

EX-Ls EX-PRESS

Volume 28 Number 3
Summer 2010

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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

The President's message usually doesn't report on activities of the EX-Ls Board, but two items from the July 8 Board meeting are worth noting here. First the Board voted to increase the yearly membership dues from \$12 to \$15 for calendar year 2011 memberships – new members still pay no dues for the calendar year in which they join. This is the first dues increase in the history of the EX-Ls and is based on the review and recommendation of the Ad Hoc Membership committee, appointed by the board in January. Organizationally, we've had modest increases in expenses over the past few years. Inflation, while very minor in the past couple of years, has decreased the buying power of that original \$12 – as of the end of 2009, \$26 is needed to provide the equivalent buying power. As a hedge against inflation the committee recommended the dues increase and the board agreed. As a comparison, two of our fellow retiree organizations – UC Retirees at Berkeley (UCRAB) and UC Berkeley Emeriti Association (UCBEA) – have \$15 per year dues. Hopefully, we won't need to revisit this issue for another 28 years.(!) I should hasten to note that the luncheons are intended to be cost neutral – and on average that has turned out to be true. The Board postponed discussion of the Life Membership question to the October Board meeting.

The last newsletter described the initiation of a collaboration between EX-Ls and the lab's Center for Science and Engineering Education (CSEE). Susan Brady, head of the Center, met with the Board to elaborate on ways in which the two organizations can interact. She will also provide a brief summary at the August luncheon. This is an activity where, I believe, EX-Ls can be of service to the lab and to the budding scientists and engineers of the future.

As reported elsewhere in this newsletter, EX-Ls and UCRAB teamed up to sponsor a tour and cruise on the Bay aboard the USS Potomac, FDR's Presidential yacht. I want to take this opportunity to thank our activities coordinator, Vicky Jared, Iola James, UCRAB President and trip coordinator, and Summer Scanlan, UCBRC staff, for their work in arranging for the cruise. The cruise was terrific! For whatever reason – living right, hitting the July fog cycle right or just dumb luck – the weather could not have been better. It had been a number of years since I was last out on the Bay (last time was probably the Larkspur-to-SF ferry) and I had forgotten how spectacular the Bay can be. One of the most interesting sights for me was the construction details of the new eastern span of the Bay Bridge – something one cannot see from driving across the current bridge.

The cruise sailed right underneath the new span, affording an up-close look. All of the false work (the steel substructure) appears to be in place to support the sections of the roadway temporarily while the single tower for the Self-Anchored Suspension span is erected and the suspension cable (one continuous cable) is put in place. From the Bay it is an intriguing bridge. Did you know that there is a pedestrian/bike path running from Oakland to Yerba Buena Island on the southern section of the bridge? [President's message continues on page 6.]



2010 Summer Luncheon

- Date:** Thursday, August 19, 2010
- Where:** Spenger's ←←←NOTE: WE'RE AT SPENGER'S THIS MONTH
1919 Fourth Street
Berkeley
- Time:** No-host Bar: 11:30 AM
Lunch Served: 12:00 PM
- Speaker:** Judy Campisi, LBNL Life Sciences Division & Buck Institute for Aging Research
- Subject:** Aging and Cancer: Rival Demons
- Menu:** Salad / Pork tenderloin with bourbon pepper glaze
Clam chowder / Shrimp Louie
Vegetarian selection
- 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 August 16, 2010.**

From our May Lunch

Due to circumstances beyond our control, we have no report of the May luncheon talk.

Luncheon Attendees:

| | | |
|------------------------|--------------------------|---------------------------|
| Jose Alonso | Ingeborg Henle | Jan Pusina & Hiroshi |
| Bob Avery | Victor & Christine Henri | Nishimusa |
| Dick Baker | Egon & Annette Hoyer | William Rankin |
| Winnie Baker | Joe Jaklevic | Bob Schmieder |
| Josephine Barrera | Vicky Jared | Clay Sealy |
| Gene & Myrna Binnall | John & Ann Kadyk | Andy Sessler |
| Jerry Bucher | Fred Kirsten | Rich Sextro |
| Geores Buttner | Gudren Kleist | Brenda Shank |
| Patrick Cullinane | Richard LaPierre | Ben Shuey |
| Per & Eleanor Dahl | Bud Larsh | Frank & Marie-Agnes |
| Janis & Ned Dairiki | Branko Leskovar | Stephens |
| Andy DuBois | Katherine Lucas | Suzanne Stroh |
| Donald & Jean Foster | Jeanne Miller | Clyde Taylor |
| Jack Gavin | Mack & Ann Morgan | Ralph Thomas |
| Norm Goldstein | Bob Mortiboy | William Thur |
| Rick Gough | Rollie Otto | Allan Zalkin |
| Harvey Gould | Fred Perry | Jon Zbasnik |
| Don & Becky Grether | Conway Peterson | Gail St. John & Nina |
| Herman Grunder & Guest | Art & Lucille Poskanzer | Santos (UCB |
| Weiyuan Wu | Mike Press | Screening) |
| Harry Heckman | | Michael Barnett (speaker) |

Editor's Note

This is an anomalous issue in that the number of new members reported is significantly greater than the number of decedents (see the penultimate page). Several of the notes in this NL could have been accompanied by photos, but printing them here would involve considerable expense. In recompense, photos of the Ghiorso lunch, the Potomac cruise and the Wellness Fair have been posted at www.picasaweb.google.com/EXLpics, the EX-Ls photo site. The October Board meeting will be in 54-130B unless the room is pre-empted, in which case a note will be posted on the door (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)

I don't know whether Google is going to make us all a lot smarter or just more distracted, but it led me to a fascinating website describing the new Bay Bridge construction: <http://baybridge360.org> (that's how I learned that its called a self-anchored suspension span). This interactive site shows time-lapse movies of the roadway replacement activities East of

Yerba Buena (Labor Day weekends 2007 and 2009), and a slick computer animation fly-through of the new tower portion of the bridge, among many other things. Check it out...

In addition to helping with the Potomac cruise, the UCB Retirement Center works closely with the four UC retiree organizations (EX-Ls, UCRAB, UCBEA and the President's and Regents' Retiree Association, PARRA). In turn, each of these organizations has two members who sit on the UCBRC Policy Board. Our representatives have been Gene Binnall and Don Grether. Gene has just completed his second tour of duty (each representative serves two years). On behalf of the Board and the EX-Ls membership, I want to thank Gene for his four years of service on the Policy Board. The Ex-Ls Board has appointed me to join Don Grether (who has another year of service) as representatives on the Policy Board.

The Retirement Center sends out its newsletter, the CenterPiece, to all UC retirees associated with Berkeley. In addition to its usual listings of information and opportunities for retirees, the summer issue of CenterPiece included an announcement about and sign-up form for the EX-Ls. As of this writing, fifteen new members have joined us as a result. For those of you reading our newsletter (or my column...) for the **first** time, welcome. We hope to see you at one of our events. The next one will be the August luncheon at Spenger's where the speaker will be Judy Campisi, who has appointments in the Life Sciences Division at the lab and at the Buck Institute for Age Research. Judy's talk, "Aging and Cancer – Rival Demons", should be of more than passing interest for most of us.

News of our members (and others of note)

Ghiorso Sightings: Lee Schipper reports having seen Al Ghiorso on Tuesday, July 13, "cycling on Colusa on his amazing three wheeler with flags waving. Probably in search of element 118. I should be so lucky to cycle like that at 65!" Then **Bob Schmieder** took Al to lunch at the LBNL cafeteria on July 15, his (Al's) 95th birthday. Bob's report of the event may be found later in this NL. Bob himself was scheduled for surgery on Monday, July 19.

After missing totality in China in 2009, **Bill & Mabry Benson** caught the 2010 eclipse on Anaa Atoll, 4-500K east of Tahiti; there are some pix at <http://gallery.me.com/whbenson#100238>

Lost Members: We are now maintaining a list of lost members near the back of each issue (page 18 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.

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. The July 16 newsletter featured articles about bacterial transplants, arsenic removal from water, introducing pre-college students to microbiology, and

the Lab's new outreach to the community, the Community Advisory Group. A continuing feature is the growing video glossary (of scientific terms).

Luncheon Help Wanted

Our hardworking Activities Chair can use some help. If you are a fairly regular attendee at the EX-Ls lunches and would be able to come early (11:30), we can put you to work! Vicky often needs help managing the flow of traffic as luncheon attendees check in, and having an assistant to help with check-in, raffle tickets, etc. would be greatly appreciated. Besides, coming early will give you choice of the best seat in the house! If you can help out for the August luncheon, please send Vicky an email at jaredrv01@aol.com. Thanks!

July 15: i Lunch with Al

Albert Ghiorso turned 95 on Thursday, July 15, 2010. To mark the occasion, his biographer Bob Schmieder brought him to the Lab for lunch, and invited all to drop by. While some received the last-minute invitation too late to attend, about 15 people came by, including three high-school students who had the opportunity to meet the man who had been central to the extension of the periodic table of the elements from atomic numbers 95 through 106. A birthday cake read "Happy 95th Birthday Albert," and a poster displayed newspaper clippings dating back to the 1940's, when Al began his 60-year quest for new elements. Albert also displayed a sample of his prolific "doodle" creations, an art form all to itself. Many people sent cards in the mail and e-mail messages, including his European colleagues and fellow element-hunters Matti Nurmia, Pirkko and Kari Eskola, Peter Armbruster, Yuri Oganessian, and Adam Sobciewski.

If you missed the event and wish to send greetings, you can mail them to his home (Albert Ghiorso, 687 Vincente, Berkeley, CA 94707) or e-mail to Bob Schmieder (Schmieder@nanologic.com). Four photos from the event are posted on the EX-Ls photo site (see the url on the back cover); photos and a few Ghiorso doodles, are also posted on the biography page www.schmieder.com/ghiorso.

July 15: ii On the Presidential Yacht *Potomac*, FDR's "Floating White House" *Photos of the cruise have been added to the EX-Ls photo site (url on back cover)* Vicky Jared

A total of 80 members from UCRAB (UC Retirees Association at Berkeley), EX-Ls, UCB Emeriti, and UCOP retirees were signed up for a cruise on the Bay aboard the USS Potomac on Thursday, July 15, 2010. This event was organized by Iola James, UCRAB, Summer Scanlan, UCBRC, and Vicky Jared, EX-Ls. Those attending from EX-Ls were: James Bettencourt, Becky & Don Grether, Connie & Edward Grondona, Jeanean & Joe Jaklevic, Vicky & Richard Jared, Nancy & Victor Montoya, Martha & Hiromi Morimoto, Anita & Charles Ogden, Maggie & Ron Petersen, Susan Peterson, and Rich Sextro. In total there were more than 120 passengers on the yacht.

At our May, 2007 luncheon a docent from the Potomac gave a presentation on the “Floating White House” and ever since then we have been thinking about organizing a tour and cruise. We had a wonderful day departing from Jack London Square, cruising along the Estuary and under the Bay Bridge, around Angel Island, by Alcatraz, the S.F. waterfront and then back under the bridge. We had an excellent view of the new span. The two-hour trip included a brief history film prior to the cruise, 10 docents on board for one-on-one discussion, freedom to explore the yacht and just enjoy the scenery. The weather was perfect—no fog! A few members enjoyed the excellent cuisine around Jack London Square after the cruise. Good camaraderie and fun was had by all.

The Potomac was originally commissioned the USCG Cutter Electra in 1934. In 1936 it was renamed the USS Potomac and served as Franklin Delano Roosevelt’s Presidential Yacht until his death in 1945. The yacht is not as fancy as one would imagine for a president, but it served his needs while keeping expenses down during those difficult budget times. Since then the yacht changed hands four times, ending up in Oakland. President Reagan authorized the restoration of the Potomac, and over a 12-year period \$5 million was spent to restore the 165-foot-long vessel as a memorial to FDR.

More than a quarter of a million people have visited and sailed aboard the former President’s beloved “Floating White House” since it opened to the public in the summer of 1995. If you wonder what to do some day, take a cruise on the Potomac—you won’t be disappointed. Take a jacket and hat for those windy moments sailing the waters in front of the Golden Gate Bridge. For more information and how to book a cruise, go the to Potomac’s web site <http://www.usspotomac.org>.

From the Berkeley Retirement Center
<http://thecenter.berkeley.edu>
Patrick Cullinane

Financial Education from Fidelity: Fidelity Retirement Services has joined with UC this summer to offer two financial education workshops and help desk services tailored for UCBRC constituents. Take advantage of these free sessions to learn more about your UC Retirement Savings Plans.

Creating a Plan for Lifetime Income in Retirement: Learn how to create a retirement income plan, assess financial risks in retirement and take advantage of UC Retirement Savings Program tools and resources.

Friday August 6 9:30am-11am

Thursday August 19 9:30am-11am

Accessing Your Account Online: Learn more about using online tools for managing UC Retirement Savings Program investments

Friday August 6 11am-12 noon

Thursday August 19 11am-12 noon

To register for these classes, call Fidelity at 800.642.7131.

Fidelity Help Desk drop-in sessions: Stop by and ask a Fidelity Retirement Services counselor general questions about the UC Retirement Savings Program and to gather educational materials. No registration or appointment is necessary.

University Hall Rm. 150, Berkeley

Friday August 6 12 noon- 1pm

Thursday August 19 12 noon- 1pm

A new Learning in Retirement course: Alex Filippenko has organized a course on *The Golden Age of Astronomy*, which will meet Tuesdays, 1-3 PM, August 31 and September 7, 14, and 21. Details are available from the Retirement Center. There are no fees for LIR courses, but advance registration is required. For information or to register, please e-mail ucbrc@berkeley.edu or call (510) 642-5461.

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.lli.berkeley.edu.

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> |
|-------------------------|-------------|--|
| Anaa Atoll | 2010 | Bill & Mabry Benson |
| 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 |

LBNL Wellness Fair
Vicky Jared

The Laboratory's Health Care Facilitator (HCF) Program hosted a successful Sixth Annual Summer Wellness Fair at the Laboratory on June 3, 2010. The HCF Program is designed to expand health plan customer service to members who are experiencing difficulty dealing with their health care providers in the areas of care access, administrative, benefits coverage, and consumer education issues. The purpose of the Wellness Fair is to provide access to health care representatives and other organizations on-site so employees can pick up information or discuss health plans. Also, various LBNL clubs, who promote exercise and dance activities, were represented. EX-Ls participated as an organization that provides a means of maintaining ties both to the Lab and with other retirees, and allows access to a variety of activities.

Vicky Jared represented EX-Ls at the Fair and had a table set up with our Newsletters, Photos of lunches and events, brochures to hand out and cookies and candy to give away. It was a good day (actually warm), the usual health care vendors were present and gave out fun promotional items, various Lab clubs demonstrated their activities, good rock & roll music in the background (for those of us who like to dance and enjoy the good old sounds), and a fairly good crowd attended. It was fun to watch the students, post docs and other young members pass by the EX-Ls table look at the cookies and Jelly Belly gummy treats, look at the retirement sign, and then looked to Vicky for the okay sign to take a treat. All went well and all the treats were gone.

UCBRC's table was next to Vicky so we could share talking with employees. I would say UC had about 25-28 people sign up for the pre-retirement consultation, and when

they finished talking with Summer Scanlan Vicky would promote EX-Ls. We should see some of those folks sign up this year or in the next 2-3 years.

Vicky spoke with a HCF representative and confirmed that all retirees will continue to receive an EX-Ls brochure in their retirement packet, so we know our information is definitively passed along.

A few photos from the Fair are posted on the EX-Ls photo site (see the url on back cover).

Members at Play
A Run Around the Amazon
(wherein our correspondent combines two of his playful modes)
Geores Buttner
(a report of a sort by our road-running sport)

DAY ONE: MACAPA, BRAZIL; on the equator at the northernmost mouth of Rio Amazonas

Departed at dawn from the Amazon. There was quite a chill that morn in Brazil. Ran quite swiftly - from Macapa got all the way to Amapa. That's half way to French Guiana and on only one banana. Got official okay at Oiapoque to cross the river – but such a shiver! That crossing meant tossing: The dugout canoe blew widely askew.

FRENCH GUIANA; and the Pygmies

French Guiana was gained but the energy drained. And nowhere around a road could be found. Then a trail appeared: Onto it we veered; 'twas all in a jumble so Dad took a bad tumble, at a terrible cost 'cause the trail became lost. Suddenly, we heard a loud deep voice bellow; out it came from this savage looking fellow. Stood at a height all of three-foot-one while pointing at Dad a six-foot-two blowgun. He hollered, "Who is that gimp with the really bad limp?" Sighed Dad, "Made a big bungle of my run through this jungle." The pigmy replied (his blowgun aside) "Come to my village, have some sup; then my daughters fix you up." His daughters they sat, chewing on roots, then spitting the juice into old boots. "Have a cup of this brew, you'll be good as new!" Toasting the host, Dad chug-a-lugged it down, bubbles and all, without even a frown. Then, feeling no pain ran off like insane!

SURINAM, GUYANA, a Siesta, and Temporarily Back into Brazil

Had a road then to run on so a town was soon come on. Ran another good pace from that town called Regina; made it to Surinam and a town called Albina. We did not desire at all to give Devil's Island a call: Had a need without fail to stay out of a jail. We shoved down another banana then quickly took off to Guyana. But by the time we got to Georgetown the capital of more running sans rest we were not capable. So took a short siesta then ran to Boa Vista. Went south through Mabura Hill and back into old Brazil. No boas were found; did not hang around. Back north then we tore on Route One-Seven-Four.

VENEZUELA; Angel Falls, and Rio Oronoco

'Twas no picnic Dad can tellya getting into Venezuela. That Serra Pacaraima Range at the border: A runner's nightmare made to order! Adding to the problema there was the aroma of rum in the air. Dad's delicate nose kept running off course in a thirsty attempt to locate the source.

Yes, he needed a break from the run; time out for a breath and a quick bit of fun. Angel Falls seemed a good place to do it so we took a long hike to get over to it. There, hid in a dense tropical forest, lies a falls that is higher than all of the rest. But for goodness sakes had to watch for snakes; not wanting to dance with a fer-de-lance. With Dad gazing in awe and feeding the skeeters the water fell nine-hundred ninety-nine meters. Feeling renewed and in a good mood (folk must have thought us totally loco) we ran all the way to the Orinoco. Had Colombia next on the mind and leaving Ve-ne-zu-e-la behind. Ran through Ciudad Bolivar like it wasn't even there.

COLOMBIA; another dugout, the paramilitary, and the Pan American Highway

Got to the crossing at the border but the ferry was out of order. A sweet little kid lent us his dugout but it was too small and Dad tumbled out, sharing the river with the piranha, also some caiman and anaconda. But he made it across with no limbs being lost. While warming up for the next run he dried his shoes off in the sun. That next run was on gravel: a piss-poor way to travel. That so-called *Highway 78* one could really grow to hate! Thanks to the junction to Orocué that day the highway was paved for the rest of the way. The town of Bogota we barely even saw; Colombia's capital came and went in barely a blink, then we crossed the Rio Magdalena, and this time didn't sink. Then along came the paramilitary and things got more than just a little scary. Showed them our pass-a-ports; they got quite out of sorts. Said a visa was needed or we'd be impeded. Dad told 'em, "Catch us if you can; we'll be runnin' down the Pan Am." Without a moment more delay we were off and on our way. But expecting, as likely as not, to hear any second a gun being shot. In any case there was no chase.

ECUADOR: A burrito at the equator

We were soon through the door into good old Ecuador. Would like here to note we did not stop to gloat. Just ahead waits the Line, a celebration is fine: We are halfway around and still feeling sound. Had a joyous run to the capital Quito; where we partied on a tough tasty burrito. It might have been made from a small billy goat – one raised on fresh cacti and old creosote. Since we weren't in that much of a hurry, we considered a quick run to Tukure. That was way too bizarre; it's the abode of the Shuar. They're the ones who do head-shrinking; what the heck were we thinking? Decided instead to run to Zorritos 'cause they are known for much better burritos. It being on the coast of Peru, we had Ecuador yet to run through. Ran Route 10 to 1A, hungrily on our way.

PERU, and the better burrito

But that mouth-watering run west to Zorritos did not result in any better burritos. Dad could not possibly eat it and starvingly had to delete it. The next short run went back to One. Sudden fierce wind and rain to run through down the Pan Am on the coast of Peru. Just staying on our feet was a challenging feat. Ran tilted west at ten degrees from Chiclayo all the way to ten miles south beyond Trujillo. As suddenly she came, Mariah left the same. Through Lima all the way to Camana was a paradise panorama. East to the Andes, west to the Pacific, the views either way were both terrific. Just past that coast town of Camana; lay the road to the Copacabana. But partying at Lake Titicaca was not a must; the next big goal was to make it into Chile or bust.

CHILE and the buffet

Arica!; the town that is, and in Chile, yes it is! 'Twas time to run east, but needed a feast. The sign said, "All you can eat!", then they threw us out on the street. The food was ever so delicious, so probably not very nutritious. We were two hours in there. Their kitchen went bare. So it was off again we went; funny: That rhymes with hell-bent. Sang, "Bolivia Here We Come"; There were some folks who thought that was dumb. The Andes were crossed on the slopes of Mount Sayama. The border was crossed on the way to Cochabamba.

BOLIVIA and the little burro

Got to Oruro; there was this burro. It kept blocking our path; wouldnt let us go past. Without showing much class, Dad called it an ass; then yelled in its ear, "Get the H outta here!" The burro went home to its mama and we made it to Cochabamba. Went cross the Rio Grande, and entered Rio Grande. We were over half way to Brazil, and without even taking a pill. At San Rafael the road turned to gravel: The soles of our shoes began to unravel. Arrived at the border, new feet were in order.

Back in BRAZIL: The cop and ado

The fat border guard said, "Sorry you're barred." "But Sir," replied Dad, "We cannot see where your badge is." Through the squinted eyes spat, "*I don' need no stinkin' bashes!*": demanded some pesos to cross his palm. "Let's meet at the bank," Dad said in a calm. With a wink we were off, as if in a race, the guard in pursuit, but couldn't keep pace. At the bank didn't stop to wait for that cop. The rest of the run was even more fun; became a front page news affair. Everywhere was tons of fanfare. At every town we ran through there was mucho ado; parades and parties that went on and on. Even to this day they are still going on.

The Last Day: BELEM, BRAZIL, at the Southernmost Mouth of Rio Amazonas

At Belem was bedlam. Brazil's president Lula joined in on the hoopla. With muy mucho admiration gave Dad the key to the nation. Got a telegram too from Grandmama, also got one from Barack Obama. He said, "We're so very proud of what you've done I'm flying you home on Air Force One."

EPILOGUE: Rio Paraguay

History now, that *Round the Amazon Run*, first, last, and only time that it was ever done. Sorry Uruguay and Paraguay, you were simply just too far away. Argentina was missed as well, so have no tales from there to tell. Will do another run someday, perhaps around the Paraguay, will be sure to stop at Rio Muerto, again in search of a better burrito.

ADIOS



SEE YOU AT THE August 19 LUNCHEON

**To: Vicky Jared
4849 John Muir Road
Martinez, CA 94553
Be sure to make reservations by August 16**

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: ___ Shrimp Louie ___ Pork Tenderloin

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

In Memoriam

Gerson Goldhaber Earl Hazelton

Welcome New Members

**Maxine Adams William Baldock
Darlene deMaricor Kathy Ellington
Rick Gough Donald P. Jourdain
Drew Kemp Robin E. LaFever
Glen Lambertson Alfred McInturff
Maudie Noyd Michael O'Keefe
Gladys Perez-Mendez Fred Schlachter
Esther Schroeder Carol Taliaferro
Valerie Vreeland**

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; sestroh@gmail.com

LBNL EX-Ls
530 Curtis Street
Albany, CA 94706

Time Critical First Class

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EX-Ls EXPRESS – Summer 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: Don Grether
Rich Sextro
Patrick Cullinane
BRC Liaison

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