

Laboratory
Retiree
Group
Newsletter

Vol. 28 No. 3
November 2023

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.

LANL Benefits Updates Norman Delamater

The Lab open enrollment for medical, dental, vision and legal benefits for 2024 was from October 23 through November 6, 2023. Laboratory retirees received the open enrollment information in the mail. For open enrollment in the future, retirees may wish to assess which plans are best given current situation, as life events could occur and require changes in enrollments. Retirees without Medicare have a choice of HDHP and PPO for the medical plan, with the PPO giving more choices in doctors and procedures. The High Deductible Health Plan for those retirees without Medicare is a plan with high deductibles but allows contributions to Health Savings Accounts. The HDHP might be appropriate for those younger retirees not on Medicare who wish to fund a Health Savings Account which can be used throughout retirement years for eligible medical expenses. Retirees with Medicare have a choice of EPO, PPO and National Medicare Supplement plans.

We have heard from some retirees on Medicare who have received some unexpected charges from some procedures or medications which were not covered expenses with Medicare. It is important for all of us to double check with our physicians and with Medi-

care.gov and by calling BlueCross/BlueShield to be certain that procedures are covered. When choosing a medical plan during open enrollment retirees may want to compare the coverages with each of the possible options. Usually, the National Medicare Supplement works well for retirees who do not travel much outside of the country or do not require expensive hearing aids or chiropractic or podiatry coverage. If you do international travel or require hearing aids, podiatry and chiropractic treatment the PPO may be an option to consider. The PPO may also offer a wider choice of covered procedures, physicians and facilities. The Medicare.gov website will give a list of exclusions for Medicare and also offers an interactive way to check on coverage for various procedures and medications.

Continued on page 2

DISCLAIMER: The information provided in the Main Gate, while believed to be currently accurate, is meant to be educational in nature and should not be interpreted as medical, investment, or legal advice. Consult your physician, financial adviser, tax advisor, or attorney before taking any actions based on information offered here.

Premiums

For 2024, there is no increase in the BCBS medical plan premiums for retirees with Medicare. There is a small increase in Delta Dental premiums. For additional details, please see the open enrollment material which is available on the Empyrean website. For retirees without Medicare there is about a 2% increase in the BCBS medical premiums. New for 2024 is the additional benefit of Norton Lifelock for identity theft protection which costs \$13.75 per month (retiree and spouse). The Legal plan for 2024 is now going to be with MetLife and no longer with ARAG. The MetLife Legal plan has a larger selection of lawyers in the network and may provide additional legal benefits especially for estate planning, see the open enrollment literature for more details. For those retirees who had the ARAG plan in 2023, they will need to enroll in the MetLife plan during open enrollment this year if they wish to continue with the legal plan benefit, as the MetLife enrollment is not automatic. The monthly premium for the Legal plan will be \$14.50 (retiree and spouse). The Davis Vision plan will increase by 33.4% for 2024 and the monthly premium will be \$17.22 (retiree and spouse). Delta Dental plan increases by about 2.1%.

Prescription Drug Coverage

The open enrollment notice in the mail includes a Medicare Certificate of Creditable Coverage which certifies that the Lab Retiree prescription drug coverage is equivalent to Medicare's Part D drug coverage. We should file this notice for future reference if the Retiree drug plan changes in the future and we would need to enroll in Medicare Part D drug coverage, though this is not anticipated at this time.

Medicare Premiums

For 2024, the Medicare Part B standard monthly premium will be \$174.70, an increase of \$9.80 from 2023. The Part B annual deductible will be \$240, an increase of \$14 from 2023. The

Part A inpatient hospital deductible will be \$1632 for 2024 which is a \$32 increase from this year. For 2024, Medicare by law can negotiate with drug companies for lower prices on some commonly used drugs (mainly some diabetes and heart and cancer drug) but the lower prices would not be in effect until 2026 when more drug prices will be negotiated directly with the drug companies. In 2024, Medicare will also cover some drugs which slow the progression of Alzheimer's disease (Leqembi). Medicare also has an expanded list of vaccines which will be a covered benefit. These vaccines include Covid, flu, pneumonia, shingles, Tdap, hepatitis-B and RSV. Consult with your physician on which vaccines may be right for you. Covid antibody treatment is also a covered benefit.

Social Security COLA

For those retirees receiving social security benefits, the cost of living adjustment for 2024 will be 3.2% which will be effective in January, 2024.

Fall & Winter Safety

As we are now into the cool and cold Fall and Winter seasons, it is always important to keep in mind the dangerous effects of cold, ice and snow. Falling is a hazard for seniors as falls can cause broken bones and concussions. Car accidents on icy and snowy roads can cause serious injury. AAA offers a low cost senior safe driving class either online or in person at senior centers across the nation. The class is valuable in pointing out issues affecting seniors in their driving habits. Completion of the AAA approved class allows for a discount on auto insurance with most insurance companies. Fall prevention classes are usually available at senior centers around the country, and at the Los Alamos Senior Centers. These classes usually include balance and stretching exercises which can be useful in preventing injury from falls.

Continued on page 3

LANL Benefits Updates—continued from page 2

More than one in four adults over age 65 fall each year, according to statistics from National Institute of Health. The risk of fall related problems rises with age. Many things can cause a fall. According to the NIH, the following issues can cause falls in older adults:

1. Your eyesight, hearing, and reflexes might not be as sharp as they were when you were younger.
2. Certain conditions, such as diabetes, heart disease, or problems with your thyroid, nerves, feet, or blood vessels can affect your balance and lead to a fall.
3. Conditions that cause rushed movement to the bathroom, such as incontinence, may also increase the chance of falling.
4. Older adults with mild cognitive impairment or certain types of dementia are at higher risk of falling.
5. Age-related loss of muscle mass (known as sarcopenia), problems with balance and gait, and blood pressure that drops too much when you get up from lying down or sitting (called postural hypotension) are all risk factors for falling.
6. Foot problems that cause pain, and unsafe footwear such as backless shoes or high heels, can also increase your risk of falling.
7. Some medications can increase a person's risk of falling because they cause side effects such as dizziness or confusion. The more medications you take, the more likely you are to fall.
8. Safety hazards in the home or community environment can also cause falls."

In addition to falls, there are multiple other health aspects to include in your thinking: Consider getting all the vaccines which your physician may recommend to stay healthy as possible this Winter season. Consider strength and balance exercises to tone your physical well-being. Winter is often called the "heart attack" season as studies have shown that heart attacks are

30% more likely in the coldest winter months. It is wise to avoid strenuous snow shoveling in the winter. Regular exercise and eating a healthy diet will aid in staying fit year round.

Finally, stay warm and safe this Winter and please enjoy the upcoming Fall and Winter seasons. Please email us if you encounter any benefits issues we can help out with.

2023 Summer Farmers' Market in Los Alamos

Gatherings on Thursdays in Los Alamos brought vegetables, fruits, honey, eggs, cheese, tamales, baskets, and other delights. Many retirees and other town folks were to be found each week. And retiree Billy Turney (musician & maestro) provided tunes. Now that fall is here, the summer markets are complete.

There will be holiday markets on two Thursdays in December at Fuller Lodge.



Celebrating Carmen Geoffrion

Carmen Geoffrion, a well-known and beloved figure at the White Rock Senior Center and both the Los Alamos and White Rock Catholic churches, celebrated her 97th birthday in Arizona with family and friends. Her birthday party was a joyous celebration. She tapped her toes to a Mariachi band commissioned for the occasion and cuddled her latest two week-old great granddaughter for the first time. Carmen has four children, all known for their creative abilities, eight grandchildren and fourteen great grandchildren. She went to work at the Lab in 1954 as a data analyst and senior data analyst. After she retired, she remained in retirement only a short time before she returned to work for four more years until she was 70, making her Lab employment nearly 40 years. She is a bright spot and an inspiration in the lives of those who know her and a role model for today's young people as well as for those of us who are not so young.



Lights Among the Ruins By Joyce Wolff

Richard Henderson and I attended Lights Among the Ruins in 2022. We visited the Jemez Historic Site again this fall on a warm sunny day and talked with Brenda Tafoya, an interpretive park ranger and planner for this event.

Lights Among the Ruins is a beautiful way to start the holiday season. This year the event will be held on December 8th and 9th at the Jemez Historic Site (JHS) in Jemez Springs. Each night the ruins of the still impressive San Jose de los Jemez church built in 1621, surrounding ruin walls, and pathways are adorned with 1,500 farolitos. These small paper bags filled with sand and a candle are our unique and lovely northern New Mexico tradition. This work is all accomplished by only a handful of volunteers, who after the candles burn out on the first night, replace them with new ones for the second night.

In 2005 the JHS staff introduced this event which has been held each year but for two years when Covid extinguished those candles. Last year 5,000 visitors made up for that dark time. The community of Jemez Springs, JHS staff, and

staff from other New Mexico historic sites cooperate to organize this beautifully managed event.

Jemez Springs sits in narrow San Diego canyon where steep walls and a narrow road make traffic a challenge on dark nights, but parking and traffic control are well organized by flagmen. Visitors are directed to park their vehicles in a designated lot and are bussed less than a mile to the JHS headquarters where all activities take place. Everything to see and do is within a small area for easy walking accessibility.



Continued on page 5

Lights Among the Ruins
— continued from page 4



1,500 farolitos outline the eroded features of a building at ancient Giusewa, the 700 year old village in ruins at the Jemez Historic site. Here the full moon rises above the canyon wall and one of the ruins.

The highlight is the walk through the ruins: a fine place for nighttime photography. Little smart phones can produce lovely results. The paths are well-lighted although flashlights might be useful in some situations. Several bonfires warm hands and toes. Native dancers dance to beating drums in the firelight. Food stalls provide hot drinks and foods for all tastes at reasonable prices. There is a wide variety of arts and crafts including native pottery, jewelry, and entertainment in the community buildings across the street from the ruins.

Visitors are reminded to dress warmly and be prepared for a pleasant experience. Staff requests that you not bring dogs. Information and tickets at \$20 are for sale online at nmhistoricsites.org.

The JHS office is 575 829 3530



An ancient Giusewa ruin on a sunny day in October, this year.



The same building decorated by farolitos at Lights Among the Ruins in 2022. Jemez Historic Site is a beautiful gem tucked away in scenic San Diego Canyon. It is well worth a visit in daylight as well when the center is open. Native American artifacts are on display and an excellent interpretive video describes the history of the Jemez people and their struggles through history.

A Gap Year (or Two) After College By Leigh House

After finishing college in the early 1970s I was keen to travel and explore, and also needed a way to support myself financially. I had worked during previous summers at what was then called Lamont-Doherty Geological Observatory (now Lamont-Doherty Earth Observatory) a part of Columbia University that carries out field work. I learned about the oceanographic research ships that Lamont operated and that a technician was needed to sail on one of them, the Vema. Vema initially was a sailing ship that had been donated to Lamont, and had been converted to diesel power and had equipment to collect a range of geophysical and oceanographic measurements. The Vema was small as far as ocean-going ships are concerned, about 200 feet long and 40 feet wide, with a displacement of only 800 or 900 tons. The Vema carried out a full schedule of geophysical data collection while underway, with stops scheduled to periodically collect samples of sea floor sediments. Typically, the Vema was at sea for four weeks at a time and then spent three days in port to restock supplies and fuel before heading out to sea again. Over the many years Lamont has operated the Vema, its ship tracks have covered more than a million miles of Earth's oceans. The Vema collected some of the key data about seafloor geophysics that were used to confirm the concept of plate tectonics.

Activities on the Vema included collecting continuous geophysical data while underway, including gravity, magnetics, and measurements of the ocean depths. These data were recorded on paper, which had to be periodically labelled with the date and time. The paper records were shipped back to Lamont during port stays for digitizing and archiving. Traditional ship-board navigation relied on sun and star observations to derive locations, along with "dead reckoning" (educated guesses) between observations. Unfortunately, however, these locations were un-

certain enough that it was sometimes difficult to properly interpret the geophysical data for the underlying seafloor structures. Vema operated one of the earliest satellite navigation systems, which provided location information with much greater accuracy, along with more frequent and steady updates. Some days the ship stopped to collect deep-sea sediment cores and photographs of the seafloor from water depths of thousands of feet. It typically took hours to lower these pieces of equipment to the sea floor and recover them. The cores might contain as much as 40 feet of seafloor sediment (mud). Once the coring apparatus was back on board, cores were extruded from the core barrel, inspected, labelled, wrapped, and packaged for shipping back to Lamont. Lamont has a huge repository of deep sea cores, which have proven invaluable for studying the change of climate in Earth's past.

I was tasked with operating and maintaining the gravity measuring equipment on the Vema. As surprising as it seems, relative gravity measurements can be made fairly precisely, even on a bouncing and tilting ship at sea. The ship-board gravity meter was housed in a cylinder measuring 15 to 18 inches in diameter, about 2-3 feet long, and weighing on the order of 100 lbs. In addition to the highly precise gravimeter itself, the housing included a heater to maintain the internal temperature constant and a pressure housing to similarly maintain internal pressure constant. These two components eliminated two



Continued on page 7

Gap Years—Leigh House
— continued from page 6

sources of spurious effects on the measurements. The gravity meter was mounted on a gyro-stabilized platform to reduce the effects of the rolling and pitching of the ship. In addition, since the measurements from the ship's gravimeter (as with all relative gravity meters) varied or "drifted" over time, it needed to be calibrated by absolute gravity measurements taken during each port stay. Each gravimeter has a unique trend in its drift, and gravity measurements taken at sea have to be corrected for this drift.

I planned to be on the Vema for about a year, and started my trip at the port of Stavanger (stuh-van'-gurr), in Norway. In the early 1970s, Stavanger was mainly a fishing port, and it later became a major supply port for oil and gas development in the North Sea. Photo 1 shows my first view of the Vema in Stavanger (the tall gray crane in the photo is not part of the ship). The rust stains on the side of the ship did not exactly inspire confidence in me. And the ship itself seemed too small to cope with the huge waves of the open ocean. Yet this was to be my home for the next year. A pretty cramped space!



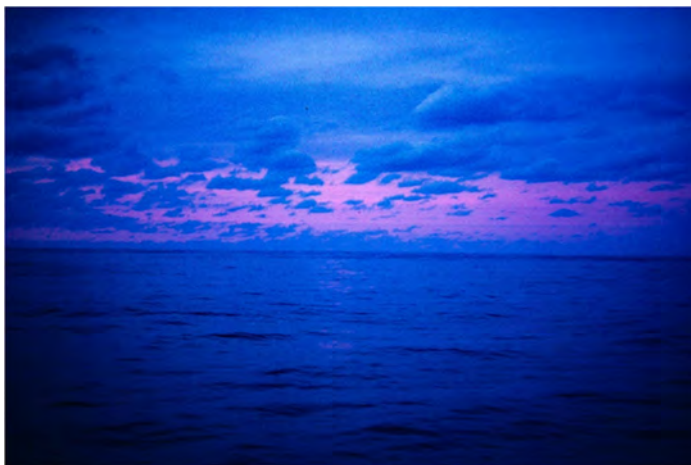
It was September when I joined the Vema at the start of a month-long trip back to New York City. True to the season, the north Atlantic was stormy and rough, and I was miserable with seasickness for much of the trip. Photo 2 shows one particularly stormy day. Waves higher than the ship pushed it to roll way over from one side to

the other, time and again. With each roll, I had to hold on to a part of the ship to stay on my feet and not be tossed on the deck. The rounded shape of the Vema's hull, though suitable for a sailing ship, really made it unpleasant in mid-



ocean. Nevertheless, the ship invariably righted itself, though often only on its way to a deep roll to the other side.

After we reached New York, the Vema went in for a month-long refurbishment before setting out again. When the refresh was done, the ship's hull had a fresh coat of paint, the rust stains were gone, and our small cabins were a bit, though only a slight bit, more comfortable. From New York, our destination was San Juan, Puerto Rico, where we arrived in time for the New Year. Along the way, we were treated to some calm seas and beautifully colorful sunsets (Photo 3).



Continued on page 8

Gap Years—Leigh House
— continued from page 7

We stayed an extra day or two in San Juan for the New Year, then set off, this time for Recife, in northern Brazil. From Recife, we headed across the equatorial Atlantic to Senegal. Part way there, we stopped at St. Paul rock, which is a tiny, isolated, and desolate island sticking up in the mid-ocean (Photo 4). Here, we collected rock cores for paleomagnetic analysis of the rock



from what is referred to as a “leaky transform” fault in the Atlantic seafloor. Though not exactly on major shipping lanes, St. Paul rock once had a lighthouse on it; the remnants can be seen in the photo.

From Senegal, we sailed to the Canary Islands, the Azores, Newfoundland, and Iceland. We sighted an iceberg outside St. Johns, Newfoundland (Photo 5). One of the Vema’s officers estimated that the above-water portion of the iceberg was about 500 ft long and 30 feet high.



Since the Vema had a fragile hull and was certainly not an ice breaker, we stayed far from this and other icebergs. We carefully sailed farther north, crossed the Arctic Circle and approached Spitsbergen, at a latitude of about 80 degrees. We finally docked in Bodø, in northern Norway, still above the Arctic Circle. Here I disembarked from the Vema, and watched, with only a slight regret, as the Vema sailed without me, for the

first time in nearly a year, on the next leg of its continuing voyages (Photo 6).



From Bodø I was free to spend time exploring Oslo, and then went on to Copenhagen, Paris, and London. These were especially memorable highlights of my “gap year” after college. I extended my “gap year”, and was asked to go to sea again. This next voyage was on another ship operated by Lamont, named the Conrad. This was another adventure that took me to the south Atlantic and Antarctica and lasted about 2 ½ months. I subsequently went on to grad school to study geophysics, and received my doctorate. My first job after grad school was an unexpectedly short time exploring for oil in Pittsburgh. I chose to work for Gulf Research, whose lab had been in Pittsburgh for decades. Unfortunately for me, about a year after joining Gulf, they decided to move the entire research lab to Houston. Being averse to the heat, humidity and Houston itself, I looked for another job opportunity. A Gulf colleague forwarded a query from Los Alamos for someone to work on the small earthquakes associated with the Lab’s geothermal work at Fenton Hill. I responded and after completing the formalities, I joined Los Alamos in the early 1980s. During the time I worked at the Lab, I also worked on natural earthquakes in north-central New Mexico, and projects devoted to improving underground imaging in collaboration with several oil companies. I retired from the Lab about 10 years ago.

Los Alamos Employees Scholarship Fund By Mike Ammerman

Since 1998, LANL Foundation and the Los Alamos Employees' Scholarship Fund has awarded more than \$11 million in scholarships to over 2,300 students from northern New Mexico. Among the large portfolio of scholarships the Foundation administers is the LANL Workforce Retirees' Endowed Scholarship Fund. This endowment was established in 2018 and continues to grow from contributions made primarily by retired LANL employees. The fund supports students pursuing degrees critical to the needs of the Laboratory and the region. Emphasis for these awards is placed on students who demonstrate high academic achievement and financial need, with preference given to students who are pursuing STEM degrees. LANL Workforce Retiree Scholarships are one-time \$1,000 awards that may be awarded concurrently with other LANL Foundation scholarships.

LANL Workforce Retiree Scholarship recipients to date include:

- 2018: Matilde Jacobson, University of New Mexico, Public/Population Health
- 2019: Reuben Fresquez, University of New Mexico, Computer Science
- 2020: Teresa Dominguez, New Mexico State University, Chemistry
- 2021: Althea Denlinger, University of New Mexico, Computer Science
- 2022: Lucian Badash-Dyer, University of New Mexico, Emergency Medical Services
- 2023: Nathan Oswald, New Mexico Highlands University, Environmental Geology with focus on Water Resource Management

These scholarships would not be possible without the generous support of community members like you. The LANL Foundation invites you to join us in supporting these inspiring and deserving students during our upcoming Bright Futures fundraising campaign, which culminates on Giving Tuesday, November 28th, 2023. A contribution of any amount is always appreciat-



2023 Scholarship awardees

ed, and you can trust that 100% of your donation will go directly to a deserving student from northern New Mexico.

To make a donation, visit:

<https://lanlfoundation.org/donate/>.

You will have the option to select the "LANL Workforce Retirees' Scholarship Fund" or other funds that reflect your charitable wishes.

If you have any questions, please do not hesitate to contact Mike Ammerman, LANL Foundation Scholarship Program Director, mike@lanlfoundation.org, 505-795-3778. If you would like to receive the LANL Foundation's Quarterly Newsletter, visit <https://lanlfoundation.org/newsletter/> to register or contact Mike Ammerman for assistance. The mailing address is:

LANL Foundation (LAESF)
1112 Plaza del Norte
Española, New Mexico 87532

Celebrating John N. Stewart

John passed away on October 1st, 2023. He was an active Board member for the Laboratory Retirees Group (LRG), a past Treasurer and Main Gate editor. He was also involved in many other organizations, some of which are highlighted below. As stated in his Los Alamos Living Treasures citation by Colleen Olinger, "John just does his job, keeps things going, avoids the spotlight - and is indispensable." He was born in New York and raised mostly in Washington where his father worked at the Hanford Atomic Site. He obtained a master's degree in mathematics. In 1959 he and his wife Margaret came to Los Alamos where he worked as a geophysical computer programmer.



Remembering John Stewart Leigh House

I was in the same group (ESS-3/Geophysics) as John when I first joined the Lab in the early 1980s. However, I was assigned to the Lab's geothermal work at Fenton Hill, and was in a different physical location. It was not long, however, before I needed John's help to analyze data from Fenton Hill, and the earthquake data that the Geophysics group was collecting. And I was delighted that John was willing, capable, and generous in his help. He was always cheerful, even when we ran into complicated and stubborn problems, which I often seemed to encounter. Working together, we soon had most problems solved. I lost steady contact with John after he retired from the Lab. I was delighted once again, when I joined LRG and found that John was already deeply involved the group. And he was also deeply involved with the Ehart Senior Center. Both organizations benefitted immensely from the many devoted hours he spent with them. I will sure miss his pleasant and up-beat approach to life, even in the midst of his difficulties.

Memories of Dan Cash Seismologist and co-worker

When I joined the lab, known then as LASL, I was assigned to J-9, the Containment Group. John Stewart was our computer programmer, who was my 'savior' many times as my only programming expertise so far was writing Fortran on punch cards one card per line. After a few months, with group leader, Ken Olsen, we, and a few others were formed into Group J-13, a geophysics effort. Our primary effort was to continue a study of the seismicity of the area.

John managed to not only successfully assure the success of our data analysis, but to guide me to be able to develop my own skills through such desktop PC milestones as MS-DOS and on to Windows.

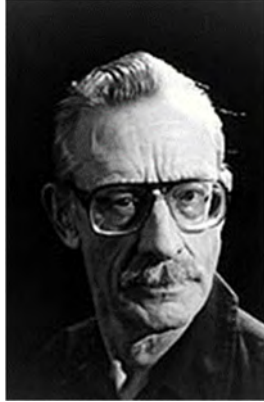
Everyone we worked with seemed to feel as I did at ease with John, his deep voice, his eastern U.S accent, and above all his patience. I no longer got to work with him after I joined a different LANL effort in 1990, but I always looked forward to crossing paths with him anytime, in the community including senior center activities.

Continued on page 11

Celebrating John Stewart

Paul Lewis

John Stewart was involved in LALT and LALO for the past 25 years or more. He mostly did behind the scenes work in set construction---he worked backstage on many, many, many sets. (Too many to dig out & list.) He did appear on stage at least once as a policeman in LALT's "Wait Until Dark" in 2001 (photos attached). John also served on the LALT Board for several years, taking primary responsibility for PAC maintenance.



Saying Goodbye to John Stewart
Joyce Wolff

I met John in 1975 when I went to work for the Lab and we shared an office for several years. He was a programmer and we worked closely as he trained me to do my data analyst work for the Geophysics group. In the following years as colleagues we traveled together on many assignments. We played tennis in Florida after AGU meetings (he was an excellent and graceful player) and ate catfish in Tennessee after deploying instrumentation. We did field work together in Nevada and New Mexico. John was always a pleasure to travel and work with, dedicated to the job, always thoughtful and considerate. He was full of curiosity and fun and enjoyed a good beer and a party. He gave me advice I've never forgotten, "You never have time to do it right but you always have time to do it over." After years of retirement, I was delighted to work with him again on the LRG Board as he turned over his job as editor of the Main Gate to me. When he was named Los Alamos Living Treasure I was delighted for him. He more than deserved it. I miss him. He was important in my life.



Laboratory Retiree Benefits websites & resources:

Empyrean: 1-844-805-0002, www.lanlbenefits.com
Blue Cross/Blue Shield of New Mexico: 1-877-878-5265, www.bcbsnm.com/lanl
BCBS Behavioral Health Unit 1-888-898-0070
Express Scripts: 1-800-838-4590, www.express-scripts.com
Delta Dental of New Mexico: 1-877-395-9420, www.deltadentalnm.com
Davis Vision: 1-800-999-5431, www.davisvision.com/members
ARAG Legal (to be replaced in 2024): 1-800-247-4184, www.araglegal.com
Access code: 14822lal
Medicare: 1-800-MEDICARE or 1-800-633-4427, www.medicare.gov
Laboratory Retiree Group www.lalrg.org
LANL Pension Center for LANS/Triad defined pension plan,
TCP1 pensions, AonHewitt: 1-866-370-7301,
<https://pension.hewitt.com/losalamos>
University of California Retirement Plan, UC Retirement Administration Service Center at UCnet:
1-866-682-7787
<https://ucnet.universityofcalifornia.edu/contacts/rasc.html>
California Public Employees Retirement System (CalPers):
1-888-225-7377, <https://www.calpers.ca.gov/page/retirees>
Energy Employees Occupational Illness Compensation Program:
1-866-888-3322, <https://www.dol.gov/agencies/owcp/energy>
<https://www.energy.gov/ehss/energy-employees-occupational-illness-compensation-program>

LRG News

David Schiferl — acting LRG President for July 1 to December 31, 2023!

Morris Pongratz — acting LRG Vice President as of July 1 to December 31, 2023,
then acting President for the following 6 months!

Leigh House: thank you for his service handling necessary document submissions for the LRG &
leading reviews of the LRG By-Laws!

Treasurer Sheila Girard explains that the address label on your Main Gate indicates your dues
status. The date on the label indicates the date for which your dues have been paid.

Laboratory Retiree Group Directory As a service to current LRG members the LRG Directory,
mailed each February, contains the names and available information for every present and past
LRG member, whether that member is in good standing or not. Some listed in the Directory have
passed away or experienced life changing events: marriage or change of contact information. It's
important to update your profile with the LRG so we can better serve you. Or if you know of a life
change of a fellow retiree in the Directory please update us. Information update form is on page 13.

An Annual Meeting is typically held in May of each year for all members who wish to attend, either
on Zoom or possibly in person with lunch provided (see future announcements, cards & emails)

**LRG Board meetings are held on the
third Wednesday of each month,
hosted by Dave Schiferl
on Zoom**

We will continue to meet on Zoom
until further notice.
Please contact us if you are interested in
attending.

First Tuesday Breakfasts have resumed.
LRG members and guests who are fully vaccinated are
welcome. Coffee is provided by the LRG.



**Muy Salsas Restaurant
1315 Trinity Drive
8:30—10:30**

Details announced each month

**“Oppenheimer” movie was released,
and has generated broad interest in Los Alamos history**

Planning for 2024 Manhattan Project National Historic Park Tours at LANL is underway
and information will be available at

<https://about.lanl.gov/history-innovation/mapr/behind-the-fence-tours/>

LANL has released a documentary video in three episodes:

‘Oppenheimer: Science, Mission, Legacy’

that connects Los Alamos’ first director to its mission today

available for the public to watch for free

<https://discover.lanl.gov/news/0921-oppenheimer-documentary/>

Information, history, & personal reminisces: If the Main Gate newsletter generates thoughts
and/or a writeup that is of interest, please send it to us at maingate@lalrg.org

Historic photographs note: if you have photograph collections, please consider donating them to
the Los Alamos History Archives www.losalamoshistory.org & archives@losalamoshistory.org
along with notes and other descriptive materials to put your photographs in context

Stay Informed

A list of resources on page 15 can keep you informed of happenings in Los Alamos,
in the LANL Community, and more broadly.

Additional websites that are full of information include

LANL Bradbury Museum website, lanl.gov/museum

National Atomic Testing Museum in Las Vegas, NV nationalatomictestingmuseum.org

Manhattan Project National Historic Park www.nps.gov/mapr/index.htm

Project Oppenheimer resources lacnm.com/oppie

LRG Officers and Board Members

President (acting)	David Schiferl	president@lalrg.org
Vice President (acting)	Morris Pongratz	president@lalrg.org
All Board Members		board@lalrg.org
Treasurer & Membership	Sheila Girard	sgirard@losalamos.com
Scribe	Alan Wadlinger	awadlinger@vla.com
Board Member & Benefits	Norman Delamater	ndelamater@hotmail.com
Board Member & Main Gate	David Janecky	maingate@lalrg.org
Board Member & Website	Paul Lewis	website@lalrg.org
Board Member	Paul Elkins	pselks@gmail.com
Board Member	Sue Elkins	pselks@gmail.com
Board Member	Leigh House	hagar@newmexico.com
Board Member	Bob Meier	bobmeier@mac.com
Board Member	Morris Pongratz	mpongratz1942@gmail.com
Board Member	David Schiferl	dsconsult@centurylink.net

The Main Gate is printed by Aspen Copies, Los Alamos, NM

LANL In Memoriam

By Jack Clifford



Barbara Barnett	Emily Hoard Johnson	Gail Joan McFarlane
Kerry Burns	John Kammerdiener	John R. Miller
Korwyn Christensen	Edward Kern	Raymond C. Mjolsness
Steven Allen Cocking	U. Fred Kocks	Edward Nettles Jr.
Charles Harold Davis	Mary Liguori	Nicholas Nicholson
Helen I. Davis	Marcella S. Lockhart	Loretta 'Sam' Olivas
John K. Ikafalvi Dienes	Juan Lujan	William Scott Phillips
Katherine Chiyoko Frame	Elizabeth A. Maestas	Bruce Reinert
Leonard D. (Jack) Gehre	Michael Maloney	Richard Robertson
Robert C. Hammock	Ralph Leon Marsh	John N. Stewart
Shirley Rene Holaday	S. Fredric (Fred) Marsh	Willard Lindley Talbert Jr.
Dianne Horn	Harris Louis Mayer	Daniel C. Valdez Sr.
Carl Fredrick Huth Jr.	Mary McCalister	Clayton Watson
David Jamriska		

The preceding names have not been listed in LANL Memorium before.
An obituary can frequently be found in Google by entering the individual's name,
followed by Los Alamos.

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

Stay Informed

Los Alamos news on line with the *Los Alamos Daily Post* and the *Los Alamos Reporter*
LANL news and more at: discover.lanl.gov
Bradbury Science Museum news with their monthly online newsletter: [@theBradbury](https://twitter.com/theBradbury)
LANL Foundation Scholarship news monthly email newsletter at: lanlfoundation.org
Laboratory Retiree Group (LRG) at: www.lalrg.org
Los Alamos Chamber of Commerce at: losalamoschamber.com
Plan a trip with UC Retirees: ucretireestravel@gmail.com
LLNL retiree website: www.livermorelabretirees.org
LBNL retiree website: retirement.berkeley.edu/ex-ls

LABORATORY RETIREE GROUP (LRG) Working to Protect Retiree Benefits & Information Sharing

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 per household, 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 newsletter 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.

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 TRIAD OTHER (circle as needed)

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

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

Friend _____
Last Name First Name Middle

Address _____ City: _____ State: _____ Zip: _____

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

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

Date: _____ Check No: _____ Dues Enclosed: _____

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

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

Address Service Requested

The Workforce Retirees' Scholarship Fund is an endowed component of the Los Alamos Employees' Scholarship Fund (LAESF) funded by contributions from Laboratory retirees, including Laboratory Retiree Group (LRG) members.

The LAESF Advisory Committee awards a \$1,000 Workforce Retirees' scholarship to a deserving student each year based on both scholarship and financial need.

To donate go to the LANL Foundation website:

lanlfoundation.org

Mike Ammerman is the scholarship program manager & can be contacted directly at

mike@lanlfoundation.org or 505-795-3778

The mailing address is:

LANL Foundation (LAESF), 1112 Plaza del Norte, Española, New Mexico 87532

Making differences in a young lives, one at a time.