EX-Ls EX-PRESS

Volume 21 Number 1 WINTER 2003

WARNING: The February luncheon at Spenger's will take place on February 27, the FOURTH Thursday of February.

This is a one-time aberration.

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The EX-Ls Board of Directors and members gratefully acknowledge the Lawrence Berkeley National Laboratory Administration for their continuing support.

Volume 21 #1: Winter 2003 (Published January 2003)

PRESIDENT'S MESSAGE Bob Fulton

Welcome to the New Year! And to a significantly new EX-Ls Board. We initiated two new vice-presidents in November: Sig Rogers is 1st Vice President and in charge of getting speakers for the next four luncheons, and Gene Binnall is 2nd Vice President and in charge of replacing himself next year as he moves up to first VP.

Sig has lined up Sally Benson, LBNL Deputy Director of Operations, to speak at the coming luncheon. She will talk on her research specialty, carbon sequestration, and will update us on the latest LBNL news. Sig also has a couple other good talks in the pipeline. Gene's task may be harder. This year it was difficult to find two members willing to join the board, so I am issuing a call to members who have enjoyed and benefited from their membership in the EX-Ls to consider serving on the Board next year. Nobody likes to publicly "volunteer" for such a thing, so an anonymous tip to any of the present Board members will do the trick. We'll never tell!

The response from retirees to the Laboratory's funding our access to the UCB Retirement Center has been very good: More than 350 of us have contacted the center about their services and perks. Richard Takahashi, LBNL Benefits Manager, told the Board at our January meeting that he hopes to continue the relationship.

Another benefit that is being developed is the position of Health Care Facilitator in the Benefits Office. This will be someone who can help both employees and retirees find solutions to serious issues of health care. More on this later as the program develops.

Presidents come and go, but the real work and continuity of the organization are provided by people like our Treasurer, Bud Larsh, Activities person Inge Henle, EX-Press editor Dave Stevens, and Secretary, Eleanor Dahl. My continued thanks to all of these folks. Eleanor has recently taken over the secretary's job from Shirley Ashley, who gets a well deserved rest. But don't worry, Shirley will be around to your table to see what you have been up to.

Women at the Lab: Early years

In conjunction with the celebration of Berkeley's 125th birthday, Phyllis Housel Gale is seeking information regarding the role of women at the Rad Lab and on campus prior to 1955. She would particularly like to interview women willing to share the highlights of their careers and the aspects of being a woman during the formative years of the Laboratory. She is looking both for women scientists and for women who supported the scientific effort. This information may be incorporated into an Exhibit at the Berkeley Historical Society History Center Celebrating Berkeley Women: 1878-1953. If you or anyone you know can help Phyllis in this effort, please contact her either at (510) 548-0591 or at p2gale@juno.com.



2003 Winter Lunch

Date: Thursday, February 27, 2003

NOTE Change of date to 4th Thursday

Where: Spenger's Fresh Fish Grotto

1919 Fourth St.

Berkeley

Time: No-host Bar: 11:30 AM

Lunch Served: 12:00 Noon

Speaker: Sally Benson, LBNL

Subject: Carbon Sequestration

Menu: Bay Shrimp Louie Salad (with cup of chowder)

Parmesan Petrale Sole w/ lemon caper butter (with dinner salad)

Flatiron Steak w/ mushroom demi-glaze (with dinner salad)

Cost: \$18 per person (PREPAID)

Reservations: Please make checks payable to EX-Ls. Send to Inge Henle

820 Villa Lane #3 Moraga, CA 94556

Spenger's management policy makes it absolutely imperative that they receive reservations by February 21, 2003

(Reservation slip on last page)

From our November lunch

Reported by Bob Fulton, incoming EX-Ls President: Our speaker for the November 21st luncheon was originally scheduled to be Sally Benson, LBNL Deputy Director of Operations. When Sally discovered she had a conflict with a meeting in Canada, Jim Triplett, Engineering Division Director, agreed to step in. Then at the last minute, Jim got sick and was unable to talk to us. Our very able laboratory representative, Terry Powell, then corralled Christian Kisielowski of the LBNL National Center for Electron Microscopy (NCEM). So, on very short notice, Dr. Kisielowski gave the luncheon attendees a fascinating description of some of the work that goes on at NCEM. He began with a chart of the history of microscopy, showing how the limits of magnification have decreased with time and are now below 0.1 nm. He presented a video that took the audience on trips into the structures of both a ceramic spark plug insulator and a plant leaf. He described the use of electron microscopy in the study of material failures; the atomic structure of buried interfaces and boundaries in subsurface systems made from semiconductors or ceramics; and mapping of local compositional changes, local strain, and local electromagnetic fields. He left us with the example of how improving red and green diodes through the use of electron microscopy can save energy and therefore reduce our dependence on foreign oil.

Table Hopping in November (by Roving Correspondent Shirley Ashley, EX-Ls EX-Secretary): I have to admit that I was so elated about welcoming Eleanor Dahl into the role of EX-Ls secretary that almost everything else seemed secondary. But I did some table-hopping and talked with Mary and Robbie Smits, who went to Disneyland after 40 years to watch their grandson march up Main Street in the California High School Band. What fun they had revisiting the Haunted House, and seeing Star Wars and Splash Mountain. Mary said she didn't go on the latter ride as she didn't want to get wet.

Ken Lou and his wife had just returned from a trip to Washington DC in October and he commented that the atmosphere was more than a little strained. Then when they went on to Philadelphia they were sent through a security check before viewing the Liberty Bell. September 11 is still more than just a memory.

Stopped at a table where Winnie Baker was sitting with a group that included Don Blackman and Don Prestella. Winnie said that she had been taking a few mini trips, e.g., to Redding to visit and to several art shows; the two Dons both said that they had been "just taking it easy" and trying to stay out of trouble which was "not easy." Chet Cernac and his son had just returned from traveling in Germany.

Lee Glasgow said that he is really a very dull boy - but don't believe it. When pressed he said that he has been doing metal work in his shop at home and is trying to complete a project on an antique bed.

And a couple of Big 80th birthdays were reported. Al Amon's was celebrated by attending several functions. First, he and Betty got all dressed up for the formal dance held in Piedmont. Then on Sunday, November 17th they were in Visalia to see their grandson David receive his Eagle Scout award at the Honor Court there. And this reporter celebrated her November birthday early in October by flying high up in a hot air balloon followed by a surprise dinner party hosted by her son and daughter-in-law that evening at a restaurant in Calistoga with family members from various parts of country attending. Barbara Hernandez was looking forward to her upcoming December 12th birthday to be hosted by her family.

I sat at a table with John and Barbara Lax, Warren and Abby Faust. Bill and Wally Everette, and Jose Alonso, where the gentlemen were telling interesting fish and animal tales. Some were hard to believe but were very interesting. Jose also told us about an upcoming event where his wife Carol will be performing with her horse in a horse ballet. Sounded fascinating.

The door prizes were picked up by Gertrude Young – the Mystery gift; Spencer Knoll - the Kahlua; and Dave Stevens, our editor – the cognac.

At 1:10 Bob Fulton took to the podium in President Birge's absence and announced and called for a show of hands in approval for the new slate of officers for 2003; namely, Bob Fulton, President, First Vice President Sig Rogers, Second VP Gene Binnall, Secretary, Eleanor Dahl, Treasurer Bud Larsh, Activities Inge Henle. He also announced that one of our past presidents—Per Dahl—has just published another book. Then he introduced our "mystery" speaker Christian Kisielowski, aided by Terry Powell who explained that the originally scheduled speaker had had to cancel because of an unexpected commitment, and that our first attempt to find a substitute had foundered when he became ill.

Luncheon Attendees:

Maxine Adams Thomas Bowen Bill Gilbert Al Amon Dick Burleigh Lee Glasgow Rod Byrns Jim Haley John Anderson Shirley Ashley Chet Cernac Inge Henle **Bob Avery** Victor & Christine Henri John & Ginnie Chin Bill Baker Winifred Corniea & guest Roger Hughes Winnie Baker **Gary Schleimer** Nylan Jeung Per & Eleanor Dahl Robert & Barbara Josephine Barrera Tom Beales Bill & Jean Dolter Kaufmann Bill Bigelow Andy DuBois Elmer & Elizabeth Kelly Gene & Myrna Binnall Bill & Wally Everette Al Kleven Bob & Elizabeth Birge Polly & Ed Fleischer Ralph Kujala Don & Yvonne Blackman **Bob Fulton Bud Larsh** Igor Blake Frank & Maxine Garnier Ted & Lynn Lauritzen

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Editor's Note

I am pleased to announce that I have discovered the retirement hiding place of Erith Ehrer, who used to provide occasional cryptic crosswords for the old Computer Center Newsletter. She claimed she is out of practice, but consented to provide a "simple" crossword for this issue. There may be many EX-Ls to whom such diversions do not appeal, but the newsletter is rather meager this quarter because of lack of other material. The best way to keep Erith at bay and in quiescent retirement is to provide a few more articles for inclusion in the EX-Press. (On the other hand, if you like her puzzles, please let me know....I'm sure we can persuade her to become a regular contributor.) Also, I have (nearly) unilaterally decided to skip Volume 20 #4 so that we can align the newsletter schedule with the calendar. This issue is accordingly numbered Vol 21 #1. Articles or ideas for articles may be submitted via e-mail (stevens@LMI.net or david_stevens@attbi.com) or snail-mail to Dave Stevens, 1107 Amador Ave, Berkeley, CA 94707, or even telephone (510-524-2904). Thanks—

dfs

Berkeley's First Sister City

On November 3, 1967, at a special ceremony in Sakai, Japan, Mayors Yasunosuke Kawamori of Sakai and Wallace Johnson of Berkeley issued a Joint Declaration of Sister City Affiliation between Sakai and Berkeley. On this occasion Sakai presented Berkeley with the magnificent Stone Lantern that now stands under the redwood trees among the rhododendrons near the southeast corner of the lawn in front of Old City Hall (now the administrative offices of BUSD). Berkeley-Sakai Association Chairman William Porter and Directors Shigeru Jio and Tad Hirota were present at the ceremony. Mr. Shigeru Jio, a Berkeley resident, is the one responsible for the birth of the Berkeley-Sakai sister city relationship. He explored the possibility of the citizens of Berkeley involving themselves in personal diplomacy during the mid-1960's, after the sister city concept began to grow rapidly in the U.S. Mr. Jio initiated the discussions between Mayors Kawamori and Johnson that resulted in the establishment of a sister-city relationship with the goal of increasing friendship, understanding, and awareness between the two cultures. On March 15, 1966 the Berkeley City Council adopted Resolution No. 41,089-N.S. accepting the invitation of Sakai City, Japan, for sister city affiliation.

On June 26 & 27, 1968, six men, led by Mayor Kawamori, made up the first official delegation from Sakai. During this visit, Berkeley presented Sakai with a unique sundial made of black terrazzo and bronze in an unusual shape, described as a "trigonal trapezahedron" by its creator, East Bay engineer Frank Cheney. It was installed later in front of Citizens Hall in Sakai. Then in July 1970 the City of Berkeley built and installed the handsome sundial at the Fishing Pier Plaza of the newly developed Berkeley Marina. It bears a plaque that reads: "The people of the bountiful Pacific Ocean are brought together by the sweep of time. This sundial honors the citizens of Sakai, Japan, the Sister City of Berkeley. United in warm friendship and goodwill, the people of Sakai and Berkeley strengthen mutual understanding and respect through the exchange of visitors and cultural programs. This sundial is dedicated to the continuing friendship and growing association between Sakai and Berkeley."

In addition to Goodwill Visits between Berkeley and Sakai, the Berkeley-Sakai Association participates in the annual Senshu International Marathon by sending a marathon runner each year in February (2003 marks the 10th anniversary of this event) and an annual Student Exchange between 6th grade students (11-12 year olds) of Berkeley and Sakai (this year 12 Berkeley 6th graders will go to Sakai). Also the Berkeley-Sakai Association donated \$1000 to the City of Berkeley to have a poem by Yosano Akiko of Sakai included in the Berkeley Arts District Poetry Panel Project. The translation below was provided by Janine Beichman, a Professor in the Department of Japanese Literature at Daito Bunka University.

Sakai Harbor

When ships from the foreign south sailed to and fro what a mingling of springs and autumns there must have been.

This is a *tanka* (a poem of 31 (Japanese) syllables), and was written as the epigraph for *The City of Sakai*, a history published by the Sakai city government in the 1920s. There is now a poem monument of it outside the Sakai City Library.

The next goodwill visit from Berkeley to Sakai is now in the planning stages, and will probably take place in the Fall of 2003. These visits are usually in conjunction with the Sakai city festival, and include both a homestay and participation in the festival parade, as well as visits to other parts of Japan. If you are interested in participating in the Berkeley/Sakai organization as a host for visitors from Japan, or in the possibility of a visit to Berkeley's first sister city, please let me know. (Contact details are in the Editor's Note and on the back page.)

Dave Stevens

Trip Report Costa Rica

Bob & Elizabeth Birge

Rain, rain, and more rain: That was the story of our last two days on the East (Caribbean) Coast of Costa Rica before we went back to San José to catch our plane home. (We were beginning to think that "costa rica" is really Spanish for "rain coast" rather than "rich coast".) We had been on a two week trip with Overseas Adventure Travel that started on a real high—a visit to the rim of the Poas volcano at 9000 ft. the first day—and had included many adventures thereafter. Mountains form the backbone of Costa Rica, including six volcanoes, three of which are still active. San José, the largest city, sits in a large valley at 3000 ft. surrounded by mountains.

Our group of 15, plus a guide and driver, traveled in a Toyota 20 passenger bus. The bus had an air intake five feet above the ground in case of driving in deep water! It also had an auxiliary braking system that restricted the air flow through the exhaust system to give more compression, thereby saving brake linings.

The trip was mainly to see birds (almost 100 species sighted), animals, plants, and scenery. We saw sloths, iguanas, crocodiles, monkeys, brightly-colored frogs, and many other animals. Elizabeth was the champion bird-finder, and was up at 5 AM on several days to add to her life list. Among the many trees we saw were rosewood, balsawood, and purple heart trees. Coffee and chocolate are the main crops, and we also saw ginger plants and many unusual orchids.

One day we went white water rafting (we were told afterwards that the crocodiles were further down river) and walked in the rain forest. We took a horseback ride to hot springs part way up a volcano, sat in a steam bath, smeared ourselves with mud, washed off and jumped into a hot pool. We took a Canopy Tour, sliding down a series of 10 cables in a harness high above the ground. Braking was done by pressing on the cable with a leather glove. On another day we visited a local school and were entertained by songs and dances, with lunch afterwards in local homes.

All of our stays were in excellent small resorts, where we could drink local water at any time. At every meal black beans and rice were available, even at breakfast, but also we had plenty of fruit, vegetables, meat, and other good things. None of us became sick.

Finally to the East Coast and Tortuguero where we stayed in a small resort in cabins on stilts 8 feet above the ground, with walkways between them at four feet. But the path to the dining room was at ground level and after a downpour, became flooded, as did our landing dock. Here we explored a long inlet, fed by rivers and connected to the ocean, in a large open outboard motor boat with seats for about 20. One day we arose at 5 AM to go to the beach to search for turtle nests. Our guide and the local guide found one with ants starting to eat into the bundle of newly hatched turtles, and so they dug into the sand and released about a hundred small newborns, which then by instinct scrambled off to the ocean. It was very wet and one night more rain came

down than we see in a year in Berkeley. However, it was warm and we slept under just a sheet. Although we had flown in on a charter flight, we went out by boat up a river to where a bus could pick us up. It rained hard and we wore yellow waterproof ponchos, shorts, and Tevas, and we had to bend over to shield our faces so we could see. We were told that the turbulent river was six feet above its normal level.

Local currency is the colon, worth about 375 to the dollar, but US money is taken everywhere as well as VISA cards and so we changed no money. We found it quite useful to have a quantity of small denomination dollar bills for tips, drinks, and small purchases.

EX-LS Use of Berkeley Retirement Center a Success

This is a reminder that all Laboratory retirees, including EX-Ls, are entitled to use the services of the UC Berkeley Retirement Center. This is a one-year trial program, with several more months to run, but we have hopes that the Laboratory will continue to support it. As of the end of the year, the Center had received more than 350 calls or visits from former Berkeley Lab employees. These addressed the whole range of Center services, including ID and Library cards, Learning in Retirement lectures, computer classes, and Internet accounts. I for one used my Center ID card for access to the Scholar's Workstation when my computer died.

If you haven't checked the Center out yet, be sure to do so soon. It is located at #2 Boalt Hall on campus. Telephone and e-mail access are 510-643-3212 and sdg@uclink.berkeley.edu, respectively. (You must apply in person to receive your ID card, however.)

All retirees should have received their Winter issue of the CenterPiece in early January. If you have not received it, please let someone on the Board know, and we will check it out. Also, if you have any comments about the Center or its services, please let us know, so that we can fold your experiences into the Lab's evaluation of the program.

Hosts/Hostesses Wanted

Inge Henle needs help with registration at the lunches. This is an opportunity to make sure you greet all your friends as they arrive. This need not be a lifetime commitment: If we can develop a cadre of folks willing to help, nobody would have to work more than once a year. If you are interested, please call Inge at 925-376-6156.

EX-Ls Contributions

Here is the list of the organizations to whom the EX-Ls Board has contributed in the name of the membership. If you have suggestions for recipients for future grants, please contact the Editor or a Board member. The recipients are listed in alphabetical order.

Aids Project of the East Bay

Alta Bates Hospice

Alzheimer's Services of the East Bay, Berkeley (twice)

American Cancer Society

American Heart Association, Contra Costa

American Red Cross, Bay Area Chapter

Angel Island Association

Coming Home Hospice Residence, San

Francisco

Contra Costa Crisis, Suicide

Intervention

Deaf Counselling, Advocacy and

Referral

East Bay Water Color Society

Health Physics Society, NorCal Chapter

Home Hospice of Sonoma County

Hospice of Contra Costa Foundation,

Concord

Hospices of Contra Costa

Junior Center Of Art and Science

Kaiser Hospice, Walnut Creek (twice)

Lawrence Hall of Science (several

grants)

Meals On Wheels, Contra Costa County

National Parkinson Foundation

Northern Light School

On Lok, Care for frail elderly, San

Francisco

Ruth Bancroft Garden, Inc.

UC Berkeley, Campisi, Center for Study

of Aging

UC Physically-Disabled Student

Program

UC Project Serendip, at Space Science

Lab

UC Regents, for Alzheimer Research

VNA & Hospice Foundation, Emeryville

WeCare Day Treatment Center,

Concord

Results of Luncheon Survey

Although there was significant sentiment for occasional luncheons elsewhere, our initial investigations have uncovered no cost-effective substitute for Spenger's. We have therefore renewed our standing reservation for the third Thursday of the second month of each quarter....except for February. As noted in several other places in this newsletter, our **February** luncheon will take place on the **fourth** Thursday of the month. This is a one-time glitch in the system. Our May, August, and November luncheons will be back on our usual third Thursday. The Board will continue to investigate alternative sites.

Works in Progress

Two works in progress of interest to EX-Ls are the reworking of the EX-Ls website and the creation of the position of Health Care Facilitator at the Lab. In the first case, we hope to have something concrete to offer by midyear. If you have any ideas about content or format, please contact webmaster Dick Baker directly (ROBaker@attbi.com).

The second work in progress, as mentioned in the President's Note on page 2, is the position of Health Care Facilitator at the Lab. The position is still being defined, but if you have ideas about systemic problems that the Facilitator might address or information sources or other resources that the Facilitator might find helpful, please contact LBL Benefits Manager Richard Takahashi (RKTakahashi@lbl.gov, phone 510-486-7285).

Answers to the November Diversion

Saint Nicholas has included this municipality in his itinerary: Santa Claus is coming to town

Cherubim and seraphim whose aural manifestations have impinged upon us from the stratosphere: *Angels we have heard on high*

The original Coward: The first Noel

Tintinnabula, the excessive use of which might cause argyria: Silver bells

Do venture into propinquity, every staunch and steadfast person: O come, all ye faithful

Merriment and good cheer in the direction of the terrestrial sphere: Joy to the world

Listen! The proclamatory messengers produce artful and pleasant vocal sounds: *Hark the herald angels sing*

Thou whistle stop suburb of Jerusalem: O little town of Bethlehem

Jehovah grant you rollicking repose, adult males of politesse: God rest you merry, gentlemen

Which pre-adolescent descendant obtrudes upon our consciousness: What child is this

Nocturnal period devoid of acoustic phenomena: Silent night

The thing manifested itself at the instant a night with no visual impairment was superseded by morning: *It came upon a midnight clear*

Spifflicate the corridors: Deck the halls

The diminutive masculine percussionist: The little drummer boy

During the time that protectors of ovine groups surveilled their congregations in the dark: While shepherds watched their flocks at night

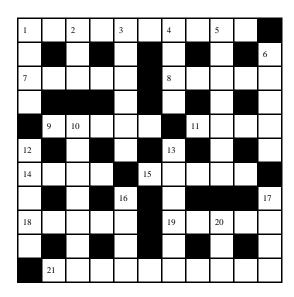
Thou sanctified interval between post-meridian crepuscule and the appearance of Aurora: *O holy night*

At some distance in a food trough for domestic animals: Away in a manger

This triumvirate began its peregrinations in the house of Eurus: We three kings of Orient are [Eurus is the east wind]

Christmas in Nerdland is actually Halloween because 25 (dec) = 31 (oct).

EX-L 1 Erith Ehrer



Across

- 1. Re-enter Tim, in confusion, being the status of most EX-Ls. (10)
- 7. Flies sound like bruises. (5)
- 8. Glide along, right and left, and scream like a bagpipe. (5)
- 9 Grow (not all the way) up in a crowd. (5)
- 11. Pitch out timeless fragment. (4)
- 14. Wander over, last to first. (4)
- 15. See coquette trifle endlessly in disorder. (5)
- 18. Proceed after wagon load.
- 19. Tropical bird with Scottish call in the gullet. (5)
- 21. Abatement of chopper in relative. (10)

This is a *cryptic crossword*, in which the clues are small individual word puzzles, containing a definition and a subsidiary indication such as an anagram or reversal of all or part of the word, or some other form of wordplay. (The clue usually contains a hint as to the kind of wordplay employed. For example, a clue for WARD might be "Pull back a political district in New York (4)", where "Pull back" means to write DRAW in reverse, and the rest of the clue is the definition.) Erith insists that this is a fairly simple example of the genre, so that if you haven't tried one of these before, this might be the time. (Solution next issue.)

Down

- 1. Sleep remaining. (4)
- 2. Here's a hot drink in steam. (3)
- 3. Save and secure new order. (6)
- 4. A hodgepodge of food. (4)
- 5. And not one in lower. (7)
- 6. Second canter cant. (5)
- 10. Undo severer mess. (7)
- 12. Draw in extra cellos. (6)
- 13. An astringent and short climbing graduate. (6)
- 16. Two note davenport. (4)
- 17. Southern pale bird. (4)
- 19. Letter I, in Germany, move start to end. (3)

IN MEMORIAM

Molly Lawrence

WELCOME NEW MEMBERS

Jose Alonso William Benson Kay Bristol John Kadyk Don Krieger

MEMBERSHIP REMINDER: Dues due

Membership in EX-Ls is open to all past employees of LBL/LBNL. Annual dues are \$12 per family, prorated over the year for new members, and are now due for 2003. New members, please include your name, address, and phone number. Also, please include any other information you would like included in the annual membership directory, such as spouse's name, e-mail address, or fax number. Please send your check payable to EX-Ls to

Bud Larsh, Treasurer 610 Devonwood Hercules, CA 94547

SEE YOU AT THE FEBRUARY 27 LUNCHEON								
▶ Note the unusual date: the FOURTH Thursday of the month ←								
То:	Inge Henle 820 Villa La Moraga, CA Be sure to m		ons by Februa	ary 21				
From:	:							
I plan to attend the EX-Ls luncheon					\$18	PREPAID		
I will bringguest(s). Name(s) of guest(s):								
Menu	Choice(s):	Beef	Fish	Salad				
Please make check payable to EX-Ls					Total Enclosed:			

EX-Ls EX-Press – Winter 2003

Editor: Dave Stevens

Officers

Published Quarterly in January, April, July, and October

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Board Meetings

LBNL Cafeteria, 3:45 PM April 17, 2003 July 17, 2003 October 16, 2003 January 15, 2004

We welcome attendance at our board meetings; we're always ready for new input.

Luncheons

February 27, 2003 (FOURTH Thursday) May 15, 2003 (back to 3rd Thursday)

August 20, 2003 November 19, 2003

Official Address

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