laboratory retirees, including contributions from Laboratory Retiree Group members. The LAESF Advisory Committee is now able to award a \$1000 annual scholarship to a deserving student each year in the name of the "Workforce Retirees' Scholarship Fund". This award is based on both scholarship and financial need. Thank you LRG members who have contributed to this fund or may contribute in the future. You will find complete information on how to donate on the LANL Foundation website:

lanlfoundation.org

or by mail to their address at

1112 Plaza del Norte, Española, NM 87532