

EX-Ls EX-PRESS

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

President's Message
Rich Sextro

Let's see, I have news and good news to report – I looked (not very hard) for bad news but couldn't find any. On the other hand, the daily print and electronic media should meet whatever requirement you have for bad news.

For those of you who maintain contact with the Lab via friends, former colleagues, or by being a rehired retiree, you'll know that the funding picture for the Lab is about as rosy as it has been in a long while. Part of this is stimulus money, but it appears to me that a significant portion of the money comes from a renewed commitment to science on the part of this administration. Of course, it probably doesn't hurt to have a Nobel Prize winning scientist (and, ahem, a national lab director) as the head of one of the key science agencies (Secretary Chu as head of DOE) or an old Berkeley (and Harvard...) colleague as science advisor to President Obama (John Holdren). It's also interesting that some projects in the energy and environment arena (the part of the Lab with which I am most familiar) – good ideas that have been dormant for a number of years – are now receiving funding to move ahead. Sometimes good ideas don't die....

Of course, new and additional funding means new hires for the Lab – good news – and with it, a renewed space crunch (ok, some bad news of sorts). For those of us with long(ish) memories, this is generating the familiar ebb and flow of people and departments to and from the 'hill' and has even initiated talk of a second campus. On a personal level, my former office is now the brand new home for three post-docs. Of course, that meant I had to move out...sigh, what to do with a multiple year accumulation of, uhh, 'stuff' (good stuff, mind you). Bulldozer or blowtorch – in the end I filled up several recycling bins and added some additional weight to my attic floor joists (only temporary, of course!).

As promised here in the last newsletter, Rollie Otto has lined up a great list of luncheon speakers. Roger Falcone, Associate Director at LBNL and Advanced Light Source Division Director, gave an excellent talk on the need for the next generation X-ray light source and LBNL's planning for such a facility. His talk is summarized elsewhere in this newsletter. Our May lunch speaker will be Michael Barnett, a senior physicist at the Lab and a member of the ATLAS Experiment which has just started operation at the Large Hadron Collider (LHC) at CERN in Switzerland. He will talk about the dual 'starring' roles for the LHC – its prominence in physics and as the focus (CERN, anyway) of a recent movie and book – *Angels and Demons*. CERN has a nice website devoted to this latter topic at: <http://public.web.cern.ch/public/en/Spotlight/SpotlightAandD-en.html>

Speaking of lunches, our tireless Activities chair, Vicky Jared, has said (to her – and our – considerable relief) that lunch prices will remain at \$25 for the rest of this year. We will continue our practice of alternating venues between the Berkeley Yacht Club (May and November lunches) and Spenger's (in August). [President's message continues on page 6.]



2010 Spring Luncheon

Date: Thursday, May 20, 2010

Where: Berkeley Yacht Club ←←←NOTE: WE'RE AT BYC THIS MONTH
1 Seawall Drive (at the foot of University Avenue), Berkeley
(Directions on page 7. Please save some close-in parking spaces
for members who have difficulty walking)

Time: No-host Bar: 11:30 AM
Lunch Served: 12:00 PM

Speaker: Michael Barnett, Head, Particle Data Group

Subject: Exploring the secrets of the universe at the LHC: Science &
entertainment

Menu: Buffet (w/ salad served at the table)

Cost: \$25 per person (PREPAID)

Reservations: Please make checks payable to EX-Ls. Send to
Vicky Jared
4849 John Muir Road
Martinez, CA 94553

For regular mail, the reservation slip is on page 15. You may
also reserve via e-mail to jaredrv01@aol.com, or telephone at
925-228-2145.

**It is imperative that Vicky receive your reservations
by May 17, 2010.**

From our February Lunch

Reported by Rollie Otto: Our speaker was Roger Falcone, Director of the Advanced Light Source at Berkeley Lab, who spoke on “The Next Generation Light Source for LBNL.” He began with the statement that X-ray lasers are possible and spoke shortly about the history of lasers in general. The Advanced Light Source (ALS) is one of the world’s brightest sources of X-rays. (X-rays are a form of high-energy light with wavelengths shorter than those of visible light.) The intensity of the ALS X-ray beam is a million times brighter than the X-rays produced in a dental exam. More than 2000 scientists come from around the world to carry out research at the Berkeley Lab ALS, which runs 24-7, except for occasional down times for maintenance. The ALS is an electron synchrotron storage ring. Beams of X-rays are produced when bunches of electrons moving nearly at the speed of light travel through devices called wigglers and undulators with alternating north south magnets. These X-ray beams are used to study a wide range of science and technology, from protein structures to gene expression to nano-structures in transistors.

Berkeley Lab’s current # 1 initiative is to build the next generation light source. It is anticipated that development of such a light source will require one billion dollars and take ten years.

Today the ALS allows researchers to do some amazing science not possible without the very high resolution in time, space, and energy provided by the ALS beam lines. It is possible, for example, to observe single-molecule reactions. Roger showed a three dimensional rotating image of a single cell, essentially single cell tomography, and also high resolution images of bone, dramatically revealing diminishment of bone density with age. It is also possible to do environmental studies in which the elemental composition of single dust particles can be determined. At the ALS investigators are seeking solutions to efficient burning of fuels and trying to develop microchips for future computers. In 2006 Roger Kornberg was awarded the Nobel Prize in Chemistry for protein crystallography work he did in part at the ALS.

In 1958 Bell Lab Scientists Schawlow and Townes published a paper on development of the infrared and optical masers. This work led to a share of the 1964 Nobel Prize in Physics for Charles Townes and to the development of the laser 50 years ago. Roger pointed out that the tremendous increase in power required to go from microwave lasers to X-ray lasers was realized by these Bell Lab scientists and they commented that “(masers) cannot be pushed to wavelengths much shorter unless some radically new approach is found.” The radically new approach is the “free electron laser” which can be produced in a linear accelerator. The world’s first X-ray free electron laser being developed at Stanford Linear Accelerator would be one million times brighter than the ALS. Roger gave some amazing examples of the studies that could be done using a coherent beam from a free electron laser. For example, protein structure studies of living tissue, atomic resolution images of biological molecules, and atom by atom studies of key molecules such as hemoglobin. Essentially the X-ray laser beam would become an X-ray microscope that could be used to take ultrafast snapshots for studying process such as the energy flow in photosynthesis.

The Berkeley Lab is planning a Next Generation Light Source (NGLS), a free electron laser that would be located in a tunnel originating near the Molecular Foundry, passing under what is now called *Old Town*, northeast of the ALS, and ending with an experimental facility located at the site where the Bevatron stood. The NGLS will create gigawatts of power. The ALS takes a megawatt-year of electricity and costs about \$1M in electrical energy to run. The NGLS will require 15 megawatt-years of electrical energy, at a running cost of \$15M. Fortunately the Lab's capacity is 60 megawatts. It is expected that the user community will be about 2000 scientists, roughly equal to that of the ALS. Roger pointed out that every synchrotron light source in the world is today over-subscribed by about a factor of 3. Given the expense of construction, Berkeley Lab is partnering with Stanford, promoting the NGLS as the West Coast Light Source. Roger ended with the sobering realization that such a large project requires a national commitment and balancing of national priorities between options such as the NGLS or a Fusion Reactor.

We want to thank Roger Falcone for making the complex understandable and for giving us a peek into the future of Berkeley Lab and 21st Century science and technology.

Luncheon Attendees:

Bob Avery	Jim Haley	Rollie Otto
Dick Baker	Paul Henrikson	Fred Perry
William Baker	Ingeborg Henle	Conway Peterson
Winnie Baker	Egon Hoyer	Mike Press
Josephine Barrera	Joe Jacklevic	Stephanie Roth
Tom & Marcia Beales	Vicky & Richard Jared	Andy Sessler
Gene & Myrna Binnall	Rita Jones	Rich Sextro
Bob Birge & guest Barbara Borowiak	Joseph Katz	George & Irene Shalimoff
Igor Blake	Gudren Kleist	Brenda Shank
Geores Buttner	Matt Kotowski	Betsy Smith
Senta Pugh Chamberlain & guest Traudel Prussin	Donald Landis	Robbie Smits
Patrick Cullinane	Richard LaPierre	Karen Springsteen
Per & Eleanor Dahl	Bud Larsh	Dave Stevens
Janis & Ned Dairiki	William Lawrence	Suzanne Stroh
Tom & Ione Elioff	John & Barbara Lax	Jack Tanabe
Warren Faust	Branko Leskovar	Clyde Taylor
Ben Feinberg	Katherine Lucas	William Turner & guest Rick Gough
Donald & Jean Foster	Bob Miller	Louise Vogelsberg
Harvey Gould	Ken Mirk	Allan Zalkin
Connie & Ed Grondona	Marty Morimoto & guest Mako Nakae	Roger Falcone (speaker)
	Bob Mortiboy	

Editor's Note

Your attention is directed to the several opportunities for involvement in a number of activities – volunteer or otherwise – offered later in this newsletter. (See the note about the Ghiorso

biography on p 8, *Education Outreach Opportunities* on p 10, and *Help Wanted*, on p 11.) There is also a reminder of the medical screening program for former Lab employees on p 12. The July Board meeting will be in 54-130B (see the calendar on the back cover). If you have comments on the newsletter in general, or suggestions for articles, you can contact me at david_stevens@comcast.net, at 1107 Amador Ave, Berkeley 94707, or 510-524-2904. // dfs

President's Message (continued)

And, speaking of Vicky and activities, you should have received notice about some activities in April and May, sponsored by one of our fellow UC retiree groups, UCRAB (UC Retiree's Association at Berkeley). Vicky and Iola James, President and trip coordinator for UCRAB, are working on a jointly sponsored trip in June – a cruise on the Bay on the Potomac (FDR's "Floating Whitehouse"). Stay tuned.

Another nascent collaboration – reported on elsewhere in the newsletter – is an effort to involve EX-Ls members in some of the educational outreach programs sponsored by the Lab's Center for Science and Engineering Education. Some of us have given science talks/demonstrations in schools – usually coincident with one of our children being in the class. Most of us scrambled to try to figure out (a) what is a good topic to keep a class of 5th graders entertained, and (b) what kinds of materials/instruments/lesson plans can I find or cobble together to accomplish part a. CSEE's BLISS and BLAZES programs (read the article to find out what the acronyms mean) are answers to those questions. Our collaboration is still developing, but there are some immediate opportunities this spring that merit your attention, as described in the article. We plan to work more with Susan Brady, head of CSEE (a position previously held by Rollie Otto) to establish a broader program, looking toward the new school year in the fall.

I want to remind you about two other activities about which you have received information previously and which could be important to you. The first is a follow-up to the Listening Forums held by UCOP's Post-Employment Benefits Task Force on the topic of the Future of UC Retirement Benefits. The Task Force will hold one of its meetings at LBNL to talk about its work and the range of possible options it is considering for the University's pension and retiree health programs. This meeting will be April 28, from 10 am to noon in the B50 Auditorium. Staff, faculty, and retirees are welcome to attend.

The second is the joint UCSF and Boston University project on Medical Screening Program for Former Workers of LBNL, LLNL, and SNL. This is a free (and confidential) medical screening program sponsored by DOE to evaluate former workers at these labs who may have had work-related exposures to radiation, asbestos, beryllium and other chemical or physical hazards. More information, including a downloadable brochure, is available at <http://www.bu.edu/formerworker/noca.html>

Last (but not least) Suzanne Stroh, our Membership Coordinator/Treasurer reports that (as of this writing) there are 262 EX-Ls members and that slightly more than 10 percent of you have opted to become lifetime members. She also notes that 19 former members chose not to renew this year. We hate to loose 'old' members and we're always looking for new members to join us. So

if you know of new retirees – or maybe a former member who hasn't 're-upped' – please encourage them to (re)join us for lunch.

Directions to BYC

Once in Berkeley, Take University Avenue over the freeway so that you are going west towards the bay. Continue straight and pass the Seabreeze Market on the left. Proceed to the Marina entrance, where University Avenue makes a slight turn to the left and then straightens again. Do not make a right turn until you are at the Municipal Fishing Pier and the Chinese Dog Warrior sculpture, at the extreme west end of University Avenue.

Turn right at the sculpture and go north (past Skates restaurant) to the end of the road, where you will see the BYC clubhouse and parking lot entrance. Parking is free but the lot sometimes fills for large events. There is considerable overflow parking capacity in other adjacent lots. Car break-ins are sometimes a problem, so do not leave valuable items anywhere in the car.

Bus service: The #51B (Berkeley Marina) bus runs from the Rockridge BART station, via the Berkeley BART station, to the marina. The fare is \$2 (\$1 for youngsters under 17 or over 65).

News of our members

Good news: One of our “lost members” has been found! **Mamie Brown** reports that **Shirley Ashley** is now living in a senior living facility in San Leandro. She is in a wheelchair, but “zipping around with animation”. She has difficulty speaking, so telephone contact may be difficult, but would appreciate cards or visits. She’s at Carlton Plaza, 1000 E. 14th St, San Leandro, CA 94579.

Eleanor Dahl reports that **Per** is recovering well from surgery for lung cancer in March.

Travelers include **Tom and Ione Elioff**, to South Africa: “Beautiful and disturbing; lovely people and elephants!” Also **Bud Larsh and Brenda Shank** who enjoyed the sugar train immensely on Maui, and also found pearls in oysters they opened. [I didn’t ask if they were natural or cultured.] They must have really itchy feet: Since the February luncheon, they have also been to Argentina.

Winnie Baker reports that she “did everything on [her] bucket list” on a 19-state swing through the US last September and October. “One thing for sure, our US is a beautiful country indeed!” Her husband has written an extensive trip report that he might be willing to share, if asked nicely.

Bud and Brenda also “indulged in the terrific chocolate tour in San Francisco – about seven places with samples at each. [Check gourmetwalks.com.]

Apologies to **Bob Schmieder**; I misspelled his name as I welcomed him to membership in the last issue. See the note later in this NL about his project to write a biography of **Al Ghorso**.

Sometimes I think the principal reason **Geores Buttner** stays active in the EX-Ls is because I publish his poetry. Here's another one, penned at the February luncheon:

Experience the City

Spend the night on Angel Island;
Sit on the west slope / Upon a comfortable rock / Just before sunset
Silhouetting Mt. Tam.
The looming Golden Gate Bridge: Reach out and touch it.
Watch the City light up.
Faint buzz of traffic / Faint clang of cable car amongst...
Amongst the Bay sounds:
Racoon waves pat the shore / Seals converse...a gull calls
Ship channel buoys light up...bong
Pachebel's *Canon* – Ravel's *Bolero* –
Bong – bong
On the full moon
Stroll up to the top of Mt.Livermore
Before the sunrise – and watch it do so...rise
Rise on the east while the moon sets...
Sets...silhouetting Coit Tower...and the seagull.

One of the problems of publishing a newsletter for retirees of an organization of any size is that sooner or later, in reporting news of the members, we encounter the pitfalls of duplicate – or near-duplicate – names. So it is with this issue. Please note that the George Pappas listed in the *in memoriam* section is George *S.* Pappas, not George *L.* Pappas.

Lost Members: We are now maintaining a list of lost members near the back of each issue (page 15 in this one). If you have a valid current address for any of them, please let our membership coordinator know: Suzanne Stroh, 530 Curtis St., Albany 94706, 510-524-1953, scstroh@gmail.com.

**A Biography of Albert Ghiorso
Robert Schmieder**

As a new member of the EX-Ls, I look forward to renewing my friendships with many LBL people I knew as a post-doc in the early 1970s, and meeting new friends.

I am currently working on an exciting project: the biography of Albert Ghiorso. Probably there is no member of this group who doesn't know Albert personally or professionally, or at least know of his amazing career. Some of you have been intimate friends and professional colleagues. I am hoping that all who know Albert can contribute to the book, which will honor this legendary scientist.

The project is described on my website: www.schmieder.com/ghiorso. The tentative title for the book is *Insanely Clever: The Amazing Life of Albert Ghiorso, the Ultimate Alchemist*. Beyond the immediate purpose of chronicling his extraordinary scientific journey, my goal is to capture

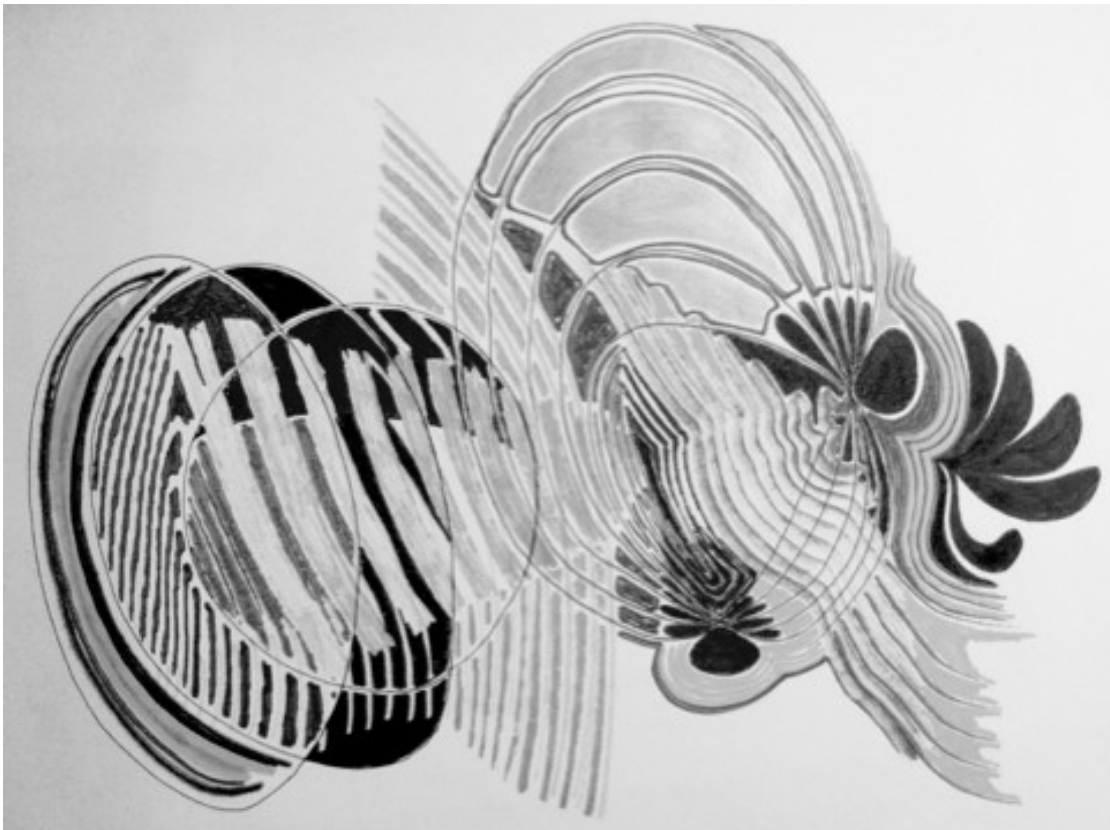
Albert-the-man-the-scientist, in such a way that the book will be as interesting as the man it describes, and anyone who reads it will have the feeling that he or she knew Albert, perhaps witnessed, or even participated in, the momentous discoveries that were made from 1945 to 1975.

Although Albert still lives in the family house in Berkeley, now at age 94 he is unable to manage the myriad details inevitable in writing a technical book. I see him three times a week, but he is challenged to remember the details that are needed to weave the narrative and provide the texture of his amazing story. Because of that, I am going to depend on the many other people who know Albert, and could supply some details from their particular perspective.

If you have been any part of Albert's life, no matter how small or peripheral, I would like to talk with you. I want to meet with anyone who will take the time to sit and talk with me. The content of these "interviews" will be determined mainly by what you have to say, and I will use the time-honored technique of "following the nose." For those who have already graciously agreed to be part of this project, I will be contacting you again soon to find convenient times and places to talk. If I have not yet reached you, but you would like to contribute, I earnestly invite you to contact me and make yourself known.

I thank all who will help make this an interesting, exciting, and memorable project, to honor Albert while he still lives to enjoy it!

Here is one of Ghiorso's famous doodles. There are perhaps 500+ of these, an art treasure in their own right. These will have a place in the biography.



Keeping Up with the Lab

There is a new vehicle for keeping up with the work and people at the Lab, the *Friends of Berkeley Lab* website (<http://www.lbl.gov/LBL-PID/fobl/>). (Note: This is a CASE-SENSITIVE URL.) It offers a weekly newsletter, access to Lab tours, previews of coming events (including *Science at the Theater*), and links to the Lab's social networking efforts on YouTube, Facebook, Twitter, and Flickr. Among the items in the April 7 newsletter are articles about two new facilities (advanced biofuels and cancer systems biology) and an introduction to the growing video glossary (of scientific terms).

Education Outreach Opportunities for EX-Ls Rich Sextro & Don Grether

Rich Sextro, Don Grether, and Rollie Otto met with Susan Brady, Head of the Center for Science and Engineering Education to explore developing a collaboration with Berkeley Lab's Center for Science and Engineering Education (CSEE) to provide education outreach opportunities for EX-Ls. It became clear that we should make you aware of some opportunities coming up to learn more about the CSEE programs and how you might work with young students in our local schools or at the Lab. Susan enthusiastically provided the following summary of opportunities in April and May that we encourage interested EX-Ls to consider.

- Have you ever wanted – or been asked – to visit a classroom to talk about science, but were unsure of having something engaging and educational to do? CSEE's Berkeley Lab In School Settings (BLISS) Resource Center provides kits of age-appropriate, kid-tested, educationally-sound science activities – most of which have been developed by the Lawrence Hall of Science – for check-out and use by Lab employees and former employees in local elementary and middle schools. Staff from Lawrence Hall of Science and CSEE are presenting a series of workshops to help prepare Lab employees and former employees to use these resources. Workshops will be held Mondays 26 April and 10 May in Building 7, Room 211, from 11:30-1:30. Lunch will be provided. You must register at <http://csee.lbl.gov/BLISS/index.html> to attend one of these sessions.
- Have you ever wanted to help out with school groups that come to the Lab? CSEE's Berkeley Lab Adventure Zone in Elementary Science (BLAZES) program provides hands-on activities, lab tours, and demonstrations related to properties of matter for local 5th graders onsite at the Lab. BLAZES workshops take place most Tuesdays and Thursdays in May, and volunteers are always welcome. You can shadow another volunteer to learn more about the program. Send an email to Dale Koistinen at DEKoistinen@lbl.gov to set up a time to watch one of the sessions.

We will be hearing more about these opportunities from Susan Brady at our meeting in August, but there are some ways you could get involved now.

More information about CSEE's programs is available at CSEE@LBL.GOV

Help Wanted

1. Photos of past presidents: Dick Baker is still looking for photos of two of our past presidents for his rogues' gallery: **Ethyl Skrydlinski Thompson** and **Ted Bowers**.
2. Editor-in-training: Your editor informed the Board at the January meeting that he intends to retire at the end of 2011. There's plenty of time to learn the ropes. If interested, please contact Dave Stevens.
3. The Osher Lifelong Learning Institute at UC Berkeley (OLLI) is seeking scientists who would be interested in giving a lecture, teaching a course, or facilitating a Special Interest group in a topic that they would like to teach and explore with mature learners. Classes are 6 weeks long, one two hour session per week, and the instructor is compensated for his or her time. There are three sessions throughout the year. Lectures are generally allotted a 2 hour time period, at the instructor's convenience. Special Interest groups generally meet over the summer months, but can continue through the year.

For further information, please contact Lucille Poskanzer at LBPoskanzer@LBL.gov or call the OLLI office at 510-642-9934. You can also look at the OLLI website: <http://olli.berkeley.edu/> .

From the Berkeley Retirement Center Patrick Cullinane

OLLI: The publication schedule of the EX-Press does not mesh well with the advance information that is available from Osher Lifelong Learning Institute at Berkeley. If you wish to keep aware of their offerings, you should ensure that you are on their mail or e-mail distribution list so that you receive program information directly from OLLI in a timely fashion. You can check them out at www.olli.berkeley.edu.

CenterPiece: You should soon be receiving the summer issue of *CenterPiece*, the Center's quarterly newsletter. It has the line-up for upcoming *Learning in Retirement* courses, plus news about other classes, workshops, tours, and campus events.

Older Americans' Month Lecture

Wellness in Later Life

Thursday, May 6, 1pm-3pm

Presented by Dr. John Swartzberg, Clinical Professor of Medicine, School of Public Health, Editorial Board Chair, UC Berkeley Wellness Letter, Director, UCB-UCSF Joint Medical Program. We have more control over the determinants of our health than most people realize. This discussion will focus on the evidence behind our health choices. It will also address preventive care, what's worthwhile and what's not. This program is a component of the UC Berkeley Retirees Living Well initiative, a collaborative project between the UC Berkeley Retirement Center and Health Matters, UCB's wellness program. For more information, see <http://thecenter.berkeley.edu/wellness.html> For registration: Contact the Center at

510-642-5461 or ucbrc@berkeley.edu. Program location will be provided with your registration confirmation.

Napa Valley Wine Train & Tour of Culinary Institute of America (CIA) at Greystone

UCRAB/UCB Retirement Center Special Day Tour

Thursday, May 13, 2010. Coach leaves at 9am, returns at approx 5:30pm

\$135 per person

Our tour will travel from UC Berkeley by private luxury coach to Napa, where we board the Napa Valley Wine Train for a one-and-a-half hour trip to Rutherford. We'll take in views of the valley, vineyards and wineries from the Gourmet Express while enjoying a freshly prepared gourmet lunch. At Rutherford, we'll transfer back to the coach for a short ride to the CIA at Greystone. Our tour of the CIA includes food preparation and pairing, optional wine tasting and more.

Registration: Contact the Center at 510-642-5461 or ucbrc@berkeley.edu for a registration packet.

Energy Employees Medical Monitoring Program

We would like to remind you of the Medical Screening Program for Former Workers of LLNL, LBNL, and Sandia-CA. This is a joint venture between Boston University and UCSF and is one of many screening programs for former employees of DOE facilities nationwide. The program was established in 1993 to provide medical evaluations to former DOE employees who might have been exposed to harmful substances, loud noise, or radiation. The program is described more fully in a brochure available at the program website (<http://www.bu.edu/formerworker>).

Recent Travellers



The purpose of this column is simply to provide the names of recent (covering only the last calendar year and this one) travellers, so that those who are considering these same destinations might have a potential source of useful information and helpful hints. (Not all of these have been previously reported in the EX-Press.) Please let me know if you think this is a useful addition to the EX-Press. Also, please let me know if you have taken an interesting trip in the last year or so.

<u>Destination</u>	<u>Year</u>	<u>Traveller(s)</u>
Argentina	2010	Brenda Shank & Bud Larsh
Arizona	2009	Vicky & Richard Jared

China	2009/10	Bill & Mabry Benson; Janis & Ned Dairiki
Colorado	2009	Edward & Mildred Bennett; John & Ann Kadyk
Egypt & Jordan	2009	James Bettencourt
Great Britain & Ireland	2009	Dave & Sally Stevens
Maryland	2010	Dave & Sally Stevens
Maui	2009	Brenda Shank & Bud Larsh
New Hampshire	2009	Igor Blake
Oregon	2009	Dave & Sally Stevens
Patagonia	2009	Bill & Mabry Benson
Philadelphia and environs	2009/10	Dave & Sally Stevens; Brenda Shank & Bud Larsh
Portugal	2009	Bud Larsh & Brenda Shank
Russia (Volga)	2009	Igor Blake
Scotland	2009	Igor Blake
South Africa	2009	Tom & Ione Elioff
South Dakota	2009	Jose Alonso
Spitzbergen & Greenland	2008	John & Marianne Apps
Tunisia	2009	Andy Sessler
Uganda	2009	Don & Becky Grether
US at large (19 states)	2009	Winnie & Tracy Baker
Utah	2009	John & Ann Kadyk
Virginia	2009	Sig & Cindy Rogers

Possible EX-Ls EX-Peditions

Here are two things in the works for those of you who would like to do something besides eat lunch together once a quarter:

- We're investigating possible dates and times for a cruise on the former presidential yacht *Potomac*; the cost for seniors is expected to be \$40.
- The East Bay Park District sponsors many guided walks in their parks. Some UC groups have joined the Wednesday Walks; there is also a selection of birding walks. A downloadable PDF Program Guide to many of the activities is available at <http://www.ebparcs.org/activities>; click on the *Regional in Nature* link in the peach-colored menu bar on the right.

Members at Play Wine & Culture in the Foothills

As many of you know, your editor is fond of wine – especially zinfandel from Amador County. He and his wife also enjoy legitimate theater, and discovered some years ago that it is possible to indulge both of these whims in Amador and El Dorado counties, together with a bit of birding, wildflower displays, clean air, and good food. On our most recent expedition, earlier in April this year, we also learned a couple of lessons. The first one is, if one of your goals is wine-tasting and it is early spring, it is best to check with the wineries ahead of time to see if the current year's

wines have been released. We failed to do that, and were severely limited in our choices at two of the wineries we visited. The second lesson is that unless you wish to take a chauffeured tour and taste many wines at many wineries surrounded by many people becoming increasingly loud as the day wears on, you should avoid “passport” weekends. (These are weekends when many wineries jointly sponsor special tastings of library and limited-release wines and provide generally more sumptuous snacks than usual. One pays for this privilege; our visit coincided with one of two El Dorado County Passport Weekends, which go for \$75 per person.) We failed to do that, also, and as a result were inundated with limos and busses and about four times the number of people we usually encounter at a winery.

This must have been the first breath of spring, because there was not only the wine event, but also at least three separate sports-car rallies in the Fiddletown and Mt. Aukum areas, two large groups of (motor)cyclists on Highway 49, and an AAUW tour of historic houses in Volcano.

Volcano is the site of the cultural part of our visit: The Volcano Theatre Company puts on four plays a year, two (spring and fall) at the tiny Cobblestone Theatre (seats 50), and two (in summer, where picnic suppers are welcomed) at the amphitheater across the street. While the production values are necessarily limited by the small stage in the Cobblestone, the acting is first rate, and the plays cover the whole range of theater. (This last one was *Rosenkrantz and Guildenstern are Dead* by Tom Stoppard. We have also seen the company do *The Dining Room*, *Noises Off*, *Hedda Gabler*, *Lettice & Lovage*, and a half-dozen or so others.)

Other features of the area are Black Chasm; Indian Grinding Rock State Park; several gold mining tours; daffodils at Daffodil Hill, day lilies at the Amador Flower Farm, and poppies along the roadsides; and Sutter Creek, Amador City, Jackson, and Volcano all have excellent eateries.

You Never Know

I took my dad to the mall the other day to buy some new shoes. We decided to grab a bite at the food court. As we were munching away, I noticed he was watching a teenager sitting next to him. The kid had spiked hair in all different colors: green, red, orange, and blue. My dad kept staring at him. The teenager would look and find him staring every time. When the teenager had had enough, he sarcastically asked, “What’s the matter, old man, never done anything wild in your life?”

Without batting an eye, my old man said, “Got drunk once and had sex with a peacock...I was just wondering if you were my son.”

Anagrams

slot machines	→	cash lost in me
animosity	→	is no amity
election results	→	lies; let’s recount
a decimal point	→	I’m a dot in place
the earth quakes	→	that queer shake
eleven plus two	→	twelve plus one

SEE YOU AT THE May 20 LUNCHEON

**To: Vicky Jared
4849 John Muir Road
Martinez, CA 94553
Be sure to make reservations by May 17**

From: _____

I plan to attend the Ex-Ls luncheon >> \$25pp << PREPAID

I will bring guest(s). Name(s) of guest(s): _____

I ___ would like to carpool / ___ am willing to drive

___ Please seat me close to the speaker and screen

Menu: Buffet

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

In Memoriam

George Ames	Tony Freeman
Leonard Kunin	Barbara Levine
George Low	George S. Pappas
Brian Pope	Gary Schleimer

Welcome New Members

Paul Knopp	William Thur
Greg Vierra	

Lost Members: Mail addressed to the following members has been returned, with no forwarding address. We would appreciate hearing from anyone who could provide the Membership Coordinator with a current address.

- Al Amon
- Esther Colwell
- Charles Garrett
- Donald Lundgren
- Betty Strausbaugh

Suzanne Stroh, 530 Curtis St., Albany 94706; 510-524-1953; scstroh@gmail.com

LBNL EX-Ls
530 Curtis Street
Albany, CA 94706

Time Critical First Class

FIRST CLASS

US POSTAGE
PAID
BERKELEY CA
PERMIT No. 1123

EX-Ls EXPRESS – Spring 2010

Published Quarterly at the end of January, April, July, and October

Editor: Dave Stevens

Deadline for newsletter submittals is 10 days after the preceding Board meeting

EX-Ls BOARD OF DIRECTORS

Officers

President: Rich Sextro
Vice-Pres #1: Rollie Otto
Vice-Pres #2: Joe Jaklevic
Secretary: Karen Springsteen
Treasurer/Membership: Suzanne Stroh
Activities: Vicky Jared
LBNL Rep: (vacant)
CUCRA/AROHE Rep: Janis Dairiki
Berkeley Ret Ctr Reps: Gene Binnall
Don Grether
BRC Liaison: Patrick Cullinane

Past Presidents

Jose Alonso: Janis Dairiki
Al Amon: Bob Fulton
Tom Beales: Don Grether
Bill Bigelow: John Kadyk
Gene Binnall: Ken Mirk
Bob Birge: Conway Peterson
Igor Blake: Sig Rogers
Per Dahl: Clay Sealy

Calendar of Board Meetings & Luncheons

L: May 20, 2010
B: July 8, 2010 L: Aug 19, 2010
B: October 14, 2010 L: November 18, 2010
B: January 13, 2011 L: February 17, 2011
B: April 14, 2011 L: May 19, 2011

Board meetings start at **3:00** on the dates listed above. The July 8 meeting will take place in 54-130B (that's in the conference room addition to Perseverance Hall at the Cafeteria) at the Lab. We welcome attendance by interested members.

EX-Ls Honorary Life Members

Shirley Ashley Inge Henle
Esther Colwell Bud Larsh

Official Address

LBNL EX-Ls
530 Curtis Street
Albany, CA 94706

Photo site: www.picasaweb.google.com/EXLpics

Photo Czar: Ned Dairiki

Website: www.lbl.gov/EX-Ls

Webmaster: Richard Baker [xrobaker@comcast.net]