

# 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**

With this, my last Message as EX-Ls President, I want to look backward and forward to highlight some of the EX-Ls activities over the past year and to call your attention to upcoming events and opportunities. For many of you, our quarterly luncheons have been the main focus of your continuing interest and participation. During the past year, Rollie Otto secured an interesting and well-received set of speakers – with topics ranging from the Next Generation Light Source to the origins of the universe to our own aging. This series will be capped by a presentation from Lab Director Paul Alivisatos at our upcoming November luncheon, where Paul will describe the various new (and current) directions for the lab. At the same time, our tireless activities coordinator, Vicky Jared, has worked to keep our luncheon costs from inflating, yet still ensure that we've had good food to serve as a backdrop for our socializing at lunch. My thanks for their efforts this past year.

Speaking of activities, we had, by all accounts, a very successful cruise on the Bay in July, co-sponsored with one of our 'sister' retiree organizations, UCRAB (UC Retirees at Berkeley) and we plan to continue to look for other similar outings. If you have ideas for such activities that we might sponsor (or co-sponsor), I'm sure Vicky would be happy to hear from you. Her e-mail address is listed in the membership directory that accompanies this edition of the newsletter (as are the e-mail addresses for others I mention below).

Our nascent partnership with the lab's Center for Science and Engineering Education has resulted in a few EX-Ls members signing up as presenters for some of the elementary school science education programs. We encourage more of you to provide your experience and expertise to helping with this very worthwhile effort. You can contact CSEE through the lab website. As noted in the last newsletter, the EX-Ls Board has approved a dues increase (to \$15 per year) – the first ever such increase. At our recent meeting, the Board also extended the life membership program – for new memberships (don't forget, the first year is free) or for renewals the life membership is \$150. Speaking of membership, we've had a number of new members this past year, so our current membership is about 285. We hope our efforts at providing interesting luncheon speakers (and good food at a reasonable cost) and other activities and opportunities to otherwise engage you will continue to attract new and renewing members. If you know recent – or even not-so-recent – retirees who haven't joined us (and you think we are a worthwhile bunch of folks), extend an invitation to join. By the way, we are open to all former lab employees, not just 'formal' retirees. [President's message continues on page 6.]



**2010 Fall Luncheon**

**Date:** Thursday, November 18, 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:** Paul Alivisatos, Director, LBNL

**Subject:** Dr. Alivisatos will talk about how the Laboratory has been a world leader to develop methods of converting solar energy into renewable transportation fuel. As director of the Helios Solar Energy Research Center, Dr. Alivisatos has overseen transformational research into artificial photosynthesis and nano-based photovoltaic technology.

**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](mailto:jaredrv01@aol.com), or telephone at 925-228-2145.

**It is imperative that Vicky receive your reservations  
by November 15, 2010.**

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## From our August Lunch

*Reported by Rollie Otto:* Judy Campisi spoke on “Aging and cancer: Rival demons”. Judith Campisi received a PhD in Biochemistry from the State University of New York at Stony Brook, and postdoctoral training in cell cycle regulation and cancer at the Dana-Farber Cancer Institute and Harvard Medical School. As an Assistant Professor at the Boston University Medical School, she became interested in the control of cellular senescence and its role in tumor suppression and aging. She left Boston University as an Associate Professor to accept a Senior Scientist position at the Lawrence Berkeley National Laboratory in 1991. In 2002, she established a second laboratory at the Buck Institute for Age Research, where she is a Professor. At both institutions, she established a broad program to understand various aspects of aging, with an emphasis on the interface between cancer and aging. The Campisi laboratory has made several pioneering discoveries in these areas, and her research continues to challenge and alter existing paradigms. In recognition of the quality of her research and leadership in the field, she has received numerous awards, including two MERIT awards from the US National Institute on Aging, and awards from the AlliedSignal Corporation, Gerontological Society of America, American Federation for Aging Research, and, most recently, the Ipsen foundation. She currently serves on numerous national and international editorial and advisory boards.

Judy began her talk by showing that the human population distribution by age is changing rather dramatically. The good news is that we are living longer; the bad news is that we can't afford the medical costs associated with living longer. She posed the questions: Why are we living longer and why will it drain our resources? The short answer is that biomedical science and technology is becoming very good at treating individual diseases, but it's poor at addressing the basic aging process. By asking *what is the basic aging process* she set the stage for looking at cancer as unique among age-related diseases. There is a common biology for all organisms that links age-related diseases and aging, with the incidence of disease remaining low for some time in young adults and then rising rapidly with age. While most age-related diseases are associated with degenerative cell function, cancer is not degenerative; rather cancer cells gain new aberrant functions.

Judy then led us through a short explanation of why and how cells become cancerous. Reminding us of the work of Mina Bissell and the role of the extracellular matrix, Judy showed cancerous human breast cells that had been reverted to normal function even though they retained malignant phenotypes. So both mutations and degraded tissue environment contribute to the onset of cancer. The realization that both processes are working throughout our lives and that young adults have low cancer incidence rates led her to hypothesize that a tumor suppression mechanism is at work at young ages. Following some indirect evidence she focused on the natural mechanisms that lead to cellular senescence and apoptosis, the first of which leads to turning off the cell's ability to reproduce, and the second causing the cell to be broken down and eliminated. The focus then turned to senescence, because it can alter the tissue environment. Judy introduced her group's research on SASP (the senescence-associated secretory phenotype: proteins with biological activity that are secreted by senescent cells) found in senescent cells that

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can both disrupt and help repair surrounding tissue. This led to a careful look at the molecular processes associated with the immune system and its role in destroying senescent cells. Again it was interesting that inflammation from the immune response was implicated as harmful to the repair of tissue and keeping senescent cells in check. In this way inflammation contributes to an increased risk of these cells leading to cancer.

The group's research is focusing on strategies to suppress the senescent secretory phenotype without reversing the growth arrest and strategies to eliminate senescent cells (harness the immune system). They have had some success in extending the natural life time of organisms such as worms and mice.

Judy walked us through this highly interesting but incredibly complex topic that required the mastery of many fields of biology. The fact that researchers can make progress studying aging and begin to understand the processes at the molecular level that lead to aging is amazing testimony to 20<sup>th</sup> century science and technology and the promise of 21<sup>st</sup> century discoveries.

*Luncheon Attendees:*

*Note: This list includes those members of UCRAB who joined us as well as the EX-Ls; UCRABs are asterisked*

Maxine Adams	Jim Haley	Gladys Perez-Mendez & guest Dick Koch
Janine Augst*	Patsy Harvey*	Fred Perry
Bob Avery	Harry & Kate Heckman	Patti Powers-Risius
Dick Baker	Ingeborg Henle	Esther & Ron Schroeder
Edwin Baker*	Patricia Hom (UCBRC)	George & Irene Shalimoff
William Baker	Susie Huang*	Brenda Shank
Winnie Baker	Vicky & Richard Jared	Starr Shulman
Tom & Marcia Beales	Hilma Johnsen	Robbie & Mary Smits
Edward & Mildred Bennett	Joseph Klems	Karen Springsteen
Gene & Myrna Binnall	Matt Kotowski	Frank & Marie-Agnes Stephens
Ann Marie Bonnel*	Natalia & Andre Kusubov	Dave & Sally Stevens
Fadhilla Bradley*	Glen & Jean Lambertson	Greg Stover
Joyce Burks*	Bud Larsh	Suzanne Stroh
Crista Chow* & guest Jean Han	Willard Lawrence	Carol Taliaferro
Patrick Cullinane	Doug McWilliams	Jack Tanabe
Per & Eleanor Dahl	Bob Miller	Clyde Taylor
Andy DuBois	Nancy & Vic Montoya	William Turner
Ben & Mary Feinberg	Mack & Ann Morgan	Allan Zalkin
Trudy Forte	Marty Morimoto & guest Jeanne Miller	Judy Campisi (speaker)
Marilyn Fulrath* & guest Karen Euston	Bob Mortiboy	Susan Brady (guest)
William Gilbert	Rolf Muller	Sam Chapman (guest)
Don & Becky Grether	Rollie Otto	Armando Viramontes (guest)
Connie & Ed Grondona	Steve Ow-Ling*	
	Beresford Parlett*	

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### Editor's Note

The delayed report of the talk at the May luncheon may be found on page 8 of this issue. The July Board meeting will be in 54-130B (see the calendar on the back cover). Louise Vogelsberg has graciously responded to my call for a successor as newsletter editor, and she and I will be working out the details of the transition. In the meantime, if you have comments on the newsletter in general, or suggestions for articles, you can continue to contact me at david\_stevens@comcast.net, at 1107 Amador Ave, Berkeley 94707, or 510-524-2904; I'll see that they are forwarded on to her. // dfs

### President's Message (continued)

Don Grether and I currently serve as EX-Ls representatives on the UC Berkeley Retirement Center Policy Board. As the newest kid on the block, I'm still learning who's who and what's what, but my experience thus far has reinforced my sense that the UCBRC plays an important function for both retirees (of all stripes, including all lab retirees) and for those planning retirement. For example, the UCBRC sponsors a planning for retirement series (this is for current UC or LBNL staff) every semester, so if you have colleagues or acquaintances at the Lab contemplating retirement tell them about UCBRC and this program (or better still, folks for whom retirement is still a ways off – it never hurts to start thinking and acting on some of this way ahead of time – even more important given the current post-employment climate). Those interested can e-mail projects@berkeley.edu and they will be put on a notification list for the next offering of the course. The EX-Ls, as one of the constituent organizations, provides important support and input to the UCBRC via the aforementioned Policy Board.

There are three other recent EX-Ls Board actions that I want to mention. First, we have made arrangements with the UC Archives at the Bancroft Library to archive EX-Ls materials. If any of you have a treasure trove of EX-Ls history occupying space in your attic and you'd like to find a happy home for it, give me a call and we'll add any unique contributions (i.e., items not already in place) to the archives. Second, we have begun to investigate reinstating the Lab Director's reception for retirees. This event used to be held annually (as far as we can tell) for the current crop of retirees, but we can find no record of this event post the formation of the EX-Ls back in 1982. If any of you have any records from or recollection of these events, we'd like to hear about them. You can contact either Rollie Otto or me. Finally, the Board has decided to investigate the design and feasibility of an LBNL retiree survey. Similar surveys have been conducted on campus – primarily amongst the emeriti – and within the Nuclear Science Division at the Lab. We are investigating how to go about this for the Lab retiree population – especially with an eye on capturing activities, etc. of Lab retirees that aren't strictly “academic”. Janis Dairiki is leading our effort on this and would be happy to hear from anyone who has ideas- or might be willing to help out.

Finally, this issue also marks another transition – the changing of the editorial guard for the *EX-Ls Ex-Press*. Dave Stevens has been the able and creative editor of this newsletter for eight years. He has also provided us, by his presence on the board, his insights, opinions, and sometimes unique takes on whatever matter was at hand. For these not inconsiderable contributions, the

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board and the EX-Ls at large are in his debt and we look forward to his continued presence and contributions on the board and, presumably, to the newsletter. We also welcome to the editorship – and to the board – Louise Vogelsberg, who has editorial experience of her own. The transition between Dave and Louise will likely occur over the next few issues and we look forward to Louise’ work on the newsletter (and her imprint on it) as well as her contributions to the board.

My year as President seems to have ended almost as soon as it started. I have no idea where the year went, but I want to thank my board colleagues for their support, their wisdom and enthusiasm for the EX-Ls organization. They get all the credit.

### **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).

### **Report of the talk at the May luncheon**

**Rollie Otto**

In May, Michael Barnett spoke to us on *The ATLAS experiment at the Large Hadron Collider: Mapping the secrets of the universe*.

Michael Barnett has been Head of the international Particle Data Group in the lab’s Physics Division for the past 20 years (as a Senior Physicist). He is a theoretical physicist but also a member of the ATLAS Experiment at the Large Hadron Collider at CERN. In that experiment, he serves as the Education and Outreach Coordinator. He has co-founded two highly successful national science education programs, QuarkNet and the Contemporary Physics Education Project.

In the past, he chaired the California Section of the American Physical Society, was VP of the No. Calif. American Assoc. of Physics Teachers, and was Chair of the US-LHC Users Organization. He is a Fellow of the American Physical Society.

The ATLAS Detector is located at the CERN Lab in Geneva Switzerland, 100 meters underground and in the 27 Km ring of the Large Hadron Collider (LHC). The hit movie *Angels*

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*and Demons*, starring Tom Hanks featured the LHC and ATLAS. The New York Time and CNN has done major features ATLAS as big science takes on big questions.

Michael introduced the science of ATLAS with just one word: WHY? With his experience as a scientist and educator he introduced the big questions in fundamental particle physics with clarity and humor for all. So why ATLAS? LHC has the highest-energy central collider particles (protons) in the world. Using the ATLAS detector the international scientific community seeks answers to the following fundamental questions: What is *dark matter*? Are there extra dimension of space and microscopic black holes? Is there evidence to support string theory? Is there evidence for the Higgs Boson (the origin of mass)? What happened to the antimatter formed in the Big Bang? In the process scientists hope to learn more about the fundamental forces that shaped the universe and will determine its fate.

LHC and Atlas provide the password to the secrets of the universe. Some amazing things about LHC include protons traveling at 99.9999991% the speed of light. The vacuum in the LHC ring is equal to the vacuum in interstellar space. (There is 10 times more atmosphere on the moon.) Protons colliding in the ATLAS detectors create temperatures that existed when the universe was just one billionth of second old. The ATLAS detector itself weighs as much as 100 747 Jets, is half the size of the Notre Dame Cathedral and has 76 miles of superconducting wire.

Michael then proceeded to hold us entranced with images of black holes, antimatter annihilations, extra dimensions of space, string theory and something called *super symmetry*, a strange idea in which fundamental particles and forces have partners in another dimension.

When we think about what we learned in school about atoms with their protons and electrons as the smallest particles and had our “fun” with Euclidian geometry in comparison with the reality we face today through scientific investigations, much of which is a legacy from Ernest Lawrence, we stand in awe of human ingenuity and curiosity as the story unfolds.

For those of you who want to introduce your grandchildren to this world early on or want a true conversation piece for your coffee table Michael as provided the following information

The amazing ATLAS pop-up book: *Voyage to the Heart of Matter: The ATLAS Experiment at CERN* sold out its first printing. The second (improved) printing will be available in mid October and can be pre-ordered from Amazon at: [http://www.amazon.com/Voyage-Heart-Matter-ATLASExperiment/dp/1906506124/ref=sr\\_1-4?ie=UTF8&s=books&qid=1283191237&sr=8-4](http://www.amazon.com/Voyage-Heart-Matter-ATLASExperiment/dp/1906506124/ref=sr_1-4?ie=UTF8&s=books&qid=1283191237&sr=8-4)

For a really cool review, see:

<http://coolsciencebooks.blogspot.com/2010/05/voyage-to-heart-of-matter.html>

### **News of our members**

**Per Dahl** began chemo-therapy on October 8, and is doing well.

EX-Ls past president **Bob Birge** died on August 16. There is to be a memorial service Sunday, November 21, at 3:00 PM at the UC Faculty Club. A full obituary is available at <http://www.lbl.gov/publicinfo/newscenter/tab1/2010/august/08-31-10/jump.html>.

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Apologies to **Darlene de Manincor**; I spelled her name incorrectly in the welcoming message in the July newsletter.

**Keeping Up with the Lab**  
(Snippets gleaned from [FriendsOfBerkeleyLab.lbl.gov](http://FriendsOfBerkeleyLab.lbl.gov),  
plus *News Center* and *Today at Berkeley Lab* at [www.lbl.gov](http://www.lbl.gov))

**Moving up the food chain**: Laboratory wildlife is once more in the news: this time for mountain lions instead of turkeys. There have been several sightings, including a female and two cubs, plus some carcasses that suggest that they are not starving. The hope is that they can be humanely relocated to a range where there is less likelihood of inadvertent interactions with humans.

The Lab's **second-ever open house** on October 2 was by all reports a great success, with a large proportion of the visitors being young folk. An excellent photo of the carbon nanotuballoon can be found on-line at <http://www.flickr.com/photos/acornsarebitter/5072664287/in/set-72157625128601076/>. (The Official photos are at <http://www.flickr.com/photos/berkeleylab/>)

**Art at the Lab**: Artist Kate Nichols longed to paint with the iridescent colors of the Morpho butterfly, but no such pigments existed. So she became the first artist-in-residence at Berkeley Lab, working to synthesize nanoparticles to create the "structural colors" of the butterfly wings and incorporate them into her artwork.

**Election Meeting at the November Luncheon**

You are reminded that EX-Ls holds its election meeting each year at the November luncheon. Second VP Joe Jaklevic will present the following slate of candidates:

President: Rollie Otto  
First VP: Joe Jaklevic  
Second VP: Trudy Forte  
Secretary: Karen Springsteen  
Treasurer/Membership Coordinator: Suzanne Stroh  
Activities Coordinator: Vicky Jared

In accordance with our by-laws, the President will present this slate for approval at the meeting. If the slate is approved by a majority of those attending the meeting, the slate as proposed is accepted. If the slate fails to gain a majority of the votes, separate votes will be taken for each position. At this time, nominations from the floor will be accepted to compete with the Board's nominee, under the condition that the nomination be endorsed by at least one-fifth of the members present.

**From the UCOP Webcast on the future of post-retirement benefits, Sept 24, 2010**  
**D F Stevens**

The format of the webcast was a panel discussion, moderated by Penny Herbert, staff advisor designate to the Regents. The panelists were Nathan Bostrom, Executive VP of Business Administration; Dwaine Duckett, VP for Human Resources; Larry Pitts, Provost and Executive VP for Academic Affairs; and Robert Anderson, Vice-Chairman of the Academic Senate.

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Opening statements took about 15 minutes, and the rest of the time (approximately an hour and a quarter) was devoted to responding to questions and comments from the audience, which ranged from about 2400 to about 4100, most of them on-line. A video and transcript are available at [universityofcalifornia.edu/sites/ucrfuture](http://universityofcalifornia.edu/sites/ucrfuture), so I will not attempt here to provide “minutes of the meeting”, but rather a summary of what I consider to be the main points of interest to the EX-Ls. (Note that if you wish to watch the tape or read the transcript, you should first click on the yellow link for September 28 when you access the site, and then, after reaching the September 28 site, click on the appropriate phrase highlighted in blue.)

The main points to which the panelists kept returning, both in their opening statements and in their responses to the audience were:

- the pension program is seriously underfunded
- health care costs are growing faster than the University can keep up
- the University is committed to a defined *benefit* plan rather than defined contribution
- pension benefits won't change for those already in the system or retired
- UC contributions to health insurance (for all, including retirees) will decline over a several year period from the current ~90% level to ~70%
- UC and employee contributions to the pension program have resumed and will be gradually increased to an actuarially sound level

Most of the discussion – and questions – centered on the retirement pension program, with health insurance (for all) and compensation (for active employees) being touched on only occasionally. The main point is that for new employees (beginning in 2013) both vesting and attainment of the maximum multiplier will happen later than under the current plan. Three plans are under consideration, with varying levels of contribution/benefit and integration with social security. There will be more campus discussion meetings before President Yudof presents his recommendations to the Regents at the regular November meeting. The Regents are expected to approve a final plan at a single-agenda meeting in December. It was noted that this initial step won't include represented employees because the University is required to conduct separate collective bargaining sessions with each union involved, but it will form the basis for the University's position at the bargaining table.

In an attempt to reduce the cost of health insurance, the University is considering the development of a *custom network* option that would be less expensive than the current options. It is possible that this will be available in 2011. It was acknowledged that this might require some people to change doctors.

There were several pointed questions to the effect of *How did we get so far behind? Why didn't you/we resume contributions earlier?* With respect to the first, there was no very clear answer, but the tenor was that the economic decline was more abrupt, deeper, and longer than anticipated. With respect to the second, it was noted that neither the State nor the unions were

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willing to go along with a resumption of contributions, the implication being that the University was unwilling to go it alone.

One question touched on a subject of fairly obvious interest to many EX-Ls: *If we leave University employment and return later, what plan will we be under?* It was acknowledged that that problem had not been explicitly addressed, but was (now) recognized as a problem that needed to be solved. The belief was that if re-employment took place in or after 2013, it would be subject to the new plan, but that the employee could maybe keep some or all existing benefits accrued under the current plan, depending upon the level of vestiture. (This could obviously get rather complicated for someone who left the U after initial vesting but before achieving the maximum multiplier.) It was stated that there would eventually be a formal response on the website. [But as this is being written, it has not yet arrived, nor was it addressed in President Yudof's letter to the university community about his recommendations to the Regents (see below).]

**The Yudof Letter**  
**D. F. Stevens**

On October 26, President Yudof addressed a letter to the entire university community outlining the recommendations he intends to present to the Regents in November. That letter, along with more commentary than you probably care to read, is available through the website noted in the first paragraph of the preceding note; see the first of the entries for October 26. One of the recommendations that inspired the most incendiary comments is "I [Yudof] will also recommend that we no longer subsidize survivor benefits...." What seems to have been missed by those commenting is that Yudof goes on to state that "This recommendation does not affect pension benefits for current employees...only future employees." Unfortunately, from my point of view, Mr. Yudof does not explicitly include current *retirees* in his disclaimer, but the last phrase would seem to do so. Of more direct concern to EX-Ls is the recommendation that UC reduce its contribution to retiree health premiums (for both current and future retirees) over time by 3% per year, beginning in 2011, from the current level of about 89% (averaged over all plans) to a floor of 70%.

**From the Berkeley Retirement Center**  
**Patrick Cullinane**  
**[thecenter.berkeley.edu](http://thecenter.berkeley.edu) – 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.olli.berkeley.edu](http://www.olli.berkeley.edu).

Learning in Retirement: *Why so many creatures and why does it matter?*, a new series on biodiversity, will be held on four Tuesdays in November and December, beginning November 16. For more information and to register, contact the Center.

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Coming of Age: Temple University has developed a program support a productive and equitable aging society, called *Coming of Age*. There is now a version of this program sponsored by the counties of Alameda and San Francisco. You might wish to check out their website ([comingofage.org/bayarea](http://comingofage.org/bayarea)).

**EX-Ls Joins Berkeley Lab at the Solano Stroll**  
**Vicky Jared**

The EX-Ls responded to a request from the Laboratory's Public Affairs Office for volunteers to join their outgoing and charismatic staff in the Lab's booth at the annual Solano Stroll held on September 12, 2010 in Berkeley. The Solano Stroll is an annual Berkeley/Albany joint affair that features a parade down Solano Avenue, exotic food, live entertainment and informational booths staffed by local businesses and organizations. Besides the Lab staff (under the direction of Armando Viramontes), Rich Sextro, Jeanne Miller, and Vicky Jared volunteered to answer questions and hand out literature for two-hour intervals during the Stroll. The Stroll is a unique opportunity to engage the local community and share with them the science that goes on at the Lab. A good time was had by all, and many visitors came to the booth and asked good questions, and picked up information on our science projects (e.g. the Darfur stove) and for the Lab's Open House. You can view a few photos of the event on the EX-Ls' Picasaweb Photo Page at <http://picasaweb.google.com/EXLpics>.

**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
England (London, Bath, & York)	2010	Suzanne Stroh & Karl Olson
Geneva	2010	Janis & Ned Dairiki
Great Britain & Ireland	2009	Dave & Sally Stevens
Maryland	2010	Dave & Sally Stevens
Maui	2009	Brenda Shank & Bud Larsh
New Hampshire	2009	Igor Blake
Oregon	2009/10	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
Portugal (Lisbon)	2010	Janis & Ned Dairiki
Russia (Volga)	2009	Igor Blake
Scotland	2009	Igor Blake
South Africa	2009	Tom & Ione Elioff
South Dakota	2009	Jose Alonso
Spain (Andalucia)	2010	Janis & Ned Dairiki
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

### **CUCRA/CUCEA/AROHE**

All three of these organizations met shortly the newsletter went to press, and so reports will have to wait for the next issue. (For acronym collectors, the three above refer to the Council of UC Retiree Associations, the Council of UC Emeriti Associations, and the Association of Retirement Organizations in Higher Education.)

### **Gleanings from the Web – i A pun a day keeps boredom away**

1. The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. She was only a whiskey maker, but he loved her still.
4. A rubber band pistol was confiscated from algebra class, because it was a weapon of math disruption.
5. No matter how far you push the envelope, it'll still be stationery.
6. A dog gave birth to puppies near the road and was cited for littering.
7. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.

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8. Two silk worms had a race. They ended up in a tie.
  9. A hole has been found in the nudist camp wall. The police are looking into it.
  10. A negligent woman is one who absent-mindedly answers the door in her nightgown.
  11. Atheism is a non-prophet organization.
  12. One hat to another on the same rack: "You stay here; I'll go on a head."
  13. I wondered why the baseball kept getting bigger. Then it hit me.
  14. A sign on the lawn at a drug rehab center said *Keep off the Grass*.
  15. The midget fortune-teller who escaped from prison was a small medium at large.
  16. The soldier who survived mustard gas and pepper spray is now a seasoned veteran.
  17. A backward poet writes inverse.
  18. In a democracy it's your vote that counts. In feudalism it's your count that votes.
  19. When cannibals ate a missionary, they got a taste of religion.
  20. If you jumped off the bridge in Paris, you'd be in Seine .
  21. A vulture boards an airplane, carrying two dead raccoons. The stewardess looks at him and says, "I'm sorry, sir, only one carrion allowed per passenger."
  22. Two fish swim into a concrete wall. One turns to the other and says "Dam!"
  23. Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.
  24. Two hydrogen atoms meet. One says, "I've lost my electron." The other says "Are you sure?" The first replies, "Yes, I'm positive."
  25. Did you hear about the Buddhist who refused Novocain during a root canal? His goal: transcendental medication. Besides, he'd been to that dentist several times and knew the drill.
  26. Have you tried *Gargoyle*, the olive-flavored mouthwash?
  27. Sarchasm: The gulf between the provider of sarcastic wit and his audience. (A similar gulf exists between the punster and *his* audience, but it has yet to be named.)
  28. George lost the whole left side of his face, but it's all right now.
  29. Before that he was known as the cross-eyed teacher who couldn't control his pupils.
  30. What's the definition of a will? (It's a dead giveaway.)
  31. I couldn't buy my origami paper today because the store folded.

**Gleanings from the Web – ii**  
**A conversation with God**

A man spoke to the Lord, and said "Lord, I heard that a second to you is eternity to us. Is that true?" and the Lord, said "Yes, that's true". "Okay", says the guy, "well, does that mean that a penny to you is like a billion dollars to me?" And the Lord says, "Yes, that's true, too." So the guy says "That's interesting. Can I have a penny?". The Lord says "Certainly. Just hang on: I'll be back in a second."

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**SEE YOU AT THE November 18 LUNCHEON**

**To: Vicky Jared  
4849 John Muir Road  
Martinez, CA 94553  
Be sure to make reservations by November 15**

**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**

**James A. Baker                      Bob Birge  
Nina Hazleton                      Leo Skvarla  
Wynonna Witharm      Harold Wollenberg**

**Welcome New Members**

**Manjeshwar Bhat                      John Cahoon  
Cornelius Gaffey                      Robert Gribben  
Mark Horovitz                      Arlon Hunt  
Kevin Knauss                      Rosemary Lowden  
Ron Madaras                      Richard McDonald  
Sandy Merola**

**Directory:** We are unfortunately unable to publish the directory this month, except electronically. Anyone who wishes a copy, please contact me via e-mail, and let me know whether you prefer Word (.doc) or PDF format. The paper copy will be published in January.

**Membership Renewal:** Here is a heads-up to expect your membership renewal letter in January. The renewal fee for 2011 is \$15, with an option to purchase a life-membership at \$150. Reminder to new members: Your dues-free membership period extended through the *calendar* year in which you joined, so you will be billed in January along with the rest of us who are not life members.

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**LBNL EX-Ls**  
**530 Curtis Street**  
**Albany, CA 94706**

**Time Critical First Class**

**EX-Ls EXPRESS – Fall 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**

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Vice-Pres #1: Rollie Otto  
Vice-Pres #2: Joe Jaklevic  
Secretary: Karen Springsteen  
Treasurer/Membership: Suzanne Stroh  
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CUCRA/AROHE Rep: Janis Dairiki/Don Grether  
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Bill Bigelow: John Kadyk  
Gene Binnall: Ken Mirk  
Igor Blake: Conway Peterson  
Per Dahl: Sig Rogers  
Janis Dairiki: Clay Sealy

**Calendar of Board Meetings & Luncheons**

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: August 18, 2011

Board meetings start at **3:00** on the dates listed above, usually in **54-130B** (that's in the conference room addition to Perseverance Hall at 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.

**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](http://www.picasaweb.google.com/EXLpics)

**Photo Czar:** Ned Dairiki

**Website:** [www.lbl.gov/EX-Ls](http://www.lbl.gov/EX-Ls)

**Webmaster:** Richard Baker [[xrobaker@comcast.net](mailto:xrobaker@comcast.net)]