

**Laboratory
Retiree
Group
Newsletter**

**Vol. 29 No. 1
March 2024**



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 has now ended. For 2024, several changes were made for our retiree benefits. The Legal plan is now with MetLife legal insurance. A new ID theft coverage was made available through Norton Lifelock. If you signed up for these additional benefits, you can get more information on how to use these benefits by registering on their websites. For MetLife, go to www.members.legalplans.com for registration. For the Norton Lifelock plan, go to www.my.norton.com for registration. All the information on how to use the legal and ID theft benefits will be on these websites.

For the medical, dental and vision coverage questions see the website information shown in the later pages of this Main Gate issue. For those retirees on Medicare, check the Medicare.gov website which will list coverages and give a list of exclusions for Medicare. You will also find an interactive way to check on coverage for various specific procedures and medications.

Empyrean and Billing Services has unfortunately had a number of billing issues this year with the January and February billing. This should be corrected beginning with the March billing. If you have any further billing issues, please contact Empyrean directly at 1-844-805-0002 or go to their website.

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 2023. 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 drugs) but the lower prices would not be in effect until 2026 when more drug prices will be negotiated directly with the drug companies. The drugs under negotiation include, Eliquis, Jardiance, Xarelto, Januvia, Farxiga, Entresto, Enbrel, Stelara and Novolog Flexpen. 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.

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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.

LANL Benefits Updates—continued from page 1

For those retirees receiving social security benefits, you may have noticed the cost of living adjustment for 2024 was 3.2% which was effective with benefit checks beginning in January, 2024.

At the start of the new year, it is always a good idea to update personal information with all the financial institutions we commonly deal with since from year to year there may be changes to be made with beneficiary information for various insurance policies, banks and retirement plan providers for IRA, 401(k) and 403(b) accounts. Are your beneficiaries all correctly listed according to your wishes? Also, be sure current address information, phone and email is on file with pension providers and financial and insurance companies and banks. You and your spouse should have an up to date estate plan and keep your family informed on some details, if appropriate. Be prepared for emergency medical expenses and perhaps have a long term care policy if needed.

Federal income tax for 2023 tax year is due April 15, 2024. For the 2023 tax year, the standard deduction for a married couple filing jointly and both over age 65 will be \$30,700. In many situations, taking the standard deduction rather than itemizing will be beneficial. If you have major medical expenses and other types of deductions such as real estate taxes, long term care premiums or expenses, *etc.*, then itemizing may be to your advantage. For simple tax situations, a program like TurboTax on a home computer can be used to file taxes. For more complex situations, check with your local CPA tax professional. This year the IRS has a direct file method to file taxes online directly with the IRS at no cost, but there are income limitations to use this method, check at [IRS.gov](https://www.irs.gov). Fidelity or TRowe Price may offer a discount on TurboTax tax software for their customers.

If you are going to turn age 73 this year, you may be subject to Required Minimum Distribution (RMD) from your retirement accounts. The RMD age will rise to age 75 for those turning age 75 in 2033. The RMD is not required from a 401(k) with a company you are currently employed with. The RMD is not required from a Roth account

(except special rules exist for an inherited Roth account). One way to avoid the RMD if you would not need the distribution for current living expense, is by moving funds from a tax deferred retirement account to a qualified longevity annuity contract (QLAC). The IRS rules allow a tax free transfer of up to \$200,000 to a QLAC and the amount of the transfer will not be subject to the current year RMD, but will be taxable when benefits are received from the annuity in the future. The QLAC has a beneficiary option if all benefits are not received in your lifetime. The QLAC annuity is an annuity contract which will not pay until a later year up to age 85 but can begin to pay at an earlier age. This strategy has its pros and cons, for details contact Fidelity or other financial institutions.

A Qualified Charitable Distribution (QCD) may be used to reduce your taxable income, if the distribution is paid directly to a charitable organization from your IRA (though not from a 401k or 403b account). Notably, QCDs can start as early as 70½ (the account owner's 70½ birthday), even though minimum distributions aren't required at this time until age 73. Normally, distributions from a traditional IRA are taxable when received. With a QCD, however, these distributions become tax-free as long as they're paid directly from the IRA to an eligible charitable organization. QCDs must be made directly by the trustee of the IRA to the charity.

Cybersecurity and Artificial Intelligence (AI) are becoming a concern with the use of technology (computers, cell phones and social media). Even tech savvy individuals have fallen victim to scams. Be cautious of scams you may receive by phone, email and with the use of the web. Do not click on links you may see in emails from unknown email addresses. Never give personal and financial information to unsolicited sources on the web or by phone. A more detailed discussion on cybersecurity is in another article of this month's Main Gate.

Finally, stay healthy and safe as we approach the Spring season and spend more time enjoying the warmer weather. Please email us if you encounter any benefits issues we can help with.

LRG Annual Meeting Announcement **May 17th, 2024 at Los Alamos Senior Center**

Dear LRG members

This is a preliminary announcement for our annual May meeting on May 17, 2024, which is open to all LRG (Lab Retire Group) active members. We remind you that the LRG is primarily dedicated to the promotion of the social welfare of retirees and maintaining the benefits from the Los Alamos National Laboratory. Our Active members are those people who are age 50 or older and work for, have worked for, or have retired from, a prime contractor responsible for operation of the Los Alamos National Laboratory. Widows or widowers of deceased Active members are also eligible for Active Membership. If you know individuals that meet the criteria for membership in the LRG, please encourage them to join. An application form is available at our website www.lalrg.org. The participation of active members in the LRG is essential to keep the LRG as an effective organization.

Important publications provided to members are the three Main Gate newsletters per year that provide interesting and important information to members and the yearly published directory of members which is useful for contacting old friends and colleagues. We are interested in what topics you would like to see in the Main Gate and would like articles from you that you can contribute. Please contact board@lalrg.org to provide your input.

Also, we have board members who can help retirees with information on LAB benefits and know people to call if they need help.

The efforts of the LRG are directed by the Board of Directors who are elected at the annual meeting to 3 year terms on a rotating basis. The Board meets monthly via Zoom at 2:00pm Los Alamos time (Mountain Standard or Daylight as appropriate) on the third Wednesday of the month, so members from any location can participate. The meetings typically last about 1 hour. It is important that we elect new members to the board so the Board remains fresh and invigorated. If you are interested in serving on the board please contact president@lalrg.org and express your interest. We must maintain a critical mass of new and active board members to keep the LRG healthy.

Finally, Thank you,
The Board of Directors

LRG Annual Meeting Plan (developing) **Betty Ehart Senior Activity Center** **1101 Bathtub Row, Los Alamos, NM**

12:30-1:30 Lunch—green chile enchiladas
Presentations:

LRG Board of Directors

Konstance Kurrle on LANL benefits services with Gina Lujan and Sandy Rodriguez.

Jacci Grunninger about senior center services in Los Alamos/White Rock and beyond



Tim Neal has joined the LRG board

Tim joined the Lab in 1967. He went to the PHERMEX facility where he worked more than a decade in the field of high-pressure research. Eventually he became leader of R-Site where he was one of the founders of the DARHT project. Meanwhile he became interested in the field of nuclear safety. After a stint with advanced manufacturing he returned to that interest. He retired in 2005 but continued that work as a Senior Technical Advisor to the DOE, a task that involved numerous interactions with the Pantex Plant.

Tim is married to Carol (UNM retired) and they have five children: Jocelyn (music professor), Everett (health care CEO), Meredith (Navy surgeon), Alistair (internet entrepreneur), and Lowell (commercial pilot). His hobbies are gardening and genealogy.



A Piece of Wood, a Knife, and a Bandaid by Joyce Wolff

Wood carver and artist, John Tubb, smiling, says that all you need to carve is a piece of wood, a knife, and a band-aid. Combine those materials with his skill and talent as an artist, and you have a master who excels. Nearly every Tuesday morning finds John at the White Rock Senior Center working on pieces of his own creation and encouraging others. The group of carvers has been meeting for decades although the faces have changed. John recalls that the group originally met in the Fuller Lodge basement at 6 in the evening so carvers with day jobs could gather, but notes that the number of carvers has slowly diminished through the years. He encourages anyone interested to join. Carvers of any skill or those with no experience are welcome. John and long time fellow carver, Ken Thomas, can get you started. Both are generous with their time and advice. Ken, also a dedicated carver, was introduced to carving as a boy scout leader as the boys learned to carve kerchief ties. He worked at LANL, retiring from Nuclear Safe Guard's System Group in 2008.

Recently, Patsy Fisher, a new volunteer at the White Rock Senior Center, packed up her three essentials to work on her first carving project. (Does the fact that wood carvers include band aids in their tool boxes indicate that these folk will sooner or later become blood brothers or sisters as the case may be?) She found tools on line, from a hobby shop and at a garage sale. Patsy worked at the US Census Bureau in Washington and will write a piece about the Bureau and her experiences in the July issue of the Main Gate.

John Tubb's family moved to Los Alamos in



John Tubb, Ken Thomas, and Patsy Fisher seem happy. Apparently no one has shed blood today.

1951 when he was in 8th grade, and graduated from Los Alamos High School in 1956. After serving in the Army he moved around the country in a variety of positions that included time with Douglas, Northrup, and Hughes Aircraft Companies in Los Angeles, China Lake Naval Base in California, and Martin Marietta in Denver. He was a missile mechanic, illustrator or draftsman, whatever the job required.



John's graceful skaters in a death spiral.

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A Piece of Wood, a Knife, and a Bandido
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After twenty years in private industry he was offered a job at LANL in ISD and jumped at the chance. His parents still lived in town. He was an illustrator in that Division for two years, then moved to J-Division. Recognizing his value, Bob Sharp chose him to join the newly formed G Division as an illustrator. John's sense of adventure led him to accompany Sharp on Sharp's aerial survey of Alaska for the National Uranium Survey, doing anything Sharp required. John knew Bob Sharp as a dedicated and enthusiastic scientist who could generate the same in his co-workers—those who could keep up the pace. As the alphabet soup of changing divisions evolved he worked in Earth and Space Sciences (ESS) with Wayne Morris illustrating work for Yucca Mountain in Nevada, Hot Dry Rock in the Jemez Mountains, and the Rover Program. After this exceptional 37-year career with LANL in the arts, John, who never took an art class or used computer graphics, retired.

He now concentrates on wood (and story telling). The beautiful Madonna that graces the grounds of the Immaculate Heart of Mary Catholic Church is an excellent example of his work. It's carved from a 10ft. tree stump that was left in the church parking lot. A church member and neighbor asked John if he might carve it *in situ*. John agreed, although he knew it would require chain saw trimming to allow an up-right 8ft. finished figure. Not being Catholic John researched how she might look and he began. He doesn't keep track of time spent on any project but knows it took months. It was summer, preventing him from working too long at a time in the heat heightened by the black pavement around him. When finished the figure sat in place for some time until a backing vehicle knocked it completely down. She was then moved just inside the church grounds. John was disappointed that a finish was added to the piece, presumably as a protection from weather, covered its natural beauty. But on closer investigation one can see the carving strokes and recognize that indeed it is wood. In any event it is an inspiring piece, indicative of John's talent. She offers a serene and welcoming sight to visitors and church goers.



*Carved & painted face
John Tubb*



*John Tubb's beautiful Madonna on the grounds
of the IHM Catholic Church in Los Alamos*

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A Piece of Wood, a Knife, and a Bandido
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Bob Geoffrion, another talented wood carver John remembers well, was an early carver who carved with the weekly group until his passing in 2012. Bob spent 38 years as a Health Physics Surveyor in Health Division then retired in 1982. Shortly thereafter he and Carmen began spending winters in Tucson, where he started carving lessons in the retirement village where they parked their motor home. When the teacher left, Bob began teaching the class. During one period of his long carving career, he concentrated on carving intricate kachinas which he accurately and painstakingly reproduced: carefully studying



the vast array of material he collected. His collection of annotated resources is now in the keeping of his children. Daughter, Kathi Geoffrion Parker, an accomplished artist in her own right, guesses that he carved nearly two dozen kachinas in the years he focused on them. Other than gifts, lovingly given away, the colorful kachina figures were artfully displayed in the family home until they were stolen in a home break-in one winter. Fortunately for posterity, Kathi had photographed them in order to draw them. She then presented her beautifully detailed colored pencil drawing, titled "My Dad's Kachinas", to her father on his 80th birthday. Bob used Kathi's art work and her photos as references to reproduce all the kachinas that had been so heartlessly stolen. She ordered 100 prints of My Dad's Kachinas and they all promptly sold. I happily own #100.



My Dad's Kachinas by Kathi Geoffrion Parker

Four examples of Bob's kachinas. Left to right are: Wolf, Great-horned Owl that is also a guard or warrior, White Corn Maiden carrying brushes to tousle hair, and the beautiful and sacred White Buffalo



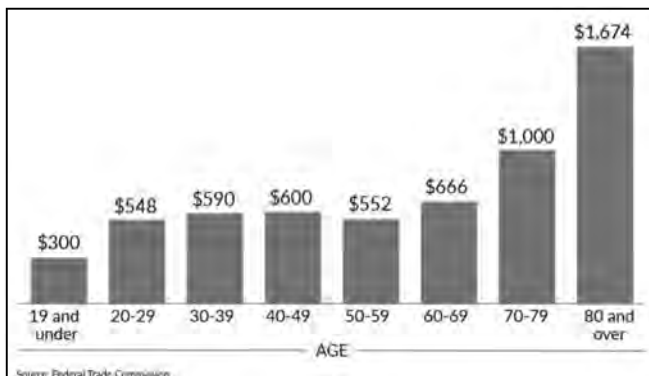
Don't Get Fooled!

By Allan Marcus

I don't think anyone would argue that life in the 21st century has so far been dominated by technology. Technology has allowed for unprecedented changes in every aspect of our lives, but unfortunately that includes criminal behavior. Much has been written about this, and I'm sure you have either read about or even been lectured to about being "cyber vigilant". It's even more important as we age in retirement as retirees, especially those with money, are prime targets for exploitation. Let's discuss what you can do to protect yourselves and your loved ones.

You can get background info and learn more by accessing the "How to Protect Yourself" links on our LRG website <https://lalg.org/cyber-fraud-links/>. This article will focus on what actions you can take to protect yourself. Each topic can be researched more in-depth as you desire.

On the Web and Social Media



Median fraud loss by age—2022 data

Email and social media are the primary ways scammers will try to get your money. You may hear the term "phishing", which is what us nerds call it when the bad guys "phish" for people to fall for their scams.

• Fake invoice emails

One of the most popular and easy to perpetrate scams. I even fell for it once! Emails that look like they are legit for items you didn't purchase. Don't get fooled! If you aren't sure if you purchased it (like Norton products), you likely didn't. If you want to follow up, logon to the merchant's site yourself (don't click the link) and navigate to

the billing or order history page and see for yourself. Keeping a list of online subscriptions and orders helps with this (even if it is incomplete).

• Sweepstakes and lottery scams

"Congratulations! You won a \$500 gift card!" - Sorry, you didn't. Don't get fooled! You didn't win. Really.

• The "account will be closed soon" scam

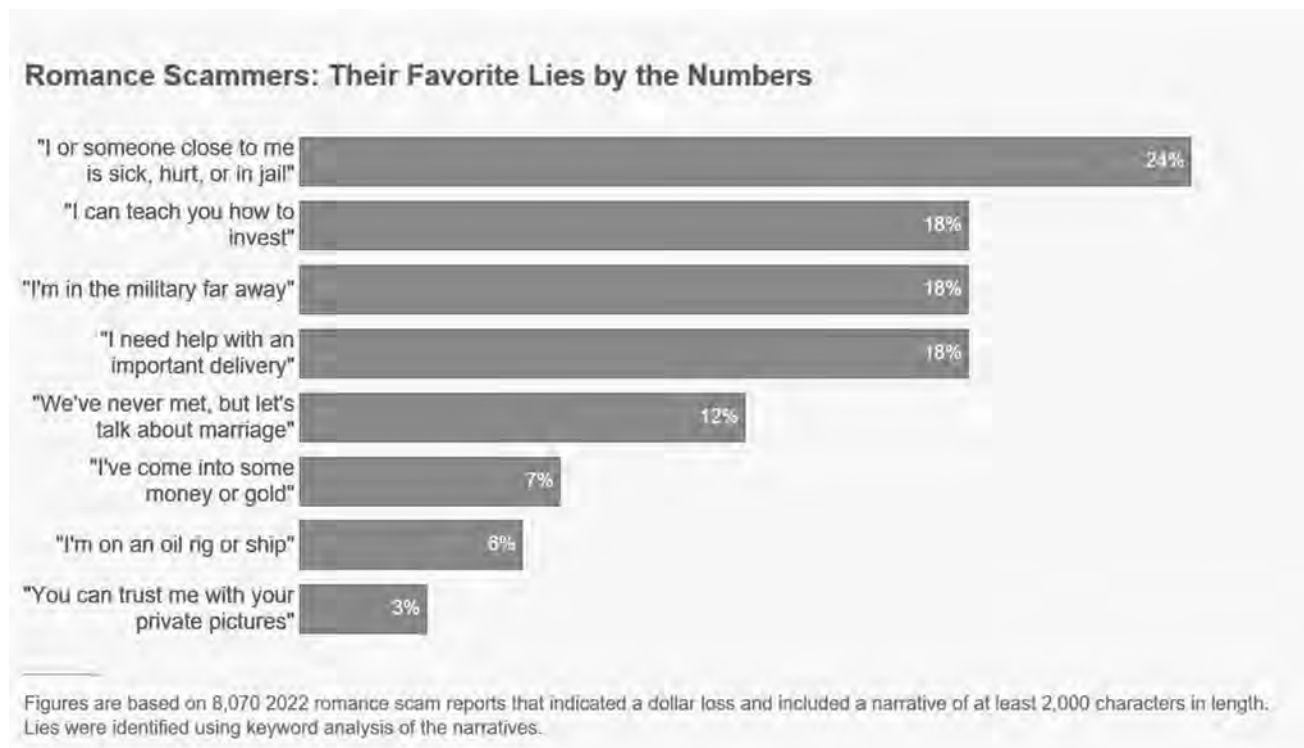
Very popular with Microsoft hotmail accounts and Paypal. They look real and the link even looks real. Don't get fooled! Hover your mouse over the link to see that it's not as it appears. Never click the link! You can always open your account yourself on the web and navigate to services billing page for your account to see if you have to do anything.

• The romance scam

Possibly one of the oldest gifts in time has been updated for the internet. Someone befriends you, mostly on social media, then cons you out of money or compromising pictures. Don't get fooled! Just assume a person you have never met in person isn't who they seem to be. Even if they meet with you in person, don't give them money. Never send compromising pictures. If they ask for money via bank wire, gift cards, or cryptocurrency, they are a scammer.

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In all of these scams, they want you to click on links, open files, or call their phone number to resolve the issue. Just ignore these. Don't get fooled!

- On the phone

The phone is very popular to separate people from their money. The easiest way to avoid these scams is to ignore calls from numbers you don't recognize. Let them leave a message if they are legit.

- Government impersonation scams

The IRS, FDA, FCC, CIA, or Social Security Administration will not call you if there is a problem; they will send a letter. Don't get fooled! If you actually get a letter, look up the number for the agency on the web, and call the published number, not the number in the letter.

- Technical Support Scam

This scam is actually pretty brilliant. They say they are from Apple or Microsoft and that they detected an issue. They didn't. Don't get fooled! They want you to download software so they can help. They aren't helping, so matter how nice or how bad they make the issue sound. Hang up and call your grandkids to fix your computer like the rest of us!

- "Can you hear me?"

This one is pretty odd. The obvious response is to say yes. Try hard to avoid that. If you say yes, they have your voice recorded and can use that for nefarious purposes. Just say "hello? hello?" Don't get fooled! They will immediately hang up.

- The grandparent scam

My mother got one of these, and they are getting much better, especially with AI generated voices. The caller will explain that your grandkid or loved one is in peril (hospital, jail, car broke down) and they need money. They don't. Hang up and call or text your loved one and verify they are OK. Even if they don't respond right away (my son never does), this is a scam. Don't get fooled!

General Rules to Always Follow

- Stay vigilant against phishing

Don't click links unless you are expecting the link from a known source. Examples of an OK link to click are forgotten password reset links (so far). Avoid links in general in emails and just go to the web site yourself.

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Don't Get Fooled!—Allan Marcus

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- Protect your phone service and your on-line accounts

Make sure to create accounts, with strong passwords, for every account you have. If you don't create the account, someone else might. Make sure you have a good PIN set for your phone accounts; they are the most sought after accounts to hijack. Also, set up USPS "Informed Delivery" so someone else doesn't set it up first.

- Freeze your credit

There are implications, so read up a little, but generally this is a good idea. All three services need to be frozen: Experian, Transunion, and Equifax. If you apply for a credit card or loan, ask which service they use, and execute an unfreeze for only 14 or 30 days. Each service has their own on-line process for this.

- Strengthen your account security

Use a password manager like the built-in ones your browser provides, or 1Password (paid), LastPass(paid), BitWarden (free). Password management is a major pain in the mouse these days, but it's necessary. Don't use the same password on any account that could cost you money, but even better, just never use the same password anywhere. Use the random password the browser or password manager recommends.

- Secure your devices

Use a strong password on your devices, and enable touch or face ID so you don't have to remember the password. If you ever enter your password in public, make sure no one is watching. It's popular now to watch, or even film from a distance, phone passcode entries, then steal the

phone. If that happens, life gets very complicated for you and you can lose lots of money.

- Consider giving a trusted relative or friend access to monitor transactions.

For example, you can give your trusted monitor the password to your account or in some cases (like Fidelity), you can add them as a viewer to your account, but they cannot make changes. This allows them to monitor your transactions to see if you are doing anything odd that may indicate you have been taken advantage of.

- Review your credit reports annually, or more
- You get one free credit report from each of the three reporting agencies. I rotate through them every 4 months and scan my report for anything unusual.

Bottomline: Be vigilant. Expect them to try and fool. "Forewarned, forearmed; to be prepared is half the victory." - Miguel de Cervantes

Also... Don't get fooled! Please check out the LRG website for links on how to protect yourself.

<https://lalrg.org/cyber-fraud-links/>

Allan Marcus is a LANL retired IT Solutions Architect with 35 years in the computer industry.

Robocall Statistics & Trends



US consumers received over **50.3 billion** robocalls in 2022



Auto warranty renewal was the **biggest robocall complaint** in 2021



\$39.5 billion was lost to phone scams in 2022



Texas is the **most targeted state** for robocalls



Men are more likely than women to **get scammed by robocalls**



68.4 million Americans (26%) fell victim to phone scams in 2022

Source: PR Newswire, Truecaller, FCC, Robokiller

The World Beautiful performance

A summary of the presentation, sponsored in part by LRG

From the YouTube description text of the livestream of the presentation on YouTube at: https://www.youtube.com/watch?v=iZ0Plso6_BI skip the first 10 minutes or use the leadup time to make your favorite movie snack

The World Beautiful is a heartwarming true story of friendship between a 93-year-old Los Alamos mountaineer and his caregiver, depicting their outdoor adventures through vignettes, photography, conversation and song.

David Brown was an electrical engineer at Los Alamos National Laboratory. Anna Yarrow is a student at UNM-LA and a LANL Foundation scholar, pursuing a degree in Emergency Medical Services. She delights in sharing her unique way of seeing and experiencing the world from an autistic perspective.



Photos from the UNM Los Alamos Newsletter Supplement

The World Beautiful, written by Yarrow, is a multimedia performance celebrating her five years as a caregiver for “The Mountaineer” Brown, portrayed by actor Don Converse.

“When I started working as a caregiver in 2018, I asked for my client’s permission to photograph him and write down our conversations. We weathered the pandemic together, spending most of our time out in nature, hiking and cross-country skiing in the Jemez,” Yarrow said. “Despite our 50-year age gap (he’s 93 and I’m 43), we’ve developed a close friendship, and his love for the wilderness is contagious!”

THE WORLD BEAUTIFUL

A multimedia live performance

Sunday February 18 at 3 PM
SALA Event Center
2551 Central Ave Los Alamos
Tickets \$15 at sala.losalamos.com

Outdoor Adventure for Everyone Since 1952
LOS ALAMOS MOUNTAINEERS

WEDNESDAY IRREGULAR
Los Alamos Laboratory Retiree Group

The LRG joined in sponsoring presentation of this performance at SALA for several reasons: Dave Brown is a Lab retiree in his 90's now and his caregiver, Anna, is a UNM-LA student and also a beneficiary of an LAESF scholarship. So, the LRG Board felt it was appropriate to help sponsor the play. The play was very well received and was a full house in one of the theaters at SALA and partially filled the overflow theater.

One More Thing —

The Case for (Some) Inefficiency

A short piece at the end of a newsletter column caught my attention, celebrating slowness and inefficiency and doing nothing (well actually the first two, in my opinion). The columnist compared that to obsessions with optimization, and specifically a selection from a book about Silicon Valley. See the last section of the newsletter by:

Claire Carlson / The Daily Yonder / November 29, 2022
<https://dailyyonder.com/newsletter/keep-it-rural-cats-outta-the-bag/>

This story was originally published in the Daily Yonder. For more rural reporting and small-town stories visit dailyyonder.com.

So in celebration of some inefficiency as LRG retirees, here are some pictures from recent first Tuesday breakfast gatherings at Muy Salsas, where diverse conversation among us has been happening in this interesting place of Los Alamos. To paraphrase Anna Wiener's writing in *Uncanny Valley*, I enjoy listening to our conversations while waiting for and then eating breakfast, watching the storms and sunny days, gathering information and reminisces for the Main Gate, and meandering along country roads. It is definitely not doing nothing, and great balance for me in getting these Main Gate newsletters out for you (maybe with a some efficiency, grin).

Enjoy, David Janecky



November 7, 2023



December 5, 2023



January 2, 2024



March 5, 2024



February 6, 2024

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
MetLife Legal Plans: 1-800-821-6400, www.members.legalplans.com
Norton LifeLock ID Theft: 1-900-607-9174, www.my.norton.com
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

Morris Pongratz — acting LRG President for January 1 to June 30, 2024!

Alan Wadlinger — acting LRG Vice President as of January 1 to June 30, 2024,
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 being planned for May 17th at the Los Alamos Senior Center,
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
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
by email, Facebook, & word of mouth

“Oppenheimer” movie has won multiple awards, and has generated 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 3 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 article that is of interest, please contact 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)	Morris Pongratz	president@lalrg.org
Vice President (acting)	Alan Wadlinger	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
Board Member	Tim Neal	timrneal@gmail.com

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LANL In Memoriam

By Jack Clifford



Rudy Abeyta Sr.	Jere Lane Green	William Marsh
Blair Michael Art	Winfred "Windy" Headdy	Amy Martinez
Karla Atkins	Bertram Heil	Richard Martinez
Alan R. Berry	Mildred H. Hoak	Thomas Orville McKown
Barbara Joyce Bibeau	Richard Hoover	Linda Meaders
Roland Armand Bibeau	William "Bill" Hudgins	Lonnie Royce Mehlin
Jo Anna Boor	H. Grady Hughes III	John Thomas Montague
Arthur "Mike" Boring	Wallace Hunter	Gene Francis Mortensen
Jean Marie Capelli	Carl Huth	William Lee Mudd
Donald Elden Carter	Mikkel Borlaug Johnson	Maura A. Mullaney
Charles Dennis Casias	Thomas Alan Kelley	Carol Bolsheim Nielson
John Joseph Chamberlin	John Thomas Kriese	Patricia Pierotti
Pete Chavez	Lance E. D. Lackas	Peichen Sgro
Ronald D. Christman	Donald Edward Landry	William D. Stanbro
Robert Terrence Craig	Thomas A. Lawrence	James "Jim" Straight
Mae Crissman	Jesse Richard Lee	Thomas K. Thompson
Eugene Cunningham	Shirley Ann Loewenstein	Martin Donald Torrey
Richard John Daly	Jacob Lucero	David John Wade
Carlton Darnell	Juan Lujan	David Scrafford Waters
Jerome E. Dummer	Wayne Oliver Lunsford	Linda Mary Wells
Alverton Alfred Elliott	John Leslie Lyman	Shirleene A. Westerhold
Duane Flamig	Donald R. Machen	Hooper Wheeler
Harry Flaugh	Michael Maloney	Stanley L. Whetstone Jr.
Katherine Chiyoko Frame	Alice Robles Mann	Sally Foote Wilkins
Paul Oliver Frederickson	Duane Robert Marr	Kyral Wylie
Joseph Newton Fritz	Ralph Marsh	

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.

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LBNL retiree website: retirement.berkeley.edu/ex-ls

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**Mike Ammerman is the scholarship program manager
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