

EX-Ls

EX-PRESS

Volume 24 Number 2
Spring 2006

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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
John Kadyk

As we approach the date of our next luncheon, I try to imagine whether the sun will be shining once again some day, and the flowers blooming and the birds singing. Today (Easter), that is hard to imagine, with rain and wind still in control. We all know that there has to be a summer sometime this year, warm and dry, but that seems now far away and approaching only very slowly. March was the wettest month on record, I heard, with more days of rain than ever before. However, this year should be a good one for seeing wildflowers.

I think we all enjoyed the talk at the February luncheon by Bob Stokstad about his neutrino experiment at the South Pole. It seemed much warmer in Berkeley after seeing his pictures of how work is done when the average daytime high temperature outside is minus 25 degrees Fahrenheit, and when their "autumn" weather arrives in late February, the high temperature drops to minus 40 degrees, perhaps with winds (well, at least there is no rain). So not to complain about our local weather. Janis Dairiki has contributed a nice summary of Bob's talk in this newsletter, with highlights of the work going on down there at the bottom of the earth.

This is the centennial of the "big one", along the San Andreas fault, on April 18, 1906. An interesting history and detailed description of the quake and its effects on San Francisco has recently been published in a book by Simon Winchester (well-known for many other popular non-fiction books, such as *The Professor and the Madman*) entitled *A Crack in the Edge of the World* (pub. 2005). We are due for another quake of 6.7 magnitude or larger with about 30% probability in the next 30 years on either the Hayward fault (going through Berkeley) or the San Andreas, and so about 60% probability total. However, I recently heard that the Hayward quake is more likely. Either is likely to be centered much closer to the Bay Area than the 1989 Loma Prieta quake, and at least as strong, and so much more damaging. I hope all the EX-Ls have had their homes retrofitted.

Speaking of anniversaries, this year is the 75th anniversary of the Radiation Laboratory, now the Lawrence Berkeley National Laboratory, and many activities and celebrations are being planned. I think that you've already heard that contributions to these events are being solicited from us old-timers, who might have memorabilia, anecdotes, etc. that could be given or loaned to help liven up the occasions (see the anniversary note on page 9; contact Ron Kolb or Terry Powell).

Some of us fondly remember the joyful 45th and 50th anniversary celebrations. Also, our August luncheon (Aug. 17) will be planned with special emphasis on the celebration of the Lab's anniversary (the Official founding date is Aug. 26, 1931).

Members are encouraged again to join the increasingly large group who are allowing their email addresses to be used when needed for announcements, etc. [continued on Page 8.]

EX·LS Ex·press



2006 Spring Lunch

Date: Thursday, May 18, 2006

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

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

Speakers: Linda Maio – Berkeley City Council (and former LBNL employee)

Subject: The Mysteries of Local Politics: How LBNL Prepared Me for Public Service. >>>Come prepared with questions!!!<<<

Menu: Bay Shrimp Louie Salad/1000 island dressing (with cup of chowder)
Sole Parmesan (with dinner salad)
Flatiron Steak w/ mushroom demi-glaze (with dinner salad)

Cost: \$20 per person (PREPAID)

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

**Spenger's management policy makes it absolutely imperative
that they receive reservations by May 15, 2006**

(Reservation slip on last page)

From our February lunch

Reported by Janis Dairiki, EX-Ls First Vice-President: Our speaker was Bob Stokstad, senior physicist in the LBNL Nuclear Science Division and head of the Institute for Nuclear and Particle Astrophysics. He spoke to us about IceCube – a neutrino telescope at the South Pole. He also shared with us what it is like working at the South Pole.

The Neutrino

Bob began by introducing the neutrino and its history. Early experimental results for nuclear beta decay required either an “invisible” particle or violation of the laws of conservation of momentum and energy. In 1930 Wolfgang Pauli postulated the existence of the neutrino to solve this problem and said, “I have done a terrible thing – I have invented a particle that cannot be detected.” However, in 1956, Fred Reines and Clyde Cowan first detected (anti) neutrinos from the Savannah River nuclear reactor. Their detector was 200 liters of water 12 meters underground; they observed 3 events/hour. Reines shared the 1995 Nobel Prize in physics for this work (~40 years after the experiment). By comparison, Bob pointed out that about the same time (in 1955) the search for the anti-proton was being conducted at the Bevatron; this work led to the 1959 Nobel Prize in physics for Chamberlain and Segre (only 4 years after the experiment!).

It was known at that time that the neutrino had no charge, “no” mass, spin = 1/2, and it was weakly interacting. In the 1970s three kinds or “flavors” of neutrinos – electron, tau, and muon neutrinos – were recognized. In 2000 SNO (the Sudbury Neutrino Observatory) and the KamLAND experiment in Japan (both with participation by LBNL scientists) showed that neutrinos can change their flavor and thus do have a little mass ($\sim 10^{-9}$ x the electron mass).

Since neutrinos interact only through the weak force, they have an enormous range. (Solar neutrinos easily penetrate a light-year of lead.) Neutrinos are detected when they collide with matter and produce fast-moving charged particles that leave tracks. Cerenkov radiation, which Bob likened to an electromagnetic “sonic boom,” is an ideal way to detect neutrinos. Cerenkov photons are detected by arrays of photomultiplier tubes and the tracks of the original particles then reconstructed. Requirements for a Cerenkov neutrino detector are (1) a large volume of transparent medium (e.g., water or ice) and (2) shielding from cosmic rays. The South Pole, while not providing ideal conditions for the experimenters does provide ideal conditions for the experiment: the medium (ice) and the cosmic-ray filter (the earth itself) are already in place. All that remains is to install detectors for the interaction products (electrons, tau particles, and muons.)

Most neutrino studies to date have involved neutrinos from the Big Bang or from the sun, with a maximum energy of $\sim 10^7$ eV. High energy neutrinos (from 10^9 eV (GeV) to 10^{15} eV (PeV) arise from cosmic rays in the atmosphere and possibly from WIMP (Weakly Interacting Massive Particle) annihilation, active galactic nuclei or gamma-ray bursts. Neutrinos can be used for

astronomy because they point back to their source; they have no electric charge and are not deflected by magnetic fields nor appreciably absorbed by matter. They are produced at the same sites where high-energy cosmic rays originate. Source candidates of both the neutrinos and the cosmic rays include galactic sources (a supernova remnant or black hole with the approximate mass of the sun) and extra-galactic sources (an active galaxy or a black hole with 10^8 x mass of the sun). IceCube is designed to detect these high-energy neutrinos.

Neutrino Detectors at the South Pole

The first neutrino detector installed at the South Pole was AMANDA (Antarctic Muon and Neutrino Detector Array), with 19 strings of optical detectors going down ~2000 meters into the ice. Since its completion in 2000 AMANDA has observed more than 3000 neutrino events, consistent with the expected atmospheric neutrinos. No evidence has been obtained for extraterrestrial neutrinos or point sources, and no exotica (e.g., WIMPs, monopoles) have been observed up to now. So, what's next? Obviously, one needs a larger detector – to improve sensitivity and discovery potential!

IceCube is that larger detector and is now under construction at the US Amundsen-Scott station at the South Pole. When completed in 2010 or 2011, IceCube will consist of 70-80 strings, each with 60 DOMs (Digital Optical Modules) located in a volume of about one cubic kilometer of highly transparent ice situated between 1500 and 2500 meters below the surface. These sensors will detect the optical light emitted by fast-moving electrically-charged particles (electrons, muons) moving upward, each of which is the result of a collision with a high-energy neutrino that penetrated the earth. IceCube will determine the directions from which the neutrinos came and how much energy each carried.

Working at the South Pole

Talk about a commute! Getting to the experiment at the South Pole takes five days – first a flight to LAX, then to Auckland, New Zealand, with a subsequent flight to Christchurch on the South Island. One then stops at the International Antarctic Centre staging area in Christchurch to get outfitted. Scientists are given warm fuzzy red jackets and everything else they need down to extra pairs of warm socks. One then flies to McMurdo Station in a C-141 or, worse, an LC-130 turboprop transport plane, which is an 8-hour flight in deafening noise. The pictures of people and gear crammed inside the plane did not make one immediately want to sign up for participation! After landing on the ice runway at McMurdo, one waits for a flight to the South Pole. One of the sights in view while waiting is the hut built by Robert Scott in 1903, one of the first buildings on the Antarctic Peninsula. One then flies across the Antarctic mountains to the Amundson-Scott Station at the South Pole. You know you have arrived when you see the official marker. (Figure 1)

The original station is a huge geodesic dome which protects the trailer-size buildings inside from the wind and blowing snow. The new station (to be finished in ~ 1 year) looks like a large, modern building and is built on stilts to keep it up above the snow.

A prominent part of the IceCube installation is the hot water plant and the hose used to “drill” the holes for installation of the strings of detectors. The hose provides hot water at 1000 psi and goes down to 2.5 km. The water is recycled via a second hose alongside. Once the hole is drilled, the team has 36 hours to deploy the detectors before the water starts to refreeze. Last year (January 2005), one string of 60 DOMs and four surface stations were installed; all the detectors have been performing at or above the specifications. This season (January – February 15, 2006) 8 more strings (480 DOMs) and 12 surface stations (48 DOMs) were deployed. All are working and sending data north. When the last string was deployed this year, the research team invited the manager of the South Pole station in to observe the first results (that’s supreme confidence!) and all were delighted when the detectors began communicating as expected. The detectors have been built for long-term reliability as, once they’re in the ice, they’re there. Only time will tell the end of the story.

During the summer season (October - February 15) there are a total of ~350 air flights into McMurdo station. Everything must come in by plane. When a plane lands, part of its fuel is drained and used to power everything at the Station. The average high temperature during the day in the summer is -25° F. By the end of February the average high temperature is ~ -40°F. Anyone still there on Feb. 16 won’t be able to leave until late August or October. Approximately 70 people remain at the station in the winter; the population grows to ~250 in the summer (limited by the number of beds).

IceCube and its Goals

IceCube is being built by an international collaboration of scientists and engineers from 23 institutions. The US funding (\$270M total) comes from the National Science Foundation; the lead institution is the University of Wisconsin-Madison. There is a large LBNL group (~30) in the collaboration; the group has several key responsibilities in the scientific and technical effort. In particular, the printed circuit board inside the DOM, with its 1500 electronic components, was designed and built at LBNL.

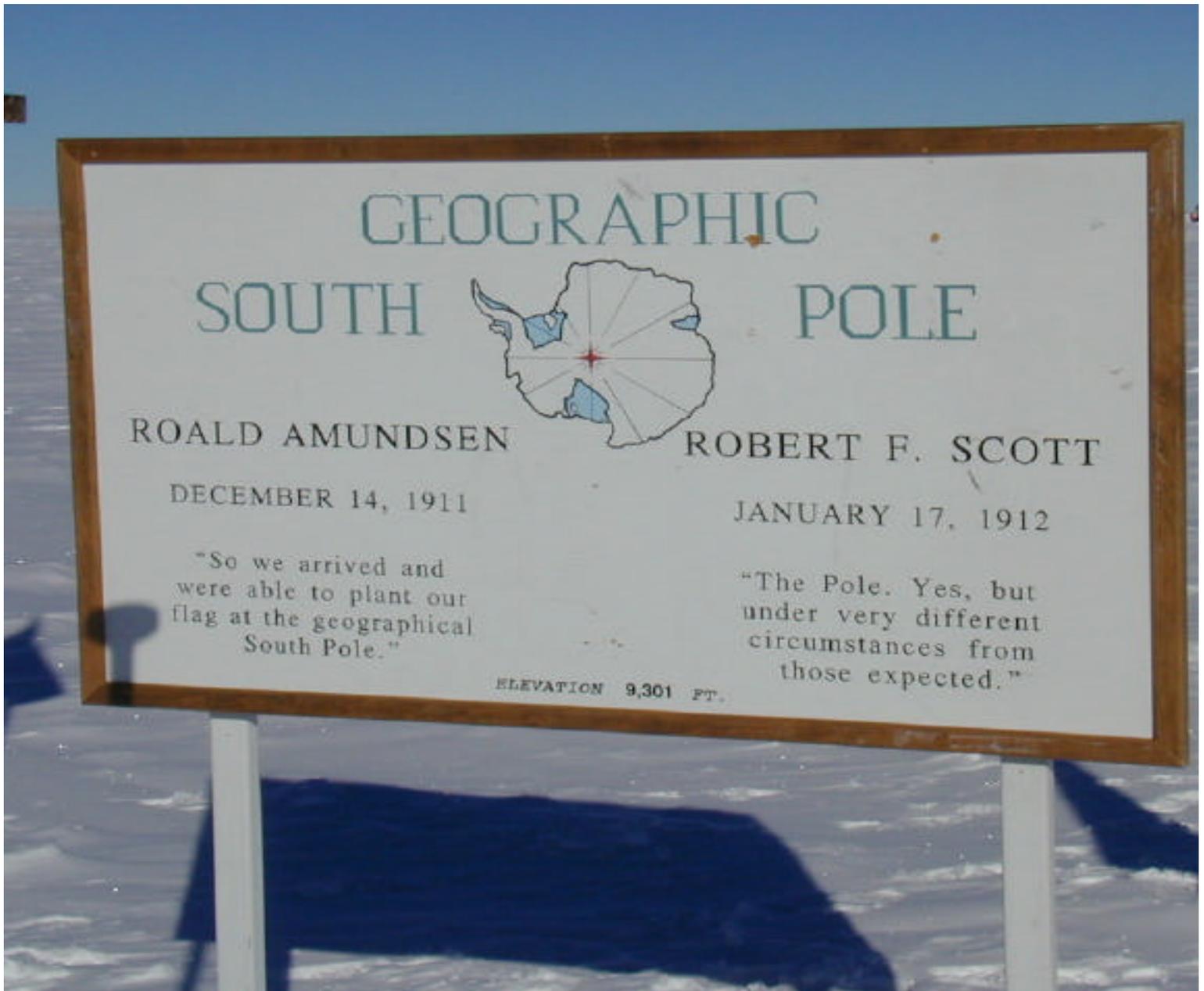
What do scientists hope to learn about neutrinos in the future, and by using neutrinos as messengers?

Precise information about neutrino properties – the absolute mass scale, the nature of neutrinos (is the neutrino its own antiparticle?) and the mixing matrix (which determines the oscillations). This will be studied using a variety of experiments.

In neutrino astronomy IceCube hopes to discover at least one (cosmic) point source, to map the neutrino sky, discover exotica (or rule out the models predicting them) and, maybe the most exciting goal – the unexpected!

To learn more and to see some wonderful pictures of IceCube and life at the South Pole, go to <http://icecube.lbl.gov>.

Figure 1. The South Pole marker



Luncheon Attendees:

Jose Alonso	Doug Drummond &	Ken Mirk
Al Amon	Elizabeth Ulrich	Bob Mortiboy
Sirley Ashley	Andy DuBois	Fred Perry & Bill Ardenyi
Bill Baker	Bob Everett	Conway Peterson
Dick Baker	Bob Fulton	Terry Powell & Martin
Winnie Baker	Lee glasgow	Jara
Roy Benedict	Abe & Marjorie	Don Prestella
Bill Benson	Glicksman	Sig & Cindy Rogers
Gene & Myrna Binnall	Don Grether	Stephanie Roth
Bob & Elizabeth Birge	Jim Haley	Elmer Silva
Igor Blake	Egon Hoyer	Robbie Smits
Kay Bristol	Roger Hughes	Dave & Sally Stevens
Dick Burleigh	Vicky & Richard Jared	Suzanne Stroh
Geores & Katie Buttner	John & Ann Kadyk	Clyde Taylor
Janice Button-Shafer &	Bud Larsh	Louise Vogelsberg
John Shafer	Ed Lofgren	Paul Wells & Traci Wells
Per & Eleanor Dahl	Ken Lou	Matheny
Janice & Ned Dairiki	Fritz & Joan Marg	Dick Wolgast
	Donald & Bertha Miller	Speaker Bob Stokstad

President's Message (continued from Page 2)

The Board promises to keep your e-mail addresses in privacy, and only send messages that could be of importance to the EX-Ls. There will be a sign-up sheet at the luncheon desk for leaving your name and address, or send the required information to Dick Baker, the czar of email (by mail, since a signature is needed); see the note on page 15. If you need some other method to enlist, contact a Board officer (me, for example).

I think that this completes the important items to relate to you - - oh, I almost forgot: Vicky Jared says that we will have sole for the fish at the coming luncheon (as you know, I think, we try to alternate with salmon): Vicky is the czarina of the menu (and other things as well) at Spenger's. Also, the widely heralded shrimp scatter, which we are only allowed once per year, will probably be in November, when we expect a larger attendance, and as a nice prelude to the holidays.

Meanwhile, have fun, but be good (are these compatible?), and we'll see you on May 18.

Editor's Note

The vicarious athletes among the members will enjoy the announcement of Geores Buttner's new enterprise, while Shirley Ashley's brief note will resonate with the more nostalgic. We also provide a CUCRA report that has some tidbits of information of interest to most EX-Lers, a teaser about upcoming tours sponsored by CUCRA, one of Shirley's interesting adventures, and one or two other bits and pieces. And as always, articles or ideas for articles are welcome; the

deadline for each issue is ten days after the preceding Board meeting (a full year's schedule is listed on the back page). You can contact me at david_stevens@comcast.net, at 1107 Amador Ave, Berkeley 94707, or 510-524-2904. // dfs

**The Old Radiation Lab
(A Memory)
Shirley Ashley, Octogenarian Retiree**

I just received my copy of *The View* (Vol. 4 No. 1) and on page 4 I saw a picture that sent me back in time and put me right there - EGAD! It must have been 58 years ago. Now I know I'm OLD but remembering about three weeks I spent in the Old Radiation Laboratory's Tool Crib on campus (substituting for a gentlemen on holiday) was a fun experience and I remember it as if it were yesterday. My job during that time was to keep track of the equipment and tools students and scientists checked out and needed for their various experiments. I worked for Stores "up on the hill" in Bldg. 7 at the time, and when my boss assigned me an "off the hill" job (on campus) it was especially pleasant because my husband (a returning WWII veteran) was a student at Cal and had classes in Hearst Mining. I was able to have our bag lunch with him on the lawn in front of that building. It was a nice holiday for me too.

75th Anniversary

This year marks the 75th anniversary of the Lawrence Berkeley National Laboratory. Founder Ernest Lawrence launched the Radiation Laboratory, predecessor to LBNL, on August 26, 1931 in a small building on the UC Berkeley campus. The Lab already has a new logo and Web home page design to commemorate the occasion: see

<http://www.lbl.gov/today/2006/Jan/05-Thu/01-05-2006.html>

Numerous activities and events are being planned to celebrate this historic year; look to forthcoming issues of the *View* and the Lab's website for more information. One of the planned events is a "Family Day" on August 26. (We should have more details on that for the July newsletter.) The lab has asked the Ex-Ls for any photographs, mementos, stories, or anecdotes members are willing to share to add to the celebration. Please contact Terry Powell (TPowell@lbl.gov or 510 486-4387) or Ron Kolb (RRKolb@lbl.gov or 510 486-7586) if you have any contributions.

The Ex-Ls plan to have a special program to celebrate the Lab's 75th anniversary at the August 2006 luncheon. Again, your suggestions and ideas as well as anecdotes and photos would be appreciated. Please contact Janis Dairiki (JMDairiki@lbl.gov or 510 486-5673). Check the Ex-Ls website (<http://www.lbl.gov/ex-l-express/>) for program details as they develop.

CUCRA Report

Bob Fulton

The Council of University of California Retiree Associations (CUCRA) spring meeting was held under sunny southern California skies, March 23, 2006, at UC San Diego. It was attended by representatives of all the campus and laboratory retiree associations, including your EX-Ls CUCRA representative, Bob Fulton.

After the usual introductions and approval of minutes, several items of interest were addressed. One was the effect of the new Los Alamos National Laboratory contract on its employee and retiree benefits, since the contract is now not with the University directly, but with a partnership of the University and its for-profit partners. In general, the UCRS assets, and I guess, PERS assets for LANL employees and retirees, will be separated from the rest of the system(s) assets. It was reported that the Regents are evaluating the issue. I found a web site that seems to address many issues important to LANL retirees: www.transition.lanl.gov. A group of LANL employees has formed the Coalition for LANL Excellence that you can Google for a non-official view of the situation.

Randolph Scott, from the Office of the President Human Resources and Benefits talked to us about the UCRS plan and recent Regent discussions of the comparisons of UC compensation with the market. Scott emphasized three points: 1) UCRP is important to UC total compensation, 2) UC is committed to maintaining the UCRP, and 3) UCRP is healthy. UC overall cash compensation lags the market by 10-15%, health and welfare leads by 10% and retirement benefits lead by more than 60%, and the Regents have decided to realign or rebalance these three components.

Of potential significance to all of us is the Regents' recent decision to reinstate contributions to the UCRS. The UCRS plan is presently funded at approximately 110% of its targeted long-term funding level, but without additional contributions it is projected to be at 85% in 2014. The Regents are now reviewing the issues of the amount of contributions, the mix of UC and employee contributions and the date of the start of contributions. However, the retirement benefits of present retirees will not be affected by any of this, nor will retirees be called upon to "contribute." We gave at the office.

But health care benefits are not as cast in stone as our retirement incomes. It was pointed out at the meeting that the federal government has provided significant funds this year under the new Medicare Part D prescription benefit for employers to continue providing drug benefits as good or better than Part D. This federal funding may not continue in the future, and could therefore provide additional pressure on our health care out-of-pocket costs. Scott mentioned that retiree health care benefits currently cost \$2.46/\$100.00 of employee compensation. This doesn't sound as bad as General Motors yet, but you can be sure this will continue to be looked at closely.

Some minor items from the meeting: it was agreed that CUCRA and CUSEA would continue to hold a joint meeting in the fall at a northern California location, this October it will be at UC Berkeley. The CUCRA bank account now includes approximately \$2300.00 received from the

UC Travel Interest Group for providing seed money for past tour packages, and CUCRA assets are now just over \$11,000.00.

UC Travel Interest Group Tours for 2006 and 2007

Rosemary Norling, UC San Diego, is again organizing tours for UC retirees. This time she has arranged for four tours during 2006 and 2007:

Mozart's Christmas – 8 days – December 8, 2006

Discover South America – 15 days – February 22, 2007

The Best of Eastern Canada – 9 days – June 2007

Exploring Greece and its Islands – 15 days – September 2007

Rosemary has arranged these tours through Collette Tours for several years, and I [Bob Fulton] have talked to a number of UC retirees who have enjoyed earlier offerings. Brochures will be available at the May EX-Ls lunch. Or, you can get more information by e-mailing Rosemary at rnorling@ucsd.edu.

Trip Reports

I: Sixty-nine at Sixty-nine

Geores Buttner-Clevenger

Preface

EX-Ler and 2284-mile "Historic Route 66" runner at age 66, now 69, plans to run US Highway 69 to Lake Wobegon, Minnesota, from Port Arthur, Texas. To get to Port Arthur (at the gulf of Mexico near the Louisiana border) from Berkeley CA he intends to drive van Liah south to Barstow CA, traverse Historic Route 66 as far as Vinita, Oklahoma (renewing old 66 acquaintances along the way), then drive south on H69 to the start line and get a preview of potential problems on the run back through OK & TX. Route 66 & Highway 69 share the same pavement from Vinita to Baxter Springs Kansas. From there the run will be due north through Kansas, Kansas City MO, through Iowa, including Des Moines, and into Minnesota, terminating at Albert Lea Lake. Approx. 1100 miles. You stop - You die. Leaving Berkeley CA 03/06/06.

Progress Report 1 - Prepared April, 7, 2006

Well, made it though Texas and into Oklahoma still intact, thanx be to a flock of angels (had a close encounter with a 60-mph house on one occasion). No one could do it alone. It's been one month since leaving Berkeley and 24 days since Port Arthur, TX. East Texas's enthusiasm, encouragement, generosity, kindness, and interest about this run has created a dilemma. Now it has to be completed. Thanx to the Highway Dept. for the wide shoulders. No thanx for the cities that provide no safe space for pedestrians.

Texas Totals: miles run (and biked) 346.6; days run, 25.5; time run, 3500 minutes; number of 6.9-mile runs, 50.23; average time per run, 69.68 minutes; pace, 10.06 mpm (minutes per mile).

Partial list of TX publications:

03/14; Port Arthur *News*; titled "Calif. man, 69, treks the entire length of US 69"; text by Ashley Sanders, photo by Mike Tobias.

KFDM-TV, Beaumont; 6-o'clock news, Kevin Fitch, photographer.

03/15; "Quietly running along" by Dee Dixon; photo, Mark Hancock.

03/23; Lufkin *Daily News*; front page, titled "Acting His Age" by Hina Alam, photo Joal Adams.

03/28; Jacksonville *Daily Progress*; front page, titled "Man on the Run"; text and photo, Coshandra Dillard. Also appeared later in *Bullards Weekly*.

03/31; KMOO Radio, on-air interview with Kenny Smith, AM, Mineola.

04/04; Greenville *Herald Banner* front page, titled "Going the Distance"; text and photo, Milton Dabb.

04/05; Interview with reporter, Clara "Pokey" Kozs.

04/09; Sherman *Herald Democrat*; p.A6, titled "Running Man"; text and photo, Ken Studer. Also publications in Mineola *Monitor*, Rains County *Leader* and the Tyler daily.

Progress Report 2 - Prepared, Easter, 2006, April, 16, 2006, Checotah, OK:

To date, since March 13, 2006 (35 days), there has been run, by a 69 year-old man, on U. S. Highway 69, 69 6.9 mile runs, averaging 69:19 minutes each. Also crossed over Interstate 40 today (three times). The fourth even-numbered one (I-10, 20, 30, & 40).

Longest single, non-stop, run: 8.1 miles. Longest 6.9 mile run: 78 minutes. Worst highway section to run on: Savanna to McAlester. Worst cities to run in: Lufkin and Terrible Tyler. Best gas station/food mart: Exxon in Bells. Best libraries: Bullard, Emory, Kountze, and Whitewright. Best radio station: KMOO, Mineola. Worst library: Durant. Best tavern; Millie's Place in Kiowa. Worst cops: Eufaula. Best cops: Kountze. Worst Wal*Mart: Jacksonville. Best truck stop: Flying J, Checotah. Best Jack-in-the-Box: Jacksonville (next door to the worst Wal*Mart). Best Dairy Queens: Rusk and Wells. Best pizza and buffet: Mazzini's in Lufkin. Worst pizza: Alto Shell station. Best Mex: Taco Mayo in Eufaula. Best dogs: Alba and Kingsley. Worst dog: Leonard. Best cows: Lone Oak.

Itinerary to midpoint of run (including an extra 3 miles to compensate for an errant 1-1/2 mile run past Blu [the bicycle] with head down into the wind).

April 17, AM run: to Checotah +10.9 miles PM run; to Checotah + 17.9

18, Pryor +4.1 Pryor + 11

19 Pryor +17.9 (cross I-44) Vinita +1.8 (Rte 66)

29 Vinita +8.7 (Rte 66) Vinita +15.6 (halfway there!)

No two days are alike, thank goodness:

04/12, the last day of month one, 1:30PM; sitting in front of the closed, Kiowa Library, even though the sign reads "OPEN 9AM to 5PM"...But that's kind of what the morning's been like.

Awake at 3:45 in a clearing off 69 that was parked in after dark. Started runner's oatmeal and coffee at 4AM. Ate the oatmeal then took a nap afterward with coffee on low to slowly perk. Woke up in morning light and discovered that Liah was parked in a driveway. In the ensuing rush to get things in order for travel, the hot, yes HOT, coffee came down in a shockingly painful gush on the bare right foot, scalding it red, and changing the color of a goodly portion of Liah's green carpet to brown. Applied cooking oil to the cooked part of the foot and three and a half of the toes and it felt better once it was through being touched. Then there appeared to be a truck coming from the inside of the gate, so immediately drove off before having secured things properly, causing more chaos inside Liah. A glance back with glasses on showed the truck to be a cow.

Now for the donning of running shoes and socks and a plan of attack. Decided to run one-mile segments as an experiment, and so the foot could be tended to often if need be - and it did. The first three treks weren't that bad, until the water blisters began to develop. Managed to finish the 6.9-mile AM run in 68 minutes in spite of more head wind, probably because the pain helped to run faster.

Locked Blu to a guard rail and drove Liah a mile north to visit the Kiowa library before the PM run. On the way there was this suspicious looking and acting vehicle, which had pulled alongside and then dropped back behind, right behind, Liah. Moved nervously over into the left lane to get ready for a left turn and so did the follower - a little unsettling. Saw the estimated desired street a little too late to spend much time in the turning median before turning and after the turn came the siren and multitudes of flashing blue, red, and yellow lights dancing about all over the place coming from light bulbs hidden in the vehicle stalking Liah and not noticed during the cat and mouse manoeuvres. It was a very exciting 5MPH half-block chase. When the chase was finally over, officer Steve asked, "How are you today, sir?" Felt like showing him the right foot, but afraid he might see the half eaten can of mixed vegetables as well and make an arrest for eating while driving.

Well, after fidgeting around for license, registration, insurance (whereabouts mostly unknown to a blank mind), he wanted to know more. So the stack of newspaper clippings about the run was brought to his attention. After perusing a couple of them he makes a mysterious phone call on his little cell phone. Was he calling for a paddy wagon? No! He was calling the newspaper in McAlester to see if they were interested in doing a story about this 69 year-old guy he had pulled over to cite for an illegal left turn (or who knows what?) who was running the entire 1136 miles of Highway 69 and looked like Santa Claus. Finding out that the runner was headed that way, the reporter decided to do the story tomorrow. Officer Steve turned over the cell phone number of the newspaper reporter and said, "Have a safe trip, and be careful."

"Gitty-up reindeer!"

The librarian went to a funeral.

Run, walk, swim, do aerobics, MOVE! // Geores

A Yahoo search for *buttner-clevenger 69* will bring up more than 250 entries. [Google doesn't seem to be as interested in Geores: fewer than 70 entries. ed]

II: Home from Christmas – Redmond to Richmond by Bus & Train **Shirley Ashley**

The adventure began at the Redmond, OR, airport at 5:10 PM on December 28. There were nine of us busing down to Chemult to catch the train south. This would ordinarily be a comfortable ride of less than two hours, giving us plenty of time to catch the 8:10 for Oakland, but...(a) there was heavy rain, turning to snow, and then to slick ice, (b) our driver was a trainee, and (c) her boss was sitting behind her all the way. She did beautifully throughout the ordeal, but because of the lousy conditions, we didn't arrive at Chemult until 8:30.

Not to worry: the train was late. Eight hours late. (Sigh. We later found out the cause was a couple in a small sports car just outside of Seattle who tried to beat the train to the crossing... and failed.) So the driver's boss persuaded the restaurant folks to stay open until midnight so that we could eat a little something and stay warm for at least part of the time. One of the group was a charming young lady who is a professional performing artist—she sings and accompanies herself on the guitar—and we persuaded her to play a couple of her original songs...both were beautiful, as is she.

It was still snowing hard when we moved to the platform area, so the bus stayed with us and kept the engine running and the heater on, and most of us stayed inside trying to get comfortable. The “misery loves company” syndrome made it easy for us to bond, and one young man managed to hook his laptop up so we could watch a movie. That sort of worked, but the people looked like snowmen and the voices were garbled. I was sitting behind the boss and could not see very well anyway, but that suited me fine because the movie had more swear words than I had never heard and more crazy antics than I cared to watch. (I am not a prude, but this movie was truly crude.)

Well, most of the gang got restless, and about 2:30 we asked the boss how much longer we had to wait. He was able to reach Amtrak on his cell phone, but the news was not good: two more hours. (Sigh.) We took the opportunity to slither out of the parking lot and head down the highway a few miles to the closest rest stop and a potty break.

Then back to wait for the train. A train did come—several did, in fact, but they were all freight trains, VERY long, with many cars and two engines. This should not have surprised us, because freight trains take priority on most sections of track (which are owned by the freight companies, and when there is a conflict, the passenger train must move to a siding to make way for the freight; each occurrence can add another 15 minute delay).

When we finally boarded the train—more than ten hours late—the crew tried to be friendly, but the day had been too much for them, too, so they were a bit grumpy and rather abrupt as they herded us aboard and into our assigned places. (Mine was a single seat in a small compartment

with eight double seats and some stored luggage.) Well, it was dark, and the previous occupants were snoring and snuffling, and the five others from our bus adventure soon joined them, but sleep eluded me.

My flashlight was in my carry-on, which had been stashed somewhere in the pile of luggage in front of the seats. So I crept slowly through the aisle and attempted to discover how to open the door and escape. (Up until then I had no idea that I suffer from claustrophobia.) I FINALLY got out of that room and made my way up the narrow, but well-lit, stairs to the observation car. It was now nearly 5:30, so I took a window seat on the east side and waited for the sunrise. I was essentially alone: The three other people in the car were an elderly man snoring, curled up in a corner chair, and a very young couple making out in the opposite corner. (I doubt that they were even aware of me.)

And then the most beautiful sight appeared before my eyes: the sun rose and presented me with the magic of Mt. Shasta in all its glory, covered with sparkling white snow from top to bottom: no flimsy fog bank at top or bottom and no clouds above. It was so beautiful that tears filled my eyes and rolled silently down my cheeks. Truly a spiritual experience. I understand now how the Indians worshipped the sight of this gorgeous mountain peak.

Then it was 6:30 AM, and I was one of the first people to enter dining area and partake of a delicious breakfast served at a table with a white table cloth and flowers in a vase. Shortly after I was seated, a retired couple came in and were seated across from me. They were an attractive couple—both in their late 60s—a widow and widower who had recently wed and playfully jested with each other. He was quite effervescent and anxious to tell us (a retired librarian had taken the fourth seat at the table) about how they had met and mended their broken, lonely hearts, while she sat and grinned (she said only a couple of words). Later on when I saw them after we had been pushed aside for several more freight trains, his enthusiasm for Amtrak had waned, and she was trying to console him.

I was never so happy to see my son as I was that night after we finally arrived. I am glad I don't have another train trip planned until April, when I go to visit my son and daughter-in-law to celebrate her upcoming 60th birthday. I'd fly if I could convince my cousin, who is going, too, but that is not likely, as she hates to fly. So another train adventure may be in the offing. The Amtrak folks have assured me that it is very unlikely that such a long delay would happen again. We'll see.

Beware of Geezers Bearing Gifts

A tour bus driver is driving with a bus load of seniors down a highway when he is tapped on his shoulder by a little old lady. She offers him a handful of peanuts, which he gratefully munches up. After about 15 minutes, she taps him on his shoulder again and she hands him another handful of peanuts. She repeats this gesture about five more times. When she is about to hand him another batch again he asks the little old lady, "Why don't you eat the peanuts yourself?"

“We can’t chew them because we have no teeth,” she replied. The puzzled driver asks, “Why do you buy them then?” The old lady replied, “We just love the chocolate around them.”

Beware the Obvious

A brief quiz to see how well-educated you really are

(Answers in the July Ex-Press)

- 1) How long did the Hundred Years’ War last?
- 2) Which country makes Panama hats?
- 3) From which animal do we get catgut?
- 4) In which month do Russians celebrate the October Revolution?
- 4a) In which month do Germans celebrate Oktoberfest?
- 5) What is a camel’s hair brush made of?
- 6) The Canary Islands in the Pacific are named after what animal?
- 7) What was King George VI’s first name?
- 8) What color is a purple finch?
- 9) Where are Chinese gooseberries from?
- 10) What is the color of the “black box” in a commercial airplane?
- 11) Who is buried in Grant’s tomb?

E-mail Distribution List

We have established an e-mail distribution list to be used only for late-breaking Ex-Ls news, for luncheon reminders, and to let people know when the EXPress is available on the web. Inclusion on the list is completely voluntary. If you would like to be on the list, please either e-mail our List Master (Richard Baker [robaker@lbl.gov]) or complete the form below and send it to **Dick Baker, 635 Yuba Street, Richmond, CA 94805**. (You may list up to three addresses, but note that all addresses will be used for distributions.)

Please add me to the e-mail distribution list; my e-mail address is:

Signed: _____

UC Retirement Center

The current agreement between the Lab and the Retirement Center ends in June. The Lab pays a substantial fee to have this service and is under increasing pressure to cut costs; they may not be able to justify retaining this service if it is not well used. So if you have intended to investigate or take advantage of the services offered by UCRC but have not gotten around to it, now would be a good time to do so.

In Memoriam

Owen Chamberlain Pearl Cone
Dennis Hall John Magee
William Oswald Jean Siri

>>WELCOME NEW MEMBERS<<

Bill Dolter Jay Marx
Loren Rehbock Elizabeth Ulrich

Membership in EX-Ls is open to all past employees of LBL/LBNL. Annual dues are \$12 per family, forgiven during the calendar year of joining for new members, and are now past due for 2006. New members, please include your name, address, phone number, and e-mail address if you wish to be included in the e-mail distribution list. Also, please include any other information you would like included in the annual membership directory, such as spouse's name, e-mail address, or fax number. Please send your check payable to EX-Ls to

**Bud Larsh, Treasurer
610 Devonwood
Hercules, CA 94547**

SEE YOU AT THE MAY 18 LUNCHEON

**To: Vicky Jared
4849 John Muir Road
Martinez, CA 94553**

Be sure to make reservations by May 15

From: _____

I plan to attend the EX-Ls luncheon >> \$20pp << PREPAID

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

Menu Choice(s): Beef __ Sole __ Salad __

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

EX-Ls EXPRESS – Spring 2006

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.

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Calendar of Board Meetings & Luncheons

	L: May 18, 2006
B: July 13, 2006	L: August 17, 2006
B: October 12, 2006	L: November 16, 2006
B: January 11, 2007	L: February 15, 2007
B: April 12, 2007	L: May 17, 2007

Board meetings take place in the LBNL cafeteria at 3:45 on the dates mentioned; we welcome attendance by interested members.

Ex-Ls Life Members

Shirley Ashley
Esther Colwell
Inge Henle

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