



EX-Ls

Retiree Newsletter

Lawrence Berkeley National Laboratory

April 2015

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Deadline for Newsletter submittals is 7 days after the Board meeting.

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2015 CALENDAR OF BOARD MEETINGS & LUNCHEONS

<u>Board:</u>	<u>Luncheons:</u>
July 9	August 20
October 8	November 19 Hs Lordships

Board Meetings start at **3:00 p.m.**, usually in 54-130B (that's in the conference room addition to Perseverance Hall in the Cafeteria) at the Lab, but subject to change at the last minute, so check with a Board member if you plan on attending. We welcome attendance by interested members.

OFFICE ADDRESS:

Our mailing address

is: LBNL EX-Ls
101 University Hall
Berkeley, CA 94720

Photo Site: <http://picasaweb.google.com/exLpics>

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Website: www.lbl.gov/EX-Ls

Webmaster: Richard Baker (xrobaker@comcast.net)

EX-Ls Honorary Life Members

Shirley Ashley	Ingeborg Henle
Bud Larsh	Patrick Cullinane

MEMBERS DECEASED IN 2014

Robert Mortiboy	Franklin Choy
Abe Glicksman	Andrew Sessler

PAST PRESIDENTS

Trudy Forte - 2014	
Joe Jaklevic-2012-2013	
Rollie Otto – 2011	Ken Mirk – 1999
Richard Sextro – 2010	Paul Hernandez – 1998
Don Grether – 2009	Clay Sealy – 1996-1998
Jose Alonso – 2008	Igor Blake – 1994-1996
Janis Dairiki – 2007	Conway Peterson – 1992-1994
John Kadyk – 2006	Howard Browne – 1990-1992
Gene Binnall – 2005	Ethel Skyrdlinski - 1989
Sig Rogers – 2004	Al Amon - 1988
Bob Fulton – 2003	Ken Lou – 1987
Bob Birge – 2002	Virginia Cherniak - 1986
Per Dahl - 2001	Bill Bigelow - 1985
Tom Beales – 2000	Ted Bowers – 1981-1984

WELCOME NEW MEMBERS THIS QUARTER

Tim Roberts	Sara Wynne
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Happy Spring!! I know we are in a drought, but it is hard not to enjoy some of the nice spring days we have been having.

We just returned from a short camping trip in Yosemite. Due to the recent snow at the higher elevation, the water was flowing in Yosemite Falls. The weather in the valley was warm, and the dogwood was blooming... beautiful!

You will notice that the Newsletter now has a new look. Due to Don Grether, who has long recognized that the Ex-Press, with its coal-burning engine, was out of date. A committee was formed and the new look was adopted. Thanks also to Trudy Forte for coming up with the original sketch, and to Joe Jaklevic for creating the electronic version. A special thanks to our newsletter editor, Louise Vogelberg for getting it done!

By now all of you should have received the invitation and RSVP'ed to the LBNL Retiree Reception on April 30th. It looks to be a fun event and I hope it will be well attended.

A special thanks to LBNL's Armando Viramontes, EX-Ls Lab liaison, and Nina Vineyard Horne of the Lab's Protocol Office for organizing the Retiree Reception. EX-Ls members Vicky Jared, Trudy Forte, along with UCBRC's Cary Sweeny and Summer Scanlan, were also instrumental in the early concept development phase.

Our last luncheon speaker, Jason Marsh of the Greater Good Science Center, gave us an interesting look at the studies that document what "makes us feel good". More information can be found on their web site greatergood.berkeley.edu. I want to emphasize that volunteering was at the top of the list. That fact reminds me to encourage you to consider putting your name, or that of another, in nomination for an EX-Ls Board position.

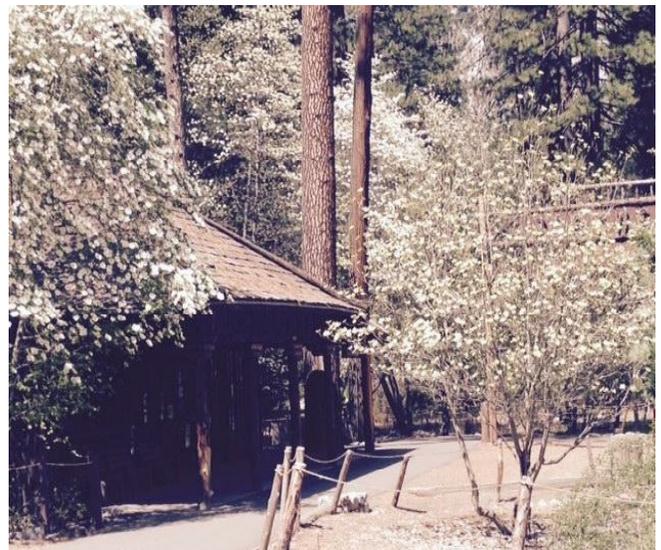
Right now Lee Schroeder is recruiting for 2nd Vice President and would be happy to hear from you, and I know Vicky Jared is always looking for help with the luncheons. Please contact me or any other Board member if you'd like more information on this opportunity to "feel good".

In case you missed it, we have had representatives from Fidelity at several of our last Luncheons. The Laboratory's specialist is Eric Schreiber (510-225-8334) and you can schedule a meeting with him on site at the Laboratory. My husband and I did and it was very informative and helpful.

Our next luncheon is May 21 at HS Lordships. The speaker is Gordon Wozniak a former Lab scientist who worked in the Nuclear Science Division and also served on the Berkeley City Council. It should be an interesting look at the inner workings of the City of Berkeley. Hope to see you there!!



Yosemite Falls



Dogwood in Yosemite Valley

SUMMARY OF TALK BY JASON MARSH AT FEBRUARY LUNCHEON

At our February 19, 2015, luncheon, Jason Marsh, Director of Programs at the Greater Good Science Center (GGSC), on the UC Berkeley campus, provided the Ex-L's with a stimulating talk entitled, "The Science of a Meaningful Life: Feeling Good by Doing Good." Jason indicated that the Greater Good Science Center has been on the UCB campus for the last 12 years and does fund (some) research on subjects like compassion and altruism. The center also has an on-line magazine with award winning articles, blogs for parents and educators, videos, and podcasts (see GREATERGOOD.BERKELEY.EDU for the latest information). In addition, GGSC now has an on-line course with many thousands of people registered from about 20 countries around the world. In looking at the elements of what makes a meaningful life, the center studies the psychology, sociology, and neuroscience of well-being, while teaching skills that foster a thriving, resilient, and compassionate society. In asking the question of 'why do we need a science of the greater good?', Jason quoted from a Work Bank 2013 Report showing the U.S. as the leader in GDP in the world, while a 2013 UN World Happiness Report had the U.S. in 17th place. Putting it another way, 'why isn't our happiness keeping pace with our wealth?' One of the answers resides in 'loneliness'—with Americans having fewer friends, many living alone, and lower happiness with less resilience to stress (reduced sleep, worsening health and its associated problems). Jason explained that another element to answering this question lies in 'narcissism' which has been found to be on the increase in a study of students from the early 1980's to mid-2000's—with high narcissism and low empathy hindering social connection, kindness and compassion. A final indicator can be found in the rise of 'inequality' since the late 1970's—just think of the concept or perception of the 1% vs the 99%, which has become a greater source of social conflict during this period. As stressed by Jason this is where the GGSC comes into the picture with a focus on happiness and altruism. To give a sense of what makes for a meaningful life, Jason conducted the following experiment with us, his audience. He asked the left side of the room to shut their eyes and remember a time when they spent \$50 on themselves. The right side of the room was to remember when they spent \$50 on someone else. Then he asked which side felt happier. Past research suggests that the right side feels happier and is more likely to behave altruistically in the future. With his concluding remarks he described what was referred to as the happiness-altruism loop and suggested that we are wired to care (even as children) and that care and compassion are adaptive behaviors in people and are key to our survival. He finished with the statement that kindness fosters happiness, quoting the Dalai Lama: "If you want others to be happy, practice compassion. If you want to be happy, practice compassion." Clearly the Ex-L's were intrigued by Jason's

talk and several people came up to ask further questions after it was over. To learn more about the GGSC and its programs, Jason again invited us to visit <http://greatergood.berkeley.edu>.

LUNCHEON SPEAKER FOR MAY 21, 2015

TITLE

Can Life Exist in a Nuclear Free Zone? Science and Politics on the Berkeley City Council

SPEAKER

Gordon Wozniak

ABSTRACT

Gordon Wozniak offers an inside look: "After spending more than three decades trying to understand the physics of the nucleus, I retired and began a 2nd career as a politician. To my surprise, my experience as an experimental scientist, where I worked numerous owl shifts at temperamental accelerators with buggy electronics and dirty vacuums, prepared me for lengthy Berkeley City Council meetings and the chaos of politics. On the Council, we have debated whether exposure to a single radioactive atom will kill you, that cell phones cause brain cancer, nano particles are more dangerous than molecules, and that all man-made substances are more dangerous than natural ones. I will describe how the Council grapples with some of these topics. Finally, I will present some of the challenges facing the city of Berkeley with respect to parking/traffic, potholes, sewer overflows, drones, and budget & pensions and how scientists can help solve these challenges."

BIO

In 1966 Gordon moved to Berkeley from Iowa to attend graduate school. He received his PhD from UC Berkeley in Nuclear Chemistry and worked as a research scientist in the Nuclear Science Division at Lawrence Berkeley National Laboratory for over 30 years.

While pursuing his research career, he served on several city commissions: Planning, Parks & Recreation, and Environmental. At the beginning of 2002, he took an early retirement and in December, he was elected to Berkeley's City Council.

During his twelve years in office, he focused on reducing crime, increasing citizen participation, and improving municipal services. In addition, to his work on the Council, Gordon represented Berkeley on the Alameda County Waste Management Authority and the Recycling Board.

THREE WEEKS IN A RAIN FOREST IN NICARAGUA

Don Grether

This past February my wife, Becky, and I spent the middle three weeks of a UCLA Field Biology Quarter in a rain forest in Nicaragua— as we had done eight years before in Nicaragua, and six years ago in Uganda. This time there were two UCLA faculty members, our son Greg and his wife Debra, 14 undergraduates, two Teaching Assistants (TA's), Greg and Debra's daughter Paria (10) and son Wiley (8), and we grandparents. Our role was to take care of the grandchildren when Greg and Debra were working with the students on the students' research projects.

We stayed at the Hotel Rancho (neither a hotel nor a ranch in the usual sense), at the confluence of Rio San Juan and Rio Bartola, and on the very edge of a rainforest. The San Juan is a major river that flows from Lake Nicaragua to the Caribbean, and where we were, the border between Nicaragua and Costa Rica. The Bartola is a much smaller and slower flowing river. For convenience, we refer to the hotel complex, the adjacent rainforest, and the river as "Bartola".

To get there we took a long bus ride from the Managua Airport to the river town of San Carlos, and then a three-hour boat ride to Bartola. There are no roads to Bartola. [No Internet nor cell phone service either. I had over 700 emails to deal with when I got back to California.]

The main structure at the hotel is a 12-sided polygon (the Pavilion) with a bare concrete floor, a thatched roof, and no walls. The birds, bats, and insects fly in and out; and geckos and other lizards and creatures crawl in and out. Almost all of our activities at the hotel were in the Pavilion. Our room had wood plank exterior walls, no insulation or interior walls, no heating or cooling, and a double bed that took up most of the room. No table or chairs. We did have a bathroom, but only cold water. Becky finds cold showers to be exhilarating, but I regard them as torture. [I would have confessed to anything for a hot shower.] However, we can't complain since we knew what we were getting into as we had had the same accommodations last time.

On a typical morning Becky (with help from me) conducted the rain forest equivalent of home schooling for Paria and Wiley. In the afternoons we either went for a hike in the rainforest or a canoe ride on Rio Bartola. Hiking was more difficult than before as the winter rains had turned the trails into a slippery mess that Wiley described as "boot sucking mud". Even with our calf-high rubber boots and trekking poles, we found the trails treacherous and exhausting, especially on steep hills.

Never-the-less, we went on a number of medium-long hikes. The younger set, including Paria and Wiley, handled the trails much better than we did.

Among the highlights was that nature came to us. In addition to the birds, bats, lizards, scorpions, butterflies and other insects (but no mosquitoes), there were resident cane toads and small frogs. All three species of monkeys in that area— spider monkeys, capuchins, and howlers— spent time in trees at the hotel. The latter's "howls" are more like roars, and can be heard from miles away. One night howlers in a tree right behind our room starting roaring at 3:00 am and woke everyone. The howlers quieted down, but then started up again at 5:00 am. Not much sleep that night but hey! What an experience!

There were caiman, a smaller member of the crocodile and alligator family, in Rio Bartola right near the hotel. One evening Greg and family took a canoe out on the river and brought back a caiman. When held correctly caiman are completely docile, neither trying to escape nor threatening. After everyone who wanted to (including Becky, Paria, and Wiley) had held the caiman Greg returned it to the river. On our last canoe ride, with Greg but not Debra or the kids, we were able to approach rather closely a medium-sized crocodile resting on a log. In the six times that Greg has been at this site, this was the first time he had seen a crocodile on Rio Bartola.

For the most part the trip went very well. The biggest glitch had to do with ten large boxes that held the equipment that the students would need to carry out their projects. China is building a canal across Nicaragua with the full support of the Nicaraguan government— which discourages environmental research that might slow down the canal's construction. And here we were at the Managua airport with all those boxes with biological research equipment. While the rest of us journeyed on to Bartola, Greg and one of the TA's (both fluent in Spanish) stayed behind to deal with the Nicaraguan government. It took two days, but they got all the boxes released. We were really glad when they finally arrived at Bartola. Meanwhile Debra and the other TA had done a great job of keeping things moving forward.

On the way back to the Managua airport we stopped at the river town of El Castillo (The Castle), and spent a day in the city (not the country) of Grenada that features a dormant volcano and lava tubes. But those are stories for another time.

The food at the hotel was very good, the students and TA's were a great group, and we had a rare (continued next page)

opportunity to spend three weeks with our LA offspring. And, of course, we took lots of photos. All in all, a very rewarding experience.



The Grethers at a buttress tree in the rain forest in Nicaragua



Becky properly holding a caiman



MEMBERSHIP REMINDER

Membership fees are past due, but we are happy to accept late-comers. If you forgot to send in the 2015 dues (\$15) and need a form, go to www2.lbl.gov/EX-Ls/membership information, or contact Patti Powers-Risius, 510-525-9045 or pattijac@icloud.com; or send a note and check to LBNL EX-Ls, 101 University Hall, Berkeley, CA 94720.



WHERE HAVE YOU BEEN?

SHARE YOUR TRAVEL ADVENTURES

Submit your articles to: lbl-exls@lbl.gov

EX-Ls PHOTO VIEWING

If you are interested in looking at the photos from the February 19th luncheon or other events you can view them at our Picasa web page: <http://picasaweb.google.com/exLpics>.

Seventy Three members met at the Berkeley Yacht Club in February. Join your former coworkers and friends at the May 21st luncheon and be part of the fun, good food and interesting lecture.

LUNCHEON GUESTS 2-19-15

Richard Baker
Winnie Baker
Paul Banchemo
Tom Beales
Roy Benedict
William Benson
Gene & Myrna Binnall
Igor Blake
Kay Bristol
Jerry Bucher
Geores Buttner
Pat Cross
Laura Crymble
Patrick & Barbara Cullinane
Eleanor Dahl
Diane D'Aoust
Kenneth & Linda Downing
Andy DuBoise
George Duke

Guests:
Jason Marsh (Speaker)

Attendees and Guests

David & Tanya Edgar
Bob & Valerie Fulton
Regine Goth-Goldstein
Rick Gough
Connie & Edward Grondona
Lilian Hawkins
Edgon Hoyer
Vicky & Richard Jared
Judy Kody
Adrienne Kopa
Matt Kotowsk
Richard LaPierre
Almon (Bud) Larsh
Peter & Mary Lichty
Edward & Sylva Manougian
James & Barbara McMahon
Ken Mirk
Nancy & Vic Montoya
Marty Morimoto

Erick Schreiber (Fidelity)

Berkeley Yacht Club

Fred Perry
Michael Press
Donald Rondeau
Henry & Linda Rutkowski
Esther Schroeder
Lee Schroeder
Richard Sextro
Juliet Shaffer
Brenda Shank
Karen Springsteen
Frank & Marie Agnes Stephens
Sally Stevens
Sandra Stewart
Jonathan Swett
William Thur
Isaac & Ellen Tuiel
Irma Vogel
Allan Zalkin



Looks like everyone is enjoying lunch



Jason Marsh - guest speaker



Jason Marsh. Bud Larsh and Rich Sextro

EX-Ls Luncheon

Date: Thursday, May 21, 2015

Where: HS Lordships Restaurant, 199 Seawall Drive, Berkeley Marina

Time: Doors Open at 11:30 AM - Lunch Served about 12:00

LOCATION: HS Lordships Restaurant



TIME: 11:30 AM - Lunch Served at 12:00 (or there about)

BANQUET ROOM LOCATION: To the right of the entrance door - opens at 11:30

No Host Bar Service: located in banquet room

LUNCHEON SPEAKER: Gordon Wozniak, Retired LBNL Research Scientist, Nuclear Science Division and Elected Councilmember to the Berkeley's City Council.

TOPIC: An inside look at blending the experience of physics research of the nucleus at LBNL and Berkeley City Council politics, and grappling with some highly challenging issues for Berkeley.

MENU: First Course: Garden Salad with two dressings, Sliced Seasonal Fruit, dinner rolls and butter.

Entrée: Snapper Vera Cruz, Chicken Ragout, Parsley Red Potatoes and Green Beans Amandine

Desserts: Assorted Desserts, Coffee, Tea, Decaf and Iced Tea

Cost: \$30 per person (prepaid)

Reservations: Computer access to the LBNL/EX-Ls Web page (www.lbl.gov/EX-Ls) will also give you the lunch form. Vicky must receive your reservation by Friday, May 15. Please mail form to Vicky Jared, 4849 John Muir Road, Martinez, CA 94553. Call (925) 228-2145 - or email to: jaredrv01@aol.com if you want to sign up or have questions.

See you at the **May 21 luncheon at HS Lordships Restaurant**. Be sure to make reservations by Friday, **May 15, 2015**. Mail To: Vicky Jared, 4849 John Muir Road, Martinez, CA 94553

From: _____

I Plan to attend the EX-Ls Luncheon **\$30 per person** PREPAID

I will bring _____ guest(s)

Name(s) of Guest(s): _____

Menu is Buffet: Advance Choice is not required

Please make check payable to **EX-Ls** Total Enclosed: \$ _____

Willing to carpool: As Rider? _____ As Driver? _____

Need to sit closer to the Screen? _____ Other: _____

Wish Assistance with Buffet? _____