

**Laboratory  
Retiree  
Group  
Newsletter**

**Vol. 29 No. 3  
November 2024**



# 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, legal and other benefits for 2025 will be from October 21 through November 4, 2024. You should have received some basic information through the US Mail by now with details, but the open enrollment guide will be available online at the Empyrean website, [www.lanlbenefits.com](http://www.lanlbenefits.com). Please logon to the website for the guide or call Empyrean at 844-805-0002 for additional details. This will be a passive enrollment, meaning if you want no changes you do not need to do anything, your current benefits will continue into 2025 at the new premium rates.

There will be a 7.8% increase in BCBS medical insurance plans for Medicare retirees, 6% increase in vision insurance and 3% increase in dental insurance. The Delta Dental insurance will include a new TeleDentistry benefit which could be useful for emergency evaluations for referrals to a plan dentist or emergency pain prescriptions until you can get to an in-person dentist visit. The vision plan offers discounts for hearing aid coverage. The BCBS medical plans will use a new national drug formulary which could affect some prescription drugs you may be prescribed. Check with BCBS to see the new formulary and how this might affect you. It may mean your prescription drug has moved into a more or less expensive tier of coverage. Medicare has a new \$2000 cap on out-of-pocket prescription drug coverage for 2025 which may be a reason

for the BCBS drug formulary change.

For 2025, the BCBS medical plans will now allow up to 30 physical therapy visits which is a welcome increase from this year's maximum of 20 visits. The social security cost of living (COLA) adjustment for 2025 will be 2.5% for social security benefit checks beginning January 2025.

For open enrollment you have an option to evaluate your current coverages and make any changes which may be appropriate for your situation. For many retirees on Medicare, the BCBS National Medicare Supplement is a cost-effective option as it covers deductibles and co-payments when you visit a doctor who accepts Medicare and Medicare assignment. The plan offers coverage for any treatment or prescriptions which Medicare covers. For some retirees who wish to have more choices and options, the PPO may cover treatment by any in-network physician, not just those who accept Medicare. The PPO offers hearing aid coverage which is not a Medicare benefit. The PPO offers coverage while out of the country, so those who travel out of country often the PPO may be a good choice.

*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.

## *LANL Benefits Updates—continued from page 1*

Also, during open enrollment, you can enroll in the MetLife legal plan and the Norton LifeLock ID theft coverage. For those retirees who wish to update their estate plan the legal plan coverage can save a significant amount of money and be cost effective.

With data breaches and identity theft occurring frequently, the LifeLock coverage can be quite useful. For many retirees, it may be a good idea to freeze your credit report with the three credit reporting agencies to prevent unauthorized use of your credit and prevent ID theft. It is fairly easy to freeze your credit report either online or by calling the credit reporting agencies, Experian, Transunion and Equifax. If you are concerned your social security number may have been compromised in a data breach, there is a way to block electronic access to your social security information by calling social security or by setting up an online account with the social security administration as well as with the IRS. Contact them directly for more information.

Another area of concern currently is property title fraud where fraudsters attempt to steal title to real estate property you own. This type of fraud is much less frequent but does sometimes occur. For those who own real estate in Los Alamos county, the county offers at no charge through the county clerk's office a notification system called Fraud Notify for any changes in your property title which may occur. Contact the Los Alamos County Clerk at 505-662-8010 for more details.

For those retirees who have CalPERS Long Term Care insurance, notifications have been mailed to policyholders on the upcoming rate increases of 10% for 2025 and another 10% for 2026. It is not surprising that long term care costs have been increasing at a rate greater than

inflation, so policyholders are being offered an option to decrease coverage to keep the premium the same as currently. You may want to assess the amount of long-term care coverage you wish to maintain.

Unfortunately, some retirees suffer following the loss of a loved one or partner which results in major life changes. In many cases family support and support through your religious community is very helpful in getting through these difficult life changes. Grief counseling is becoming more widely available in many communities and in Los Alamos County and surrounding areas. Medicare or either of the BCBS health plans do cover counseling support or behavioral health issues with qualified psychologists, physicians, and other licensed therapists. For those seeking grief counseling in Los Alamos, the Rivera Family Funeral home does offer a grief support group which meets in the conference room at the Rivera Funeral home in Los Alamos and they also have an online support group. Contact Rivera Family Funeral for more details. In Los Alamos, you can contact the Los Alamos Family Council or the Los Alamos Visiting Nurse Service for support in times of difficulty when also possibly facing a serious medical diagnosis. Many communities elsewhere offer similar social services.

Finally, we are approaching the Fall and Winter seasons when flu, Covid and RSV vaccinations are appropriate. Please be sure to protect yourself with vaccinations at this time of year. Free covid test kits are being offered by the government once again. You can order 4 free Covid test kits at [covidtests.gov](https://covidtests.gov). Plan your yearend checklist of activities for a healthy and happy upcoming Holiday season. Best wishes to all for a happy and healthy 2025. As always, please feel free to contact us with any benefit issues which arise.

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## **IMPROVING HOW LANL RETIREE BENEFITS ARE ADMINISTERED NOW IS OUR CHANCE!**

*In April, 2025, LANL will put out a Request for Proposals (RFP) for a new billing services contract (the services currently provided by Empyrean).*

***The LRG Board plans to work closely with LANL to get much-needed improvements to the contract.***

Over the last few years, we've heard a lot of horror stories – some recurring over and over.

Have you had your insurance canceled for not paying a bill of \$0.00?

Have you been subject to unfair charges? Have you been unable to get simple problems solved?

The list goes on.

Please send your stories, comments, complaints, or suggestions to:

Dave Schiferl (Email - [drdaveschiferl@gmail.com](mailto:drdaveschiferl@gmail.com))

## **WHAT IS the Los Alamos Retired & Senior Organization?**

**Jacci Gruninger, Executive Director**

The Los Alamos Retired and Senior Organization (LARSO) or the Los Alamos Senior Activity Centers is a nonprofit 501(c)(3) organization that creates opportunities for healthy aging through social engagement, physical well-being, civic involvement, creativity, and lifelong learning. Since 1970, what are now the Betty Ehart and White Rock Senior Activity Centers have provided numerous free services, including day out/day care, transportation, healthy community meals, home-delivered meals, health and wellness activities, social and creative programs, entertainment, as well as referrals and recommendations through case management. **Most of our services are FREE to community members who are 60 years young and beyond.**

We are building a vibrant senior community here in Los Alamos County. Today's seniors want to be active, energized, challenged, and appreciated for their talents, time, and life experiences. At the Los Alamos Senior Activity Centers, we provide the people, places, and programs to fill the needs of the older adults in our county. Our highly trained and creative staff work collaboratively to support our members and effectively address their diverse needs.

We recognize that aging is not a number, it is about embracing all the opportunities provided to connect with others in order to stay active and healthy. As our community members get older they need a place that can provide timely, essential services and engaging programs. The Los Alamos Retired and Senior Organization is and must continue to be a leader in the senior adult community so that members can remain active and independent for as long as possible.

Here is an overview of what the Senior Activity Centers provide:

**Day Out/Day Care Services:** The Day Out program supports seniors and their caregivers by promoting positive living in Los Alamos and White Rock. Day Out is for seniors who are not ready for placement in an assisted living community but would benefit from socialization, programming, and activities.

**Case Management:** The LARSO Case Manager offers assessments to senior community members to determine how the center can best serve them, their families, and caregivers. They provide

support and guidance through education and connect members with programs provided by county and state agencies.

**Transportation:** Accessible and reliable transportation is crucial for our seniors' independence and well-being. LARSO offers door-to-door transportation services for seniors to attend medical appointments, grocery shopping, social activities, and other essential errands. We also manage a Volunteer Rides program for appointments located outside of Los Alamos County.

**Home Delivered Meals:** LARSO provides Home Delivered Meals to individuals aged 60 and older who are homebound and need nutrition support. Delicious and nutritious meals created in our kitchens offer one-third of the recommended dietary allowances (RDA) for the average senior.

**Community Meals:** Meal coordinators and kitchen managers craft LARSO's delicious congregate lunches. An approved, registered dietitian with the Non-Metro Area Agency on Aging ensures the meals meet nutritional needs. A hot or cold meal is offered at each lunch.

**Health and Wellness Activities:** Activities are offered based on consumer surveys and member needs. The centers offer over 20 movement-based classes a week as well as mind-enhancing games such as bridge, pinochle, quilting, crocheting, knitting, and investment discussions among other activities.

**Social Activities:** The Centers also provide social activities such as dances, live theater, bingo, movies, art classes, book clubs, and woodworking.

**Volunteer Opportunities:** The Centers provide a safe place to be in the community with others, as well as offer numerous opportunities for volunteer work. In any given year, our members share their wisdom and skills by donating more than 6,000 service hours to our centers.

Since its creation by five dedicated women in 1970, we are grateful to all who volunteer, donate, and support the Los Alamos Retired and Senior Organization. Over the next few weeks we will share more about each of our individual services with our Los Alamos County communities. We are here to support you and/or your family members by connecting communities, creating space for companionship, and supporting independence.

Learn more at [www.larso.org](http://www.larso.org)  
Open Monday-Friday 8:30am—4pm

## Los Alamos Employee Scholarship Fund & LANL Workforce Retirees' Endowed Scholarship Fund



Since 1998, LANL Foundation and the Los Alamos Employees' Scholarship Fund has awarded more than \$12 million in scholarships to over 2,500 students from northern New Mexico. In 2024, the program reached an historic milestone by awarding more than \$1 million dollars!

The **LANL Workforce Retirees' Endowed Scholarship Fund** is administered by the LANL Foundation alongside its extensive portfolio of funds. Established in 2018 by LANL retirees, this fund supports students pursuing degrees critical to the needs of the Laboratory and the region. 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  
2024: Ashley Vazquez, University of New Mexico, Biology and Psychology

Our first recipient, Matilde Jacobson, graduated from UNM with a dual B.S. in Biology and Population Health and recently earned a M.S. in Public Health Microbiology and Emerging Infectious Disease from George Washington University. A donation to the scholarship fund is an investment in talented local students who are making a difference in their communities and in the world!

Giving Tuesday (December 3rd) is a perfect time to donate to a cause that is important to you and your community. As you weigh your options for charitable giving, please consider a donation to the LANL Workforce Retirees' Scholarship Fund. To make a donation, visit:

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

You will have the option to select the "LANL Workforce Retirees' Scholarship Fund" or any other fund that reflects your charitable wishes, including our newly-established Veterans Scholarship Fund.

If you have any questions, please do not hesitate to contact: Mike Ammerman, LANL Foundation Scholarship Program Director, [mike@lanlfoundation.org](mailto:mike@lanlfoundation.org), 505-795-3778.

If you would like to receive the LANL Foundation's Quarterly Newsletter, visit <https://lanlfoundation.org/newsletter/>

## Earl Hoffman has joined the LRG board

My wife, Linda, and I came to LANL (LASL) in 1975 from Argonne National Laboratory (the Zero Gradient Synchrotron) and I retired in 2001 after our house burned in the Cerro Grande fire. We built a new home on Woodland Road and have lived here since 2003. We celebrated our 61st wedding anniversary this year.



I have a PhD in High Energy Physics from Northwestern University and a BS in Physics from Kansas State University. I came to LANL because I was a new PhD looking for a job and the people at MP were appreciative of my skills. My position at ANL was tenuous (like a postdoc) and the ZGS consumed huge quantities of electricity causing \$\$ problems in Washington. I had a job offer from the University of Melbourne but was not really excited about a long term commitment in Australia. AND, Linda had her heart set on a mountain in the view from her kitchen window!

I came to Los Alamos to provide physics support for the secondary particle beam lines and the experimental facilities at LAMPF which had been commissioned at full beam energy the year before. To do that I participated in several physics experiments, supported secondary particle beam lines and diagnostics, tuned and delivered primary beam protons to the various areas, and designed and commissioned the polarized proton spin-orientation equipment that allowed a variety of spin-physics experiments at energies from 300 to 800 MeV.

The job here turned out to be a dream job. I had a \$50M (at that time) toy that I was able to enjoy to the fullest. The intensity was unique and I was here from birth to the death nelly (so to speak). We were able to operate at the design intensity of 1 milliampere (even a little more at times) of 800 MeV ions. Simultaneously we accelerated H<sup>-</sup> protons (polarized, no less) and produced neutrons via the LANSCE storage ring. My heart is racing as I recollect. Our only real

problem was \$\$\$\$\$. Electricity is expensive for the quantities we used to make the magnets “hot” and heat the Rio Grande.

I am now “retired” and enjoy it very much. I tell folks that retirement is the best job I ever had, ... but after writing the previous paragraph I must admit that may not be the whole truth.

I served as the group Leader for the LAMPF Computer and Electronics group. We operated a data analysis center to analyze much of the data collected at LAMPF, and networked the offices and facilities at LAMPF with the World Wide Web at the time it was being implemented over phone lines. We supported the acquisition of data by software and electronics and the accelerator itself via various data systems. Subsequently I moved to the MP Division Office where I handled the scheduling, operation and maintenance of the accelerator facilities. During this period the operation of the linac lost the Nuclear Physics funding support of DOE but received increased funding from Material Science and the Weapons programs.

Away from the Lab, Linda and I have spent much of our time studying and collecting rocks, minerals, meteorites, fossils and other things geologic. Linda’s father was a very active rockhound in the Bay Area in California and I started as a child in Kansas (a fairly desolate place geologically). Unfortunately the Cerro Grande event did not spare its wrath on most minerals which left us not only homeless but without our chosen wealth of rocks and minerals. During my pre-LANL days I spent a couple of weeks collecting Titanotheres in Wyoming with the Field Museum. Except for the realities of earning a living I would surely have never become a physicist.

Most of my dreams and efforts are now involved in genealogy; the search for my ancestors. That job is endless..., everyone has a mother.

At home, Linda and I enjoy gardening but find it is becoming more than I can handle at times. Our yard contains many native plants and all of them find the little moisture that I provide to be a challenge. Even I am surprised at how little moisture some plants may really need.

## Coleen Meyer, PMP has joined the LRG board

Coleen had a long and winding road to joining the Lab. She first came to New Mexico (on the back of a motorcycle) in 1980. Having fallen in love with northern NM, she moved here in late 1984 armed with a few ComputerWorld and Robert Half interviews. It was by chance that she found The Zia Company and received her Z# in January 1985. After working for Zia for about 12 years, she was 'lent' to the Lab to support a computer system that was being transitioned to CIC-13. After a few months, she was hired as a contractor and in 1999 became a Labbie.

Coleen worked on various business computer systems with CIC and the subsequent groups formed in Lab reorganizations. She first worked on transitioning Zia's Compass work order control system to Passport. Her work introduced her to many LANL organizations and people.

One of the highlights of her career was working on a small LANL team that advised the Immigration & Naturalization Service (INS) post-9/11. The team was tasked with recommending technology improvements to the Data Management Improvement Act of 2000 Task Force, which was



made up of various government agencies (including INS, Customs, Dept. of State, Dept. of Justice) and public entities (transportation organizations, U.S. Chamber of Commerce, etc.) to secure our borders without impeding travel or transport. The culmination of our work went into a report to Congress.

In 2007 she became a Team Leader of software developers who mainly supported Environmental and Waste Management systems. This was her second career high point as she was very proud of her team and helping them to achieve their and their customers' goals.

After one more reorganization in 2009, she became an IT Project Manager, obtaining her Project Management Professional (PMP) certification in 2010. This led to learning even more about Lab organizations and working with many, many interesting and talented people. She completed her last years at LANL working on projects from home after March of 2020. She retired in 2023 with 25 years of service.

Coleen has two married daughters (in N CO and Portland, OR) and one granddaughter. She enjoys traveling to see them and her extended family back on Long Island, NY. Besides joining the LRG Board, she is a Lunch Buddy and is active in Los Alamos Retired & Senior Center (LARSO) groups. In her spare time she likes to read, garden, and is an active Geocacher.

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## Bradbury Science Museum opened a new weapons exhibit — LANL news October 2024

The new exhibit includes sections looking at nuclear deterrence, the science of stockpile stewardship and the story of plutonium. After two years and the hard work of approximately 150 Lab employees and partners, the new weapons exhibit at our Bradbury Science Museum officially opened with a reception on Sept. 30.



**Plants of the Jemez Mountains**  
**Volume 2**  
**Wildflowers: Showy Monocots and Common Dicots**  
A Book Review by Joyce Wolff

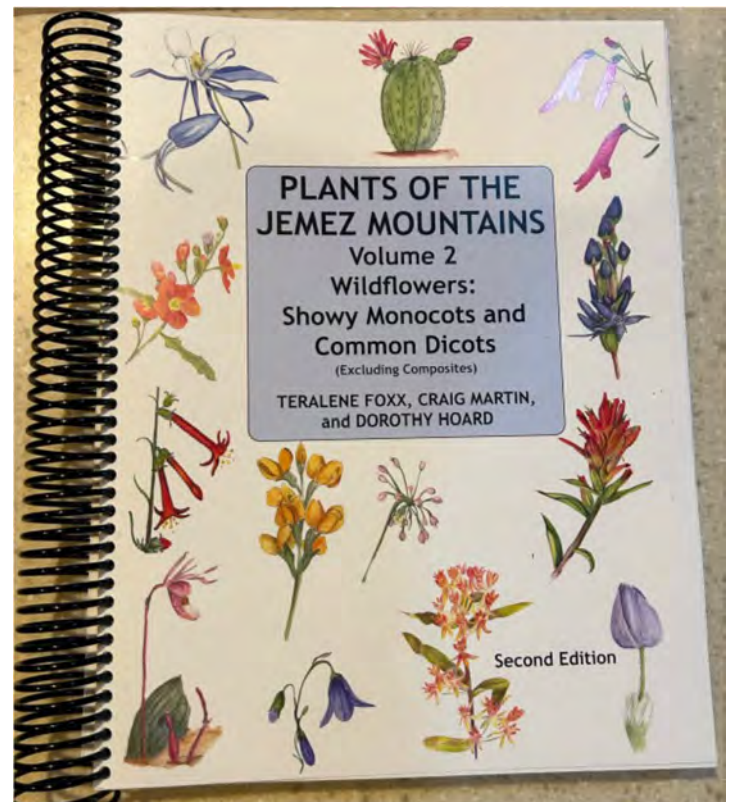
*I am so excited about this beautiful book. I hope my enthusiasm will encourage you to seek it out. There are copies at the Los Alamos Nature Center for in house study and hopefully soon at Mesa Library. It is for sale at the Nature Center gift store for \$90 with a discount for PEEC members. It is a bargain for anyone wanting to learn and study the rich flora of our Jemez Mountains.*

If you enjoy an exploratory walk in the woods-- the Jemez Mountains in our back yard -- you will love this awesome book. It brought together three talented, energetic, and expert naturalists, beloved by this community for their dedication and stewardship of our enchanting surroundings: Teralene Foxx, Craig Martin, and the late Dorothy Hoard: every one a designated Los Alamos Living Treasure.

The earlier related books in this series are *Flowering Plants of the Southwestern Forests and Woodlands*, 1984, (out of print for about 10 years), then revised in 1995 to become *Flowering Plants of the Southwestern Woodlands*, both by Foxx and Hoard. Finally this expanded version with Craig Martin added as third author, published this year, 2024, by Martin's publishing business, All Seasons Publishing, Los Alamos, New Mexico. (Showy composites are not included.) This makes a handsome and valuable three volume set. A book of grasses of the same area is nearing completion.

This is not a field guide weighing in at over five pounds and measuring 8 inches x 11 inches. Instead, a sturdy plastic spiral binding lets you lay it out on your work space surrounded by field notes and smart phone snap shots in order to fully research your target plant. It is written for the curious and more serious lay botanist but anyone wanting to simply identify wildflowers to add to their knowledge of them will enjoy it a great deal. It is uncomplicated and easy to read and use.

The book describes hundreds of plants each given careful and painstaking attention. Most are awarded full page coverage, which includes the family and genus names, both common and Latin, several photos, a detailed description, helpful



sketches that clearly illustrate parts of the plant, and added bits of information. I particularly enjoy the way each page is laid out individually--not conforming to a regimented format--making each page unique. There are pages of general information, plant classification, terminology, characteristics of plant families, and a list of poisonous plants.

Plant names are fun. Some do not exactly roll off the tongue, like, the Latin *Convolvuceae*, which means Morning Glory family, while common names go from the lovely and descriptive, *Blazing Star*, to the more amusing and off-putting, *Bastard Toadflax*.

The vibrancy and clarity of the color photos by Martin and Foxx are enhanced by the high quality paper. The several hand drawn sketches by Foxx and Hoard that appear for every plant draw attention to its finer details. There must be nearly a thousand of these tiny bits of art.

*Continued on page 8*

The text is drawn from the eight pages of references (in small print) and personal experience. The botanical library I was shown in Chick Keller's office at the Los Alamos Nature Center was intimidating when I spoke there with him and Craig Martin. And finally the little boxes found on each page contain added bits of information cleverly separated from the text.

The area covered where the specimens are found and identified is about 600 square miles according to Chick and Craig's guess. It is an irregular oval defined roughly by roads and highways, mountains, and waterways. The northernmost points are Canones and Coyote, traveling clockwise through Espanola and along the Rio Grande to Cochiti then circling around to San Ysidro, the southernmost point. Here the boundary turns north to the east of the Nacimiento Mountains and up to the San Pedro Parks Wilderness, which is included. The plant communities within the area range from Juniper grasslands at 5,700 feet to Subalpine meadows above 10,000 feet. Riparian areas are found throughout.

Wildflower season is nearly over but for the Lesser Goldfinches that are feasting on a bountiful sunflower harvest. Winter will allow you to put your wildflower notes in order. Then we will look forward to Chick's wildflower walks next season.

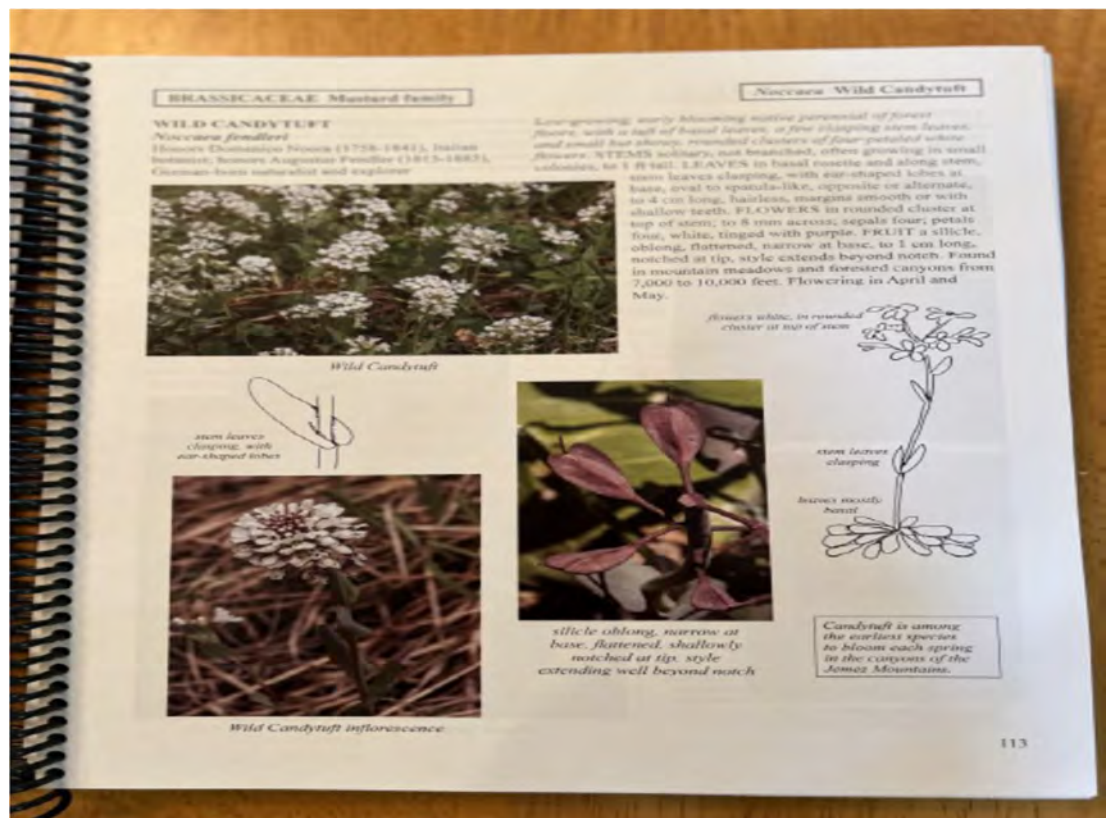
Chick Keller's article in the PEEC (Pajarito Environmental Education Center) Fall newsletter describing the PEEC herbarium is a perfect complement to the *Plants of the Jemez Mountains*. As Curator, he explains what an herbarium is, how the specimens are preserved, and why it is valuable. Since the herbarium was started in the old PEEC building on Orange Street,

wildflower lovers have identified 400 species that were not previously found in the County. At present the herbarium offers 3,000 specimens of pressed plants stored at the Nature Center. And the impressive collection continues to grow. You will enjoy his excellent article in the PEEC Newsletter. Nature Notes can be found on line by searching for *PEEC Los Alamos Nature Center Nature Notes*.

There are several plant identification apps. Some are free and I haven't compared them, but for my lay purposes *PictureThisPlant Identifier* works. It is user friendly and offers a wide variety of plant related options. Open it on your smart phone, snap a photo, and press the button. It quickly IDs the flower, plant, tree, or bush and offers a lot of botanical and interesting information about it. Several people have told me it's the app they use. I opted to pay the \$42.81/year and found it well worth the price. There may be some inaccuracies.

However, gurus Martin and Keller recommend iNaturalist, which is more accurate and comprehensive.

A typical page from *Plants of the Jemez Mountains*, showing names, text, boxes of additional information, photos and sketches.



## “Hear the Voice of Experience — While it Lasts”

**Charles McMillan**, the 10th LANL Director, passed away recently in a tragic car accident. Charlie served as LANL director from 2011 to 2017 and led a growing workforce in major Laboratory advances - analytical capabilities with the



picture from LA Daily Post, 2017

Trinity supercomputer, exploration of Mars, developing an HIV vaccine, and producing medical isotopes. His dedicated leadership enabled the Laboratory to meet these challenges and achieve notable success. Charlie was respectful, accessible, and loved photography, astronomy, music, and the community of Los Alamos. His “notes” on being the change you want to see in the world were shared at his memorial service.

Always do your best. Most things are difficult before they get easier.

Always remember to work as a team. We can accomplish more and better together than alone.

Tell those that you love that you love them every day. Never assume that they know and don't take those opportunities for granted.

After retiring from Los Alamos National Laboratory in 2017, Charlie remained active in national security work in America's nuclear security enterprise and around the globe. Most recently, he was deeply involved in science and applications related to artificial intelligence, spearheading important talks with federal officials in Washington, D.C., on the importance of artificial intelligence oversight and its potential geopolitical implications.

A full obituary and pictures of the memorial gathering at Ashley Pond in Los Alamos can be found by searching online

**Barton Olinger** chose to travel west from Gettysburg, PA – to the University of Chicago where he earned a doctorate in geophysics and met his wife, Colleen. Onward to New Mexico, he began what would turn out to be a fifty-four plus years career at Los Alamos National Laboratory.

With two sons, Miles and Seth, the four lived in Bandelier, ‘the Valley’ (Jaconita), and Los Alamos. There, he was captured by the lure of Northern New Mexico Native American culture. He made friends among the Pueblos, especially those living at



picture from LA Daily Post, 2024

San Ildefonso, Santa Clara, and Ohkay Owingeh. He also used his scientific skill to identify potshard origins, collaborating with professional archaeologists. The interests in Lab and local history as well as geology led to Bart serving two terms as president of the Los Alamos Historical Society.

Besides his family, science was central to Bart's life. He knew early on that he was supremely lucky to make friends with the few remaining Laboratory WWII employees. He chose to remain in technical work rather than assume managerial duties proscribing the experimentation he valued. Bart's career at LANL was roughly divided into: a) Ground-breaking high-pressure equation of state studies during the first ~20 years at TA-39 (Ancho Canyon), and b) Explosives studies where he made numerous important improvements in research and manufacturing at TA-16 (S-Site). Dave Schiferl remembers “He was one of the most astute experimentalists I have ever met. If Bart had a doubt about some aspect of your experiment, you'd better listen.” And Bart also somehow was able to flow around the Lab bureaucracy and get things done without getting upset. Larry Hill, in a LANL report summarized takeaways about Bart Olinger, including: Make HE Manufacturing a Science, Just do it (the Documentation Thing), Insist on Enjoying your Work Life, Prioritize Mentorship, and Hear the Voice of Experience — While it Lasts. He passed away just two months after his Lab retirement, and he was still contributing to science up to the day of his sudden passing.

A full obituary can be found by searching online. Larry G. Hill's paper is “Raising the Bar: Bart Olinger's Contributions to HE Science & Manufacturing at Los Alamos” LA-UR-24-30976

## Laboratory Retiree Benefits websites & resources:

Empyrean: 1-844-805-0002, [www.lanlbenefits.com](http://www.lanlbenefits.com)  
Blue Cross/Blue Shield of New Mexico: 1-877-878-5265, [www.bcbsnm.com/lanl](http://www.bcbsnm.com/lanl)  
BCBS Behavioral Health Unit 1-888-898-0070  
Express Scripts: 1-800-838-4590, [www.express-scripts.com](http://www.express-scripts.com)  
Delta Dental of New Mexico: 1-877-395-9420, [www.deltadentalnm.com](http://www.deltadentalnm.com)  
Davis Vision: 1-800-999-5431, [www.davisvision.com/members](http://www.davisvision.com/members)  
MetLife Legal Plans: 1-800-821-6400, [www.members.legalplans.com](http://www.members.legalplans.com)  
Norton LifeLock ID Theft: 1-900-607-9174, [www.my.norton.com](http://www.my.norton.com)  
Medicare: 1-800-MEDICARE or 1-800-633-4427, [www.medicare.gov](http://www.medicare.gov)  
Laboratory Retiree Group [www.lalrg.org](http://www.lalrg.org)  
LANL Pension Center for LANS/Triad defined pension plan,  
TCP1 pensions, AonHewitt: 1-866-370-7301, <https://ypr.aon.com/LosAlamos/>  
University of California Retirement Plan, UC Retirement Administration Service Center at UCnet:  
1-866-682-7787 <https://rasc.universityofcalifornia.edu>  
<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, 2024!

**Morris Pongratz** — acting LRG Vice President as of July 1 to December 31, 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.

**The next Annual Meeting** is planned for May 2025 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

## Stay Informed

A list of resources on page 13 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](http://lanl.gov/museum)

National Atomic Testing Museum in Las Vegas, NV [nationalatomictestingmuseum.org](http://nationalatomictestingmuseum.org)

Manhattan Project National Historic Park [www.nps.gov/mapr/index.htm](http://www.nps.gov/mapr/index.htm)

Project Oppenheimer resources [lacnm.com/oppie](http://lacnm.com/oppie)

Though the **Los Alamos Oppenheimer Festival** for 2024 was completed in August  
<https://sala.losalamos.com/oppenheimer-festival-2024/>

There is still much to explore, including lectures, activities, historic tours. Reviewing the previous festivals provides a blend of films (old & new), and documentaries to search out.

**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](mailto:maingate@lalrg.org)

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

## **LRG Officers and Board Members**

|                          |                  |                                                                          |
|--------------------------|------------------|--------------------------------------------------------------------------|
| President (acting)       | David Schiferl   | <a href="mailto:president@lalrg.org">president@lalrg.org</a>             |
| Vice President (acting)  | Morris Pongratz  | <a href="mailto:president@lalrg.org">president@lalrg.org</a>             |
| All Board Members        |                  | <a href="mailto:board@lalrg.org">board@lalrg.org</a>                     |
| Treasurer & Membership   | Sheila Girard    | <a href="mailto:sgirard@losalamos.com">sgirard@losalamos.com</a>         |
| Scribe                   | Alan Wadlinger   | <a href="mailto:awadlinger@losalamos.com">awadlinger@losalamos.com</a>   |
| Board Member & Benefits  | Norman Delamater | <a href="mailto:ndelamater@hotmail.com">ndelamater@hotmail.com</a>       |
| Board Member & Main Gate | David Janecky    | <a href="mailto:maingate@lalrg.org">maingate@lalrg.org</a>               |
| Board Member & Website   | Paul Lewis       | <a href="mailto:website@lalrg.org">website@lalrg.org</a>                 |
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| Board Member             | Sue Elkins       | <a href="mailto:pselks@gmail.com">pselks@gmail.com</a>                   |
| Board Member             | Leigh House      | <a href="mailto:hagar@newmexico.com">hagar@newmexico.com</a>             |
| Board Member             | Bob Meier        | <a href="mailto:bobmeier@mac.com">bobmeier@mac.com</a>                   |
| Board Member             | Morris Pongratz  | <a href="mailto:mpongratz1942@gmail.com">mpongratz1942@gmail.com</a>     |
| Board Member             | David Schiferl   | <a href="mailto:dsconsult@centurylink.net">dsconsult@centurylink.net</a> |
| Board Member             | Tim Neal         | <a href="mailto:timrneal@gmail.com">timrneal@gmail.com</a>               |
| Board Member             | Coleen Meyer     | <a href="mailto:coleenmeyerpmp@gmail.com">coleenmeyerpmp@gmail.com</a>   |
| Board Member             | Earl Hoffman     | <a href="mailto:EarlW LindaL@gmail.com">EarlW LindaL@gmail.com</a>       |
| Board Member             | Erika Spallita   | <a href="mailto:erika.joseph@hotmail.com">erika.joseph@hotmail.com</a>   |

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# LANL In Memoriam

By Jack Clifford



Jeanne L. Butler  
Gayle Elliott  
Jimmy Charles Elliott  
Effiok Ben Etuk  
Harry Earl Felthausen  
Audrey Giger  
Selma Goldstein  
Gilbert Gonzales  
Shimshon Gottsfeld  
Patricia Ann Lundquist Grall  
Lonni (Katy) Harrison  
Janet C. (Larivee) Hull  
Scot D. Johnson  
Paul Keaton  
Mary Kircher  
Charles Thomaas Klingner  
Tatyana Mikhailovna Kurennaya

Charles (Charlie) McMillan  
Harriet Peterson Muffly  
Barton Olinger  
Wilton Henry Parsons  
Eugene James Peterson  
Theodore Francis Roller  
Daniel Rusthoi  
Gottfried Schappert  
Ivan Taylor  
Jim Toevs  
George Trujillo  
Tobias Jose Ricardo Trujillo  
Barbara Rose Uher  
Raymond Peter Wagner  
Ronald Wilkins  
John Heren Wolcott  
Mary Wooten

The preceding names have not been listed in LANL Memoriam 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](http://discover.lanl.gov)  
Bradbury Science Museum news with their monthly online newsletter: [@theBradbury](mailto:@theBradbury)  
LANL Foundation Scholarship news monthly email newsletter at: [lanlfoundation.org](http://lanlfoundation.org)  
Laboratory Retiree Group (LRG) at: [www.lalrg.org](http://www.lalrg.org)  
Los Alamos Chamber of Commerce at: [losalamoschamber.com](http://losalamoschamber.com)  
Plan a trip with UC Retirees: [ucretireestravel@gmail.com](mailto:ucretireestravel@gmail.com)  
LLNL retiree website: [www.livermorelabretirees.org](http://www.livermorelabretirees.org)  
LBNL retiree website: [retirement.berkeley.edu/ex-ls](http://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

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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

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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](http://lanlfoundation.org)*

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

**[mike@lanlfoundation.org](mailto:mike@lanlfoundation.org) or 505-795-3778**

The mailing address is:

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

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