

EX-Ls

EX-PRESS

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Fall 2003

In this issue:

President's Message.....	2
Berkeley Retirement Center.....	2
Point to ponder.....	2
Luncheon announcement for November 20.....	3
From our August luncheon	4
Editor's note.....	6
Towanda Land	6
UC to change Medicare policy	7
Trip Report: Urumqi	7
Change in EX-Ls Board meeting dates.....	9
Solution to Ex-L 3 Crossword	9
Ex-L 4 Crossword.....	10
In Memoriam	11
New Members.....	11
Luncheon Reservation Slip.....	11

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

PRESIDENT'S MESSAGE

Bob Fulton

This is my last President's message and I would like to thank all the members for putting up with me for the past year. It has been interesting, with sudden changes in our schedules for various reasons, but we have all muddled through once again. I'd also like to thank the other board members for their help in the past year, and especially our treasurer, Bud Larsh, our Editor, Dave Stevens, our Activities Chair, Inge Henle, and our new secretary Eleanor Dahl. And Dick Baker has done an exceptional job this year in updating our Ex-L Express web page, including using a large type font that we can read on a computer screen. You can access it at www.lbl.gov/ex-lexpress. My thanks also to Terry Powell, our LBNL Representative, who has given me much assistance over the last two years.

Sig Rogers will be moving up to the Presidency and Gene Binnall to first Vice President, but because I'm writing this before the October Board meeting, I can't introduce you to our new candidate for second Vice President. That will have to be a surprise for the November luncheon.

I would like to remind you again that Richard Takahashi, LBNL Benefits Manager, and Sally Benson, Facilities Division Director, have provided funds for LBNL retirees to have access to the activities and programs of the UCB Campus Retirement Center again this year. Take advantage of the Center when you can.

[Stop Press: Candidates for elective Board positions for the coming year are: President: Sig Rogers; First VP: Gene Binnall; Second VP: John Kadyk; Secretary: Eleanor Dahl; Treasurer: Bud Larsh; Activities Chair: Inge Henle. //dfs]

Lab Renews Retirement Center Contract

The Lab has renewed the Berkeley Retirement Center contract for the 2003-2004 fiscal year on a per capita basis. However, they would like to base future contracts on value received. To this end, Richard Takahashi of LBNL and Shelley Glazer of the Center will be devising a questionnaire to determine the level and value of the use made of the Center by LBNL retirees. We strongly urge you to fill out and return this questionnaire when it arrives, especially if you are interested in seeing the Lab continue its support of our membership in the Center.

Point to Ponder

Your home computer probably has more computing power than all the computers installed at the Lab combined in 1965 or '70: It's certainly faster, has at least an order of magnitude more memory, occupies less than 2% of the floor space (far less than 1% if all the peripherals are counted), and cost about 0.02% as much as the Lab's first CDC 6600! And it's more reliable and easier to use, too.



2003 Fall Lunch

Date: Thursday, November 20, 2003

Where: Spenger's Fresh Fish Grotto
1919 Fourth St.
Berkeley

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

Speaker: Dr. Antoni (Tony) Tomsia, MSSD

Subject: Better knees and hips through improved implants

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: 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 November 14, 2003**

(Reservation slip on last page)

From our August lunch

Reported by Sig Rogers, EX-Ls First VicePresident: Dr. Michael Siminovitch of the Berkeley Lab's Environmental Energy Division presented a talk on his work developing the Berkeley Lamp and his efforts to form partnerships to bring efficient lighting to the market place. One sixth of the total energy consumption in the U.S. is lighting. A particularly bad example of poorly-designed lighting is the ubiquitous inexpensive halogen torchiere that not only is an energy hog but also is a severe fire hazard. Michael was able to persuade Stanford University to replace all halogen torchieres in their dormitories with Berkeley fluorescent lamps. This was the first large-scale installation of the Berkeley lamp.

Many building office spaces are currently equipped with overhead fluorescent lights that, while they are more efficient than incandescent lamps, are at best a compromise, because they cause harsh shadows, reflections, inadequate light for close work, and too much for background lighting. A lamp had to be developed that was user friendly, pleasing to look at and met both the need to provide adjustable "up" lighting (for reflection off the ceiling) and adjustable "down" lighting for reading or other close work. Thus the Berkeley Table Lamp evolved. At full power, the two-lamp fluorescent system exceeds the combined luminous output of a 300 watt halogen lamp and a 150 watt incandescent lamp while using a quarter of the energy. If you are a Southern California Consolidated Edison power customer you can get the lamp free. It sells for \$150. The lamp has found wide use in Death Valley, Yosemite, and Fort Mason National Parks, Wisconsin VA hospital, and major offices of the City of Berkeley. Combining it with a plug-based occupancy sensor increases the energy savings.

Another area Siminovitch is pursuing is the hotel industry. He is trying to break my habit (apparently shared by many others) of leaving the hotel bathroom light on and cracking the door open just enough to let me find it in the middle of the night. Based on actual power utilization measurements it was found that hotel bathroom lighting was a significant percentage of the total power. Currently under development is a bathroom light switch that turns itself off after one hour. This is combined with low power LED lamps that provide enough light to enable you to find your way to the switch.

On his list for future work are residential and military housing, porch lights, and kitchen lighting.

Table Hopping in August (by Guest Roving Correspondent Winnie Baker, reluctantly substituting for Shirley Ashley): Don and Yvonne Blackman spent a week in Kauai in April. In June they went to Yvonne's 50th Class reunion in Coronado, where they were given diplomas along with the current graduating class. The functions were 24/7 for four days straight! Next on the horizon for this busy couple are the Annual Air Races held at the Stead Air Base 30 minutes north of Reno on September 6. They meet six other couples there and Don says the men go to the air races, while the women shop 'til they drop.

Don Prestella is back and well. He claims he is on a 365 day vacation! Frank and Maxine Garnier, along with Maxine's sister Barbara Amesbury (also an LBL retiree) are planning a family reunion in Tahoe in September.

Bob and Barbara Kaufmann took a river cruise up the mighty Mississippi recently. They embarked in New Orleans and traveled all the way to Memphis, stopping at various ports along the way. The cabins are all outside with great views. This was their second river cruise and they had such a good time they will be going again next year.

Al Amon and his wife, Betty, visited family in Florida recently. He said one week in Florida is enough! Kay "Ducky" Lucas will be visiting the tiny town of Oxford in Maryland come October. Lucky Jo Barrera will be taking off on a two week Princess Alaskan cruise in just a few days. Tom and Marcia Beales just returned from Oaxaca, Mexico. They were there with eight of Marcia's friends and their spouses.

Cindy and Sig Rogers were in Hawaii in February. Cindy was heading to Virginia as we spoke, but will be back here to be with her daughter when she delivers their grandchild. Bill Bigelow was looking as young as ever; it is hard to believe he will be celebrating his 94th birthday next month. Happy birthday, Bill!

Igor Blake went to Laos, Vietnam, and Cambodia in February.

Winnie Baker will be celebrating her 45th class reunion with a Baja cruise (with stops in Catalina and San Diego) in October. She and husband Tracy celebrated their 20th wedding anniversary at the Heritage House in Mendocino in June; this is were Tracy got down on bended knee and proposed to Winnie 21 years ago.

Luncheon Attendees:

Jose Alonso	Katie Clevenger Buttner	Winnie Heppler
Al Amon	Rod Byrns	Egon Hoyer
John Anderson	Chet Cernac	Roger & Lois Hughes
John Apps	John & Ginnie Chin	Nylan Jeung
Bob Avery	Winifred Corniea & guest	John Kadyk
Bill Baker	Gerald Adamson	Robert & Barbara Kaufmann
Dick Baker	Janis & Ned Dairiki	Al & Alna Kleid
Winnie Baker	Doug Drummond	Al Kleven
Josephine Barrera	Bill & Wally Everette	Bud Larsh
Tom Beales	Warren & Averil Faust	John & Barbara Lax
Bill Bigelow	Jack & Darlene Franck	Ken Lou
Gene & Myrna Binnall	Robert & Beverly Frias	Kay Lucas
Bob & Elizabeth Birge	Bob Fulton	Yosh Maruyama
Don Blackman	Frank & Maxine Garnier	Bob Meuser
Igor Blake	Bill Gilbert	Torlief Myhrer
Stan Boyle	Lee Glasgow	Conway Peterson
Kay Bristol	Jim Haley	
Dick Burleigh	Inge Henle	

Terry Powell & guest Don
Medley
Patti Powers-Risius
Don Prestella
Ed Reioux

Sig & Cindy Rogers
Stephanie Roth
Elmer Silva
Dave & Sally Stevens
Hugh and June Stoddart

Gertrude Young
Speaker Michael
Siminovitch & guest
Pen Randry

Editor's Note

Beginning with this issue the *In Memoriam* box on the penultimate page will list all former employees whose deaths have been reported to the editor during the preceding quarter. (It was former practice to list only EX-Ls members.) Comments on this, or any other editorial practice are welcome. And as always, articles or ideas for articles may be submitted via e-mail (stevens@LMI.net or david_stevens@comcast.net) or snail-mail to Dave Stevens, 1107 Amador Ave, Berkeley, CA 94707, or even telephone (510-524-2904). Thanks—

dfs

TOWANDA LAND

(DANGER! 66 AND RUNNING 66)

(or Getting Lost in Towanda, a town in IL that might be bigger than a square mile)

Thursday, April 17, 7AM; a later hour than usual for a rousal. Blame it on Tony Smith, whose hospitality at Club 66 caused the consumption of a couple of extra brews. (Where's that Club 66 T-shirt you promised to send me Tony?). And yes, it is raining yet again still. Just enough to get the road surfaces wet enough to allow Bike Blue's rear tire to spray a streak up the middle of the back again on the ride back home to Van Lia after this morning's six-mile run, which was supposed to commence at 6AM. Oh well, we'll use CA time this morning and start out at 8 after some runners' oatmeal and molasses coffee.

Be running through Towanda IL this morning. Well, actually on the NW side where Route 66 curves around. But if memory serves me right, there is an older adjacent Route 66 that does go through town, called *Memory Lane*. If I leave the main road about a block before the end of town and go about a 100-feet across a lawn. I can get to a street that leads to it. After running a couple of blocks on the street that I had estimated to be the right one, I noticed things didn't really look right. This feeling was reinforced when the pavement ended and I had to run across the RR tracks to continue. I remembered the RR tracks along Memory Lane as being on the right. Now they are on the left and we are running out of town. I must have picked the wrong lawn and cut across a block too soon. No problem, Blue is hidden in the tick-infested poison ivy alongside the tracks and I'm still headed in the right direction.

A couple of horses, who seem perfectly content in the cool morning breeze and the light rain, wonder what I'm doing as I run by them towards a turn in the road...that goes in the wrong direction. But about a 1/4-mile ahead it looks like it turns back in the right direction again. Which it does—temporarily. And I can't see any telephone poles anymore, anywhere. Nothing

like “unspoiled farmland”. (That reminds me of another oxymoron that I saw on a sign yesterday. Or was it the day before? “State Property - NO TRESPASSING”.) But another 1/2-mile and some eyestrain brings them tell-tale TP poles back into view again along a row of trees dead ahead, and also another right-angle turn in the road. A long look down the road at the turn reveals a nice long, straight, stretch of pavement as far as the eye can see in that same wrong direction. But, alas, at an angle to the left, and a quarter-mile across a farmers barbed-wire fenced freshly plowed field, lies the appearance of a RR track through the mist. Ten minutes later, standing taller between two glistening steel rails with very muddy running shoes, a decision needs to be made. Run right or run left?

Considering the odd-ball route versus the time lapsed on the running watch, a good bet is right. Guess what another ten minutes reveals, yep, a beautiful and spiffy clean baby-blue bicycle, coincidentally named Blue, ready to be dragged through the mud (Blue possesses the odometer that keeps track of our mileage, so must return by the same route). Guess what else we figured out: *Memory Lane* is not only not in Towanda, it’s not even today....It’s in Lexington, the town I ran through yesterday. I wasn’t a block too soon. I was a town too late. That *was* only two extra brews—right Tony?

Geores Buttner

[Editor’s note: Geores was featured in at least two California newspapers as his run neared its scheduled end: The LA Times Orange County edition of October 7 and the Contra Costa Times (no discernable date on the cutting that was sent to me).]

UC to change Medicare Policy

For some years it has been UC policy to allow annuitants [the Official term that includes retirees] and family members who were eligible for Medicare Part B to pay a monthly “offset” penalty in lieu of enrolling in Part B without losing their UC-sponsored medical coverage. This policy is about to be discontinued: Beginning January 1, 2004, those who do not enroll in Medicare Part B when they become eligible **will be permanently disenrolled from UC-sponsored medical coverage**. In addition, the offset penalty for those who have already become eligible for Part B but have elected not to enroll will be increased from \$110/person to \$161/person until they enroll in Part B, also effective 1/1/04. Furthermore, it is expected that the penalty will increase every year for at least the next three years. If you have questions about this, or any other UC medical policy, please contact UC Customer Service (800-888-8267) directly or your Lab-supported Health Care Facilitator, Loida Bartolome-Mingao (510/486-6997, hcf@lbl.gov). (Note: As of September 15, the UC Benefits website had NOT been updated to reflect this change.)

Trip Reports

A Journey from the West; I: Urumqi

Dave Stevens

Since the reopening of China to tourism, most of us with an interest in China have read of Beijing (and the Great Wall, the Forbidden City, and Tian’anmen Square) and Xi’an (and the

terra-cotta warriors). Even before the reopening, most of us had heard of Shanghai in one context or another. Therefore, though we visited those three cities, these memoirs will ignore them in favor of three cities on the western portion of the silk route (the “Silk Road” was not one track, but many, so this generic form of the designation is more accurate than the more common form): Urumqi, Turfan, and Dunhuang. These are small cities by Chinese standards; Urumqi (pronounced ooROOMchi by the Uygurs (pronounced WEEgurs) and Khazaks, who are the largest groups of non-Han-Chinese there resident, and uraMOOCH by the Han) is the largest, at 2,000,000. (Turfan has 200,000 and Dunhuang is rather smaller.)

One sees few westerners in these places, which are essentially large oases in the northernmost of China’s two huge western deserts. The southern desert, the Taklimakan, is a desert of shifting sand and dunes, much like the Sahara, to which it is second in size in the world. This northern waste is either barren mountains, deeply eroded, of black and red and brown in the west, shading into mud color as one moves east, or (small g) gobi, named for the capital G version, because of its similar composition of sand mixed with loose rock.

Urumqi’s primary attraction today is Tienchi (Heavenly Lake), so named by a royal traveler who saw it mirror calm. We saw it wind-ruffled, in the company of a couple of hundred Chinese tourists of obviously mixed ethnic background—the western silk route has seen much to-ing and fro-ing of peoples and borders, including Han, Uygur, Khazak, Hui, Turkoman, Mongol, Manchu, Tibetan, and a few dozen others; in towns like Urumqi and Turfan they are thoroughly mixed.

Tienchi is a small alpine lake (at an elevation of about 6000’) in a fjord-like setting, surrounded by steep, conifer-covered mountains, except at the glacial moraine that dams its lower end, and beyond which one can see the perpetual snows of the highest peaks in the Tien Shan range. Access is by a succession of successively smaller busses, the last of which is a golf cart (which one can eschew in favor of a quarter-mile on Shank’s Mare). It’s a national park, and they use a Yosemite-like shuttle service to reduce the number of private vehicles. On a sunny day, which we had, it is a gorgeous spot with refreshingly clear air.

On our way down the mountain, our guide persuaded a local Khazak family to let us visit the inside of their yurt. Yurts are domed, circular, tent-like structures constructed of a felt covering over a sapling framework. The members of the frame are lashed into position and the felt (about half an inch thick) is tied on. (We later saw one that was being deconstructed for the winter; the guide said that a family can build or unbuild its yurt in about an hour. The yurt dwellers generally go to an adobe village for the long winter. (The seasons here are uneven: five months each for the extreme temperatures of summer and winter, with only a scant temperate month for each of spring and fall.)) Yurts are far larger on the inside than appears possible from the outside. (The lack of interior furniture provides longer visual avenues than one expects.) And entering one is much like the experience Dorothy Gale had when she stepped outside her house into Munchkin Land, except that here the predominant color is red rather than blue. The inside of this yurt, at least, was a riot of rugs hung on the walls, spread on the floor, draped over the sleeping platform. A small stove with a long stovepipe provides ample warmth.

Urumqi is also where we learned that the Chinese observe the siesta...China keeps only one time zone, and Urumqi is as far west of Beijing as Seattle is from Washington, D.C. So “morning” in Urumqi runs from 9:30 through about 1:30, then there is siesta, and “afternoon” begins at 4:30. During siesta, many shops, restaurants, and businesses are closed. (The same is true of Turfan, which is in the same province—Xinjiang—as Urumqi.) [Next issue: Turfan and possibly Dunhuang.]

Change in Board Meeting Dates

Effective in October, the EX-Ls Board began meeting on the second Thursday of the second month of each quarter. It is hoped that this will provide enough time for the editor to survive any future production glitches and still get the newsletter out to the membership in a timely manner. The schedule on the back page has been changed to reflect this.

Solution to Ex-L 3

¹ P	R	² O	P	³ I	N	⁴ Q	U	⁵ I	T	⁶ Y
A		B		D		U		N		A
⁷ R	E	L	I	E	V	E		⁸ C	U	R
I		I		S		N		I		E
⁹ S	A	T	E		¹⁰ S	C	A	N	T	
H		E		¹¹ F		H		E		¹² S
	¹³ B	R	E	A	D		¹⁴ T	R	I	M
¹⁵ C		A		R		¹⁶ I		A		I
¹⁷ L	E	T		¹⁸ D	E	M	E	T	E	R
A		E		E		A		O		C
¹⁹ M	I	D	D	L	E	M	A	R	C	H

In the notes,

[anag] = anagram,

[hom] = homophone,

[rev] = reverse,

() = delete the letter(s) included in
parens,

in = inserted into, and

+ = concatenate.

Across

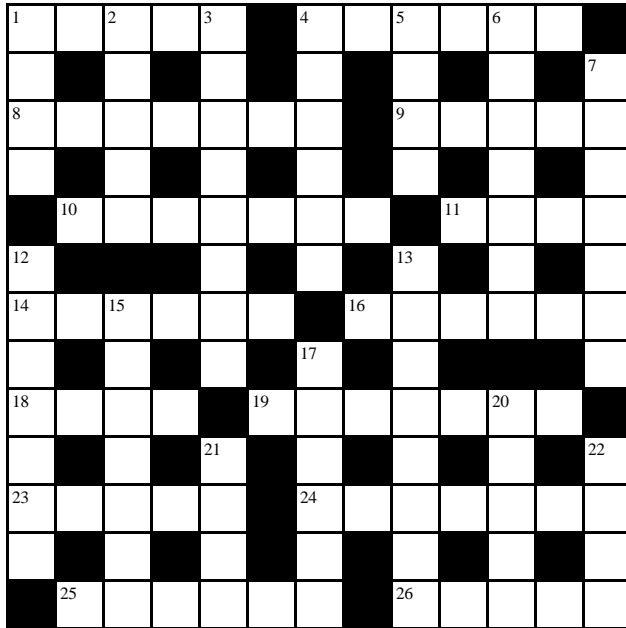
- prop + in(i)quity
- i.e. *in* lever [anag]
- cur(t)
- sat E(ast)
- can *in* St.
- bred [hom]
- mirt(h) [rev]
- 2 meanings
- deme + t + E + r
- novel by George Eliot; *ref.* Ides of March

Down

- par-ish
- ob + literate + d
- I'd + SE [rev]
- (Hene)quen + ch(annel)
- (N + ratio + nicer) [anag]
- y + are
- (led + RAF) [rev]
- chirms [anag]
- cla(I)m
- (M(i)ami) [rev]

EX-L 4: Cacophony

Erith Ehrer



Twelve of the clues to this crossword have no definition part because the answers share the same definition, which is left to the solver to discover. In all other respects, the clues are normal. (This will turn out to be easier than it might appear at first blush. Solution next issue.)

Across

1. Detailed goat? (5)
4. Are chopped in reed. (6)
8. Cancel nothing. (7)
9. Construction materials without Mom. (5)
10. Engagement I am hearing before dark. (7)
11. Low round number. (4)
14. Set right. (6)
16. Colors hurt tense soprano. (6)
18. Collections of coins with no center. (4)
19. Old dance company approached quickly. (7)
23. Start handing money to a beast. (5)
24. The end comes after violin shatters green gem. (7)
25. It's a crazy time. (6)
26. Large fish left out. (5)

Down

1. European said to lie in the sun. (4)
2. Earth's endless earthquakes around the center of the earth. (5)
3. Named within in combination, it went first. (8)
4. Bad actor's in the drink. (6)
5. Odd-ball lost his head. (4)
6. Dilapidated summary. (3-4)
7. Embrace a Web-based partner?
12. Showy mountains come up a little short. (7)
13. A model map I drag around. (8)
15. A crippled one. (7)
17. Yo-Yo's little boy? (6)
20. German town crier loses head for time. (5)
21. Lady who's mixed up in XV. (4)
22. Contents of beaker needed. (4)

IN MEMORIAM

George Constantian

Michael Goldstein

Ron Ross

David Ruiz

**WELCOME
NEW MEMBERS**

Gerald Adamson

Open Enrolment for New Members

If any of you members know of Lab ex-employees who might be interested in joining the EX-Ls, have them contact Bud Larsh by e-mail at AlmonLarsh2@juno.com, or by phone at 510-724-1202. Bud will provide them with information about our group, and send them a membership application. Or, send their names and addresses, e-mail or otherwise, to Bud, for followup.

SEE YOU AT THE NOVEMBER 20 LUNCHEON

To: Inge Henle
820 Villa Lane #3
Moraga, CA 94556
Be sure to make reservations by November 14

From: _____

I plan to attend the EX-Ls luncheon \$18 PREPAID

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

Menu Choice(s): Beef ____ Fish ____ Salad ____

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

EX-Ls EXPRESS – Fall 2003

Editor: Dave Stevens

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EX-Ls BOARD OF DIRECTORS

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Board Meetings

LBNL Cafeteria, 3:45 PM
January 8, 2004
April 8, 2004
July 8, 2004
October 14, 2004

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

Luncheons

November 20, 2003
February 19, 2004
May 20, 2004
August 19, 2004

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