

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
Jose Alonso

Well, I'm back in Lead South Dakota again where the "usual" spring pattern is manifesting itself. It was 60 degrees on Friday, 10 inches of snow on Saturday, then 70 degrees on Monday. By Tuesday no evidence of snow, but we all know where that water went...right down into my mine! Just more to pump out. Things continue very well here. Jack Marburger, President Bush's Science Advisor, visited us last week and after an underground tour left with much praise for what we're doing. (Maybe it was relief that we'd returned him safely to the surface?) This week we're hosting a big conference to plan for the science programs at the new Lab. We expected 200, but had to cut off the registration when it soared past 300. Just not enough room in this small town! Even so, when you plan your summer vacations, DO chart a course through the Black Hills, it's a truly lovely area! Come visit! I'm told that after Mothers' Day chances of snow are really quite low.

At our April Board meeting we voted to make our 2007 contribution to the UC Berkeley Retirement Center. The Center provides many benefits and services to our retirees, including access to campus facilities such as libraries and the Scholar's Workstation, and also offers numerous opportunities for courses and coordinated activities. In recent months they have been severely hurt by budget cuts and personnel losses. We unanimously felt that our contribution to them would be appreciated, and would recognize an organization that really serves the needs of our retirees' community.

Luncheon this round will be at the Berkeley Yacht Club. Do plan on coming, it's always fun to catch up with our friends. We always love to see you, too!

We are thinking about organizing other activities for EX-Ls, such as excursions to local attractions such as the USS Potomac, Blackhawk auto museum, Golden Gate Fields, to list only a few. We'll be asking about your interest in this at the next luncheon, and if it appears that they would be popular we'll work on organizing such outings. Vicky Jared will be looking for your responses. Contact her either at the luncheon if you can attend, or if not, by phone or e-mail. Her contact information is given elsewhere in this newsletter (hint... look for the luncheon signup form... and, while you're at it, send it in!)

Save the June 5th date! This will be another round of the LBNL Wellness Fair. It's held on the lawn outside the cafeteria from 11:30 to 1:30 on Thursday, June 5th. We will be personing a booth, as we did last year, and are always looking for supporters to come and help. John Kadyk will again be holding down the fort, but will certainly appreciate some company. Do drop by! (If you'll recall, John's cookies were a tremendous hit last year, so if you want one, come early before they run out.)

All the best to you, and I look to see you at our Berkeley Yacht Club luncheon on May 15th.

EX·LS Ex·press



2008 Spring Lunch

Date: Thursday, May 15, 2008

Where: Berkeley Yacht Club <<< Note the location
1 Seawall Drive (at the foot of University Avenue), Berkeley
(Directions on page 7. Please save some close-in spaces for members who have difficulty walking)

Banquet/Meeting room: To right of entrance
Sign-in tables: Just outside the main banquet room
Bar Service: Located left of the entrance; opens at 11:30

Time: No-host Bar: 11:30 AM
Lunch Served: 12:15 Noon

Speaker: TBD

Subject: TBA

Menu: Buffet (entrees include chicken, roast beef, and salmon)

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 21. You may also reserve via e-mail to jaredrv01@aol.com, or telephone at 925-228-2145.

It is essential that Vicky receive your reservations by May 12, 2008.

From our February Luncheon

Reported by Don Grether. Our February speaker was Rick Diamond, Environmental Energy Technologies Division, LBNL, on the use of low-energy houses to reduce our carbon footprint, with examples from Berkeley, Kabul, and Washington, DC. [And, as will be seen, the term “low-energy” refers to life-style of the occupants as well as to the design of the building itself.]

“Carbon Footprint”

Rick began by explaining that our “carbon footprint” is the amount of carbon per person per day released into the atmosphere by all processes, especially those associated with the production and use of energy. The US average emission of carbon/day is 33 pounds per capita. The California average is 18 pounds, and the world average is 7 pounds. The USA and China are easily the largest carbon dioxide emitters. However, on a per capita basis we are at the top, followed most closely by Canada. China and India are near the bottom, but with growing emissions per capita.

Berkeley

Rick next addressed a typical house in Berkeley. In this typical house the energy uses are space heating (50%), major appliances (23%), water heating (13%), small appliances (7%) and lights (7%). In general, there are both no-cost and investment-required strategies to reduce energy use. For space heating, the no-cost ways include turning down the thermostat and closing the drapes at night; the investment-required ways include installing a programmable thermostat; insulating ceilings, walls, and floors; sealing large gaps in the envelope (e.g., around the chimney); sealing and insulating duct work; and installing an Energy Star furnace and/or windows. In the case of water heating, no-cost options include taking shorter showers, washing clothes in cold water, washing full loads in dishwasher, and reducing water heater thermostats to 120 degrees. Investment-required options include installing low-flow showerheads, insulating hot water pipes, installing a high-efficiency gas or instantaneous water heater, installing an Energy Star clothes washer or dishwasher, and installing a solar water heater.

In the case of electricity one can use power strips to turn off several devices at once, for example a computer and its auxiliary equipment. Some power strips even come with occupancy sensors. There are also devices that provide feedback on household electricity use, such as *Energy Viewer* and *The Energy Detective*. The electricity use in this typical house is fairly constant year round (no air conditioner), while - as one would expect - the gas use peaks in the winter. The CO₂ emissions attributable to electricity (from coal and gas fired power plants) and from burning natural gas follow the same pattern. The energy costs for the average Berkeley home are \$2246 per year, and for an efficient Berkeley home \$1075 per year. The typical home addressed above is a little lower than the latter.

The Internet based Home Energy Saver (<http://HES.lbl.gov>) can help a homeowner analyze the energy use in his/her home and provide advice as to how that energy use can be reduced.

Kabul

The initial concept was to do something for refugees in Afghanistan beyond building the classic mud-brick-walled houses that are prone to damage in an earthquake, and are not very energy efficient. An alternative is a foam panel technology whereby a slab of foam is encased in a cement board. The panels could be fabricated to several Afghan floor plans. Sample panels were seismic and fire tested. A prototypical Afghan house was constructed, but the country had become too dangerous for the NGO (non-government agency) that was going to construct the houses.

The panels would be a low cost means of quickly providing energy efficient housing in disaster areas, such as from the 2005 tsunami and from hurricane Katrina in New Orleans. So the message is that there is a need for low-cost, seismically strong, low-energy houses worldwide. Foam panels are one approach.

Washington DC: Greening the Capitol

“Capitol” refers to the House (but not the Senate) buildings on Capitol Hill that emit 92,000 tons of CO₂ per year. Heating and cooling of the buildings comes from a nearby power plant that mostly burns coal. The electricity for the buildings is purchased from an electric utility. Nancy Pelosi, the Speaker of the House, decided to reduce the energy use and carbon emissions of the buildings. LBNL was called upon to develop a draft plan and then a final plan under very tight deadlines that the Lab would ordinarily not be able to meet because of the length of time it takes for funding to become available. However, the House was able to provide funding almost right away and the LBNL team met the deadlines.

Among the recommendations were (a) switching from coal to natural gas in the power plant, (2) purchasing “green” electricity such as from wind turbines, and (3) undertaking such energy efficiency measures in the buildings as better lighting. The House is going ahead with the plan and the Lab continues to participate in an advisory capacity.

What to do now

Rick concluded with three recommendations as to how we can individually and collectively reduce our carbon footprint: (1) take care of your own house – work with friends and neighbors, (2) connect with international efforts, and (3) pursue political actions at local, state, and federal levels.

Luncheon Attendees:

Gerry Abrams

Gerald Adamson

John Ainsworth

Cathryn Allan & guest

Catherine Morgan

Dick Baker

Bill Baker

Winnie Baker

Sharon Barrett

Tom & Marcia Beales

Edward & Mildred Bennett

James Bettencourt

Gene & Myrna Binnall

Bob Birge

Igor Blake

Kay Bristol

Jerome Bucher

Geores & Katie Buttner	John & Ann Kadyk	Art Poskanzer
Winifred Corniea	Robert & Barbara	Patricia Powers-Risius
Per & Eleanor Dahl	Kaufmann	Michael Press
Janis & Ned Dairiki	Rich LaPierre	Ellie & Gwen Ralph
Sybil Donn	Bud Larsh	Stephanie Roth
Andy DuBois	John & Barbara Lax	Andy Sessler
Ed & Pauline Fleischer	Branko Leskovar	Rich Sextro
Trudy Forte	Ed Lofgren	Brenda Shank
William Gilbert	Ken Lou	Elmer Silva & guest
Lee Glasgow	Katherine Lucas	Ermajean Marr
Andreina Goldberg	Richard McDonald	Robert Smits
Norm Goldstein	Doug McWilliams	Marie Agnes & Frank
Michael & Susan Green	Bob Miller	Stephens
Don & Becky Grether	Donald & Bertha Miller	Dave & Sally Stevens
Connie & Edward	Jeanne Miller	Robert Stokstad
Grondona	Ken Mirk	Suzanne Stroh & guest
James Haley	Sandra Mocco	Karl Olson
Harry Heckman	Vic & Nancy Montoya	Jack Tanabe
Ingeborg Henle	Mack & Ann Morgan	Clyde Taylor
Victor & Christine Henri	Bob & Jeanne Mortiboy	Bill Turner
Egon & Annette Hoyer	Charles Ogden	Suzanna Wingerson
Vicky Jared	Fred Perry	Speaker Rick Diamond
Nylan Jeung	Conway Peterson	

Editor's Note

They say that change is good for keeping the mind alert...so as a service to our membership, Your Board has decided that luncheons in 2008 will be split between Spenger's (February and August) and the Berkeley Yacht Club (May and November). We shall continue to put pad and pen on the tables, and we encourage you all to scribble us a note as to what you are doing; we would like to maintain – and expand – the “news of our members” – but we can't do that unless you tell us what you're doing (or would like to do). Also, please note that this issue contains a couple of requests for input: one about possible between-luncheon activities, and one (included with the luncheon reservation form) providing a start for rideshare coordination, and also for those who have trouble with buffet serving to let us know, so that we can provide assistance. (We very much don't want people to stay away because lunch is a buffet.) 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 cover; notice that the meetings now start at 3:00 on the dates listed). You can contact me at david_stevens@comcast.net, at 1107 Amador Ave, Berkeley 94707, or 510-524-2904. **But note, if you wish to send me draft material, please do not use the standard Microsoft Vista version of Word; I can't read it. Instead, save the material in a Mac version (since I use a Mac) or in an earlier Windows version (such as Word for Windows98), and then send it. // dfs**

Luncheon Logistics: How you can help

While a substantial fraction of the membership prefers the Berkeley Yacht Club for our luncheons, it does present problems for some of us. Four in particular are worthy of mention, not least because they can be alleviated by the assistance and consideration of other members.

-- Transportation. It would be very helpful to have a list of members who are willing to participate in a ride-share program. Vicky Jared is willing to coordinate this if those willing to car-pool or provide transportation for others, and those who could use assistance, would contact her. (This is common to both BYC and Spenger's.)

-- Access. Some of our members have trouble negotiating the uneven terrain from the BYC parking lot to the clubhouse. It would be a Good Thing if our more able-bodied members took the remote parking places, perhaps even using the far lot if they arrive early and the main lot is crowded (which can happen on good sailing days).

-- Buffet. Some members have trouble dealing with the buffet process. (Indeed, some people are reluctant to come to the BYC for that reason.) If a few of you who are willing to help would leave your names at the sign-in table, we could match you with appreciative fellow members.

-- Quasi-reserved Tables. We would like to reserve a couple of tables near the podium for members who have difficulty hearing and seeing from a distance. We ask members to whom this does not apply to respect these quasi-reservations, and sit at tables that are further away.

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 #9 (Berkeley Marina) bus runs north on Shattuck (from Dwight), west on Hopkins and Gilman Streets, south on 6th Street, and west on University Avenue to the pier. Fare is \$1.75.

News of our members

We have our first(?) centenarian: **John Keller**, who was 100 on April 2. See Tom Beales's interview with him on page 11.

We do seem to be a traveling bunch. The trips reported at the February luncheon included **Polly Fleischer** (Vienna; resulting in a medical evacuation, as described elsewhere in this newsletter); **Winnie Baker** (China (an excerpt from the journal of that trip is in this newsletter), with California deserts to follow in March); **Jim Bettencourt** (Mexico, including *Dia de los Muertos* in Oaxaca...and expecting to be off to the Amazon in April); **Tom & Marcia Beales** (China and Tibet in October, Machu Picchu and the Galapagos in March).

Dave & Sally Stevens report that preparing for a 35-minute musical is much more difficult than preparing for a 90-minute play. The fact that the musical in question was *Trial by Jury*, by Gilbert and Sullivan may have something to do with it: there is no spoken dialogue, and (almost) everybody is on stage the whole time, so there is no time to relax, regroup, and catch one's breath. There is also much less margin for error; there is no one to cover for you if you forget a line, and essentially every action and expression is choreographed, and must be coordinated with what everyone else is doing. But it's a delightful work, and was great fun.

Sandy Mocco stays active with golf, swimming, and (in good weather) gardening.

Norm Glendenning is now a celebrity author: He recently received a notice from the publisher of Scientific American that the Scientific American bookclub has decided to make a bulk purchase of 1000 copies of his latest book, *Our Place in the Universe*, to be distributed to its members.

Bud Larsh reports a "very good trip" to St. Martins, enlivened by two seriously shredded flat tires, a visit to a butterfly farm, and a midnight attack by a giant moth.

Andre Porter of the Berkeley Retirement Center has been out of action recently with a mysterious stomach ailment, but he reports that it has now been diagnosed as *giardia*, and is responding to treatment.

Nancy Johnston has been collecting birds on film (or in chips, as the case may be), and now has an extensive collection of Bay Area bird photos, viewable at www.nejohnston.org/birds/index.shtml.

Keeping Up with the Lab

Science at the Theatre: There is one more episode of *Science at the Theatre* scheduled for this spring: Monday, May 12, Berkeley Repertory Theatre, 5:30: Nate Lewis on *Molecular materials for solar energy*.

Good grades: The Lab's DOE GPA for 2007 is 3.67 (2 A's, 4 A-'s, and 2 B+'s). As a result of the good grades, a contract extension of three years is expected. More on the DOE grading procedure, and the results for all national labs, can be found at http://www.science.doe.gov/News_Information/News_Room/2007/Appraisal_20Process/index.htm

Visiting the past with Carl Haber: The high-energy-physics-based sound-recovery methods that Carl Haber described for the Ex-Ls a few luncheons back have been popping up in the news again: First there was Jack London [<http://www1.pressdemocrat.com/article/20080209/NEWS/802090314/1033/NEWS01>], and more recently there is a chanteuse with *Au claire de la lune*, recorded in 1860, antedating Edison's *Mary had a little lamb* by 17 years [http://news.yahoo.com/s/ap/20080328/ap_on_hi_te/earliest_recording].

Berkeley Lab on TV: Season 2 of KQED's QUEST, which started on April 1, will feature several LBNL scientists over the course of the season, including Jay Keasling on the Joint Bioenergy Institute, Saul Perlmutter on dark energy, Ashok Gadgil and Engineers Without Borders on designing energy-efficient cook stoves for Darfur refugees, Inez Fung on climate modeling, Michael Mange on modeling Earth's mantle, and several others.

New deputy: Paul Alivisatos has been named Deputy Director of the Lab, effective April 7, 2008.

Wind is cheaper than sun: The Fort Worth *Star-Telegram* quotes Lab scientist Ryan Wiser in a report comparing the cost-effectiveness of wind power with that of solar power. [<http://www.star-telegram.com/business/story/579046.html>]

Sniffing out bombs: We've read about dogs sniffing out drugs for years; now there are genetically-engineered viruses that sniff out TNT. LBNL chemist Seung-Wuk Lee is one of the developers of the *eNose*, which may eventually be able to provide a sniff-test for allergens. [<http://dsc.discovery.com/news/2008/04/01/nose-smell-bomb-print.html>]

In addition to the above, regular Lab publications may be scanned at the following URLs; links to all three are available through the Ex-Ls home page on the web (www.lbl.gov/ex-l-express).

The Berkeley Lab VIEW Newsletter
<http://www.lbl.gov/Publications/Currents>
Today at Berkeley Lab (Daily news from LBNL)
<http://www.lbl.gov/today>
Science @ Berkeley Lab
<http://enews.lbl.gov>

Fourth annual Wellness Fair at Lab

The Lab's Wellness Fair is held on the first Thursday of June each year (that's June 5 this year, from 11:30 to 1:30 on the cafeteria lawn and foyer) to introduce the health and wellness resources available to employees and retirees. Representatives from the Lab's Health Services, Environmental Health & Safety, and Employee Activities Association (EAA) showcase their departments/activities, as well as representatives from UC Berkeley's Wellness Health Matters and CARE Services, and various local fitness clubs, financial institutions, and health organizations. Activities include raffle drawings, inspirational speeches, and EAA club demos. A farmer's market is also a possibility. Your Ex-Ls will have a table featuring John Kadyk's chocolate-chip cookies.

A day at the races? Or a walk in the park?

Among the suggestions received at the February luncheon was the thought that some of us might like to spend a day at the races at Golden Gate Fields. This caused the board to consider the more general topic of activities beyond the quarterly luncheons. The Bay Area offers many diverse possibilities for outings or daytrips, including tours of the Port of Oakland, an afternoon on the former presidential yacht *Potomac*, a visit to one of the many museums in the area (e.g., Blackhawk, Oakland Museum of California), walking in the regional parks. We – the Board – cannot undertake to investigate all the possibilities, but we can provide a venue to advertise the availability of such events and help coordinate them. If you would like to be involved in something like this, please fill out the form below and send it to Vicky. At this point there is no commitment required; we are primarily interested in determining the level of enthusiasm, and the availability of possible contact points or coordinators, for additional activities. Also note that checking "willing to coordinate" does not obligate you to an unending task; we are equally happy to advertise one-time or short-term offers or long-term commitments. The list of possible activities is intentionally brief, because we wish to know what interests **you**.

Activity	Willing to coordinate	Interested in participation	Name/ phone or email
<i>a day at the races</i>	_____	_____	_____
<i>a walk in a park</i>	_____	_____	_____
<i>Potomac cruise</i>	_____	_____	_____
<i>Blackhawk Auto Museum</i>	_____	_____	_____
<i>Playland Not at the Beach</i>	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

From the Berkeley Retirement Center
Andre Porter

The Center has been assured by Vice Provost Zedeck that it will be able to recruit and hire a new director by July 1. Andre Porter will remain Acting Director until then.

The Center is currently undergoing a review of its programs and processes. The review is being conducted by UCLA Retirement Center Director Eddie Murphy, who came north for two days of interviews with various Center stake-holders (representatives from Ex-Ls, UCRAB, UCBEA, the Policy Board, University Emeriti Relations, etc.), as well as with Andre. Her report is to go to Vice Provost Zedeck's office, and then decisions will be made there. The focus is on efficiency, but perhaps more importantly on determining the appropriate services and levels of service to be offered by the Center.

Trip Reports
a: Passing through a Century
John Keller with Tom Beales

It's a beautiful day in Lafayette as I drive to interview LBNL's oldest retiree. I drive past his house and as I make a U turn, I encounter a neighbor cutting flowers in front of her house. I roll down my window and ask where John Keller lives. I explain I am here to interview him and that I worked with him at the Lab. This seems to overcome her initial suspicion and she engages me in conversation about the Lab and John. She tells me about the big celebration a couple of weeks ago for John's 100th birthday and directs me to the barn-red house down the block.

I am greeted by John's caregiver who escorts me to the living room. I immediately recognize John as someone I used to see around the Lab when I worked in Bldg 7. We chat about how he thinks he recognizes me and how he worked in nearby Bldg. 14.

John is sitting in his recliner, sharply dressed and alert. I can see that here is an individual that still has all his faculties and that we are in for a lively interview. His eyes light up as he recites his tales and answers my questions. We start by looking over some of the mementos and recognitions he received for his birthday that are laid out on the dining room table. There's one from George and Laura Bush, Governor Schwarzenegger, a County Supervisor, a proclamation from the City of Lafayette, and numerous other tributes.

The Lafayette proclamation gives me some of the facts with which I wanted to start the interview. He was born April 2, 1908 in Petaluma California and lived there until he was four years old. The family moved to Ukiah where he went to school through the seventh grade, then back to Petaluma for a year and then to San Francisco where he graduated from Polytechnic High School. He continued studies in electronics with help from Dr. Reukama of U. C. Berkeley and worked in the family business of Madden and Keller selling radios and doing radio repair.

He married “the apple of his eye”, his childhood sweetheart, Laura, and they had a son Edward John. When the Second World War came along the business had to sell out because all the young men who worked there went off to the war. He went into the Citizens Signal Corps as a Radio Engineer. His job entailed taking care of the radar systems up and down the west coast that were used for spotting approaching ships. He traveled from San Diego, to Los Angeles harbor, Montaro, the S. F. Presidio, and up the coast to Portland and Seattle servicing the radar units. One time he had to climb a 100 foot high tower to diagnose why the radar screen showed two blips even though there was only one ship. It turned out that the Signal Corps had installed a new type of Navy antenna but it didn’t work as well as the old design so he recommended they go back to the old version.

During this time, John taught courses to military personnel on basic electronics and radar. At several points he himself was taking classes from local professors so he could keep a week ahead of the class discussions. The courses lasted three months and were taught in two sessions from 6:00 AM till 6:00 PM.

The first radars were huge 600 MC systems but they were replaced by much more compact 25,000 MC systems as time went on. They were part of the IFF (Identify Friend or Foe) system used to track ships in the area. A signal would be sent to the ship and the ship returned a secret code to identify itself. He wrote field instructions and training courses on how to operate and maintain the systems. After the war he taught at the Western College of Radar in San Francisco, and at night at what was then San Francisco Junior College.

In 1950, a friend suggested he apply for a job at the Radiation Laboratory in Berkeley. He applied, was accepted and was assigned to work under Hilmer Larson for a six month trial period. Needless to say, he proved himself in short order. He demonstrated his skills by taking an inoperative \$4,000 leak detector, and showed that by replacing resistors that had changed in value due to age with new Erie resistors, he could make the unit work again. He continued to work in what was then called the Instrument Shop under Hilmer Larson who was head of all electronic maintenance. When Hilmar retired, John became head of the shop with a crew of ten individuals, including Don Low and Dick Johnson.

John was friendly and well-liked by everyone. He had a reputation for fixing anything. John tells many stories about how he solved unusual problems for Lab personnel. Dr. Sahduce was building a magnet for a cyclotron that was to be sent to Japan but was getting strange signals on his oscilloscope. John discovered that when the door to the building was opened, the wind blew some wires in range of the magnet causing spurious signals. Another time he was called by Lawrence’s secretary to come quickly to fix the office TV set so Lawrence could watch an important program. When John examined the set, he “fixed” the problem by just flipping the switch between the phonograph and TV settings.

Lawrence would come by the shops and talk to the employees about what they were doing and to keep in touch. One time John watched as Lawrence went to Building 6 to get some heavy water

from the tank located there. As Lawrence walked past two employees who had been standing around talking for a long time he asked “does it take two of you to get your work done?” One individual replied (obviously not recognizing Lawrence) “it sure as hell doesn’t take three”. The next day the two didn’t work at the Lab any longer.

When I asked him what his happiest recollections from the Lab were he said he enjoyed every minute he had up there. He even enjoyed dealing with the graduate students who often did not know what exactly what they wanted him to build for them.

John had moved to Lafayette in 1953, and after he retired in 1972, he and his wife settled into enjoying their home more fully. They were both avid gardeners. Laura raised beautiful flowers and John took care of the corn, squash, and other vegetables. They had many fruit trees in their yard and enjoyed the bounty. They periodically went to their 280 acre ranch east of Laytonville where John built a cabin. He enjoyed hunting in the area and he and Laura worked to help establish the Mendocino County museum. It has a working steam engine that runs around a loop in Willits, through the Skunk train station and back to the museum roundhouse.

John has authored and published several books and booklets relating to the Mendocino area. One of his first, published in 1979 (295 pages), “Anna Morrison Reed, 1849 – 1921” chronicles his maternal grandmother who edited three newspapers in Mendocino county, a very unusual job for a woman in those times. A more recent book was the 100 page paperback (2002) “As I Remember Ukiah (History, Stories and Memories)”. It contains stories, detailed descriptions and floor plans of many of the historic buildings in the area. With some help from his grand nephew Ted Hittell, he learned how to operate a personal computer and continues to use it to this day to record his memoirs.

When asked what he attributes his longevity to, he smiles and replies “a little bit of wine before dinner doesn’t hurt you”. I invited John to be our honored guest at the next EX-Ls luncheon meeting, with Ted doing the driving. With a little luck we’ll see him there on May 15, 2008.

b: Macau & Hong Kong - i
Tracy Baker

[Note 1: This is an excerpt from the journal of an extended tour of China taken by Winnie and Tracy Baker with Manuela and Luiz, two Macanese friends of long standing. A second excerpt is scheduled to appear in the next Ex-Press, and the full journal is available from Winnie, winevelyn@sbcglobal.net. // ed]

[Note 2: Because the Bakers were part of a tour that numbered 59, I asked Winnie how this compared with individual travel. Her answer in a nutshell is that if the tour company knows what it’s doing, the extras you get (e.g., a home visit) balance the slight loss of freedom. For such a large group it is probably worth trying to find someone who has travelled with the company before, to see how they handle things. // ed]

Here in the U.S. it is said that the Chinese character for the word “crisis” is made up of the characters for danger and opportunity. Between that, the Tao, and Sun Tzu’s *The Art of War*, western motivational speakers have made a bundle using the ancient wisdom of the mysterious East to dazzle corporate leaders. It wasn’t until I went to work for a Hong-Kong owned bank in San Francisco that I found out that the “crisis” thing was bull pucky. Seems the characters together don’t even mean “crisis” in the Western way, but is more of a cautionary statement along the lines of “Warning: Blind Curve Ahead” and while it has elements of danger and opportunity in the characters, it is more in the context of a homonym than any words of wisdom for a lunch room wall...all of which has absolutely nothing to do with the fact that Winnie and I recently took the opportunity to create a crisis in our bank account and take a tour of China, finishing up in Macau and Hong Kong.

Macau

Macau is a former Portuguese colony, made up of three islands: Macau itself (not much of an island anymore), Coloane, and Taipa. It and Hong Kong are now special administrative regions of China, an arrangement perhaps best described as one country, two governments.

The Portuguese settlement was established in the mid-1500s as a simple trading port, which, in 1557, was granted permanent status at an annual rent of 500 taels of silver to the Chinese government. In 1576 Macau was established as an episcopal see by Pope Gregory XIII. It grew as a port despite repeated attempts by Dutch traders to take over the colony during the 1600s. After the Opium War of 1839-42, Portugal took occupation of Taipa and Coloane. In 1887 the faltering Qing government was forced to sign a treaty granting Portugal full colonial status with one caveat – Portugal would seek China’s approval before “selling” Macau to any other country.

One result of the nearly constant ferment in China during the next hundred or so years was the emigration from Macao of large numbers of Macanese who established *Casas* for the preservation of Macanese culture in the countries in which they found refuge, including at least the US, UK, Australia, New Zealand, Canada, Brazil, and Portugal.

Which brings us to why we were there...

Every few years since 1993 Macau has been the scene of a sort of super-family reunion, which calls many former Macanese back to the homeland. This, the sixth such Encontro (encounter), attended by more than 2,000 people from all over the world, was an 8-day affair, including meetings, cultural presentations, and fantastic dinners every day.

Macau has changed considerably since returning to Chinese control in late 1999. No longer a sleepy little colony, it has quickly become the Las Vegas of the East with the opening of the Wynn, the Sands, the Venetian, and soon the MGM Grand. Many more are already on the drawing board. The Lisboa, the original casino that had been around for years before the Las Vegas invasion, has built a new building called the Grand Lisboa. It is quite elegant and filled

with jade and ivory statuary and other Chinese treasures that were collected by Dr. Stanley Ho, the owner.

We were ensconced in a hotel made just for the Chinese gambling trade, The Beverly Plaza. The room was nice, but the beds were as hard as a slab of granite and took some getting used to. Some of us never did...Winnie slept like a baby every night! I guess I better save up and get one of those “Sleep Number” beds I hear advertised. She can set hers on rock slab, while mine is set to the softer side. The funniest thing was the window that separated the bed and the bathroom...yes; you read correctly, a window...with blinds. I told Winnie I’ll sit on the bed, put a quarter in the slot, and then she could get naked and raise the blinds for five minutes.

The day after our arrival, we joined a number of our group for a history walk. We stopped at the Holy House of Mercy established in 1569 and St. Dominic’s Church (1587), then went on to the Lou Kau Mansion. This merchant’s home was built in 1889 and occupied by the family until 1910. It then passed through several hands, once being chopped up into several apartments. It was restored and became a cultural icon in 2002. The elaborate décor was enhanced by several artists and craftsmen who were selling their wares in the house. Winnie and I purchased some small handmade and painted clay figurines from an artist – a much better souvenir than some of the other little junk available.

Our group was just too large for the soft-voiced guide, so we abandoned the group here and made our own way up to the ruins of St. Paul, a large cathedral that was built in the 1600s, but was destroyed by fire two centuries later. It became an archeological site with the ruins of the first Western-style College (the College of St. Paul) and then a World Heritage site. On top of a hill nearby stands the Mount Fortress, which, along with the church and college was also built by the Jesuits in the 1600s. This hill also houses the Museu de Macau containing the history of this island colony.

After a quick lunch, we toured the Lisboa and the Wynn casinos before returning to the hotel to prepare for another fantastic dinner. This one was held at the Macau Dome on Taipa where a top-notch continental-style meal unfolded.

The next day was perfect weather-wise and we ventured out with our own personal guides, Manuela and Luiz, who grew up here (they now live in Oakland) and who showed us parts of Macau we probably wouldn’t have known to visit on our own. Our first stop was the old Government building where Luiz worked for many years. Then we walked up through the Senado Square to the ruins of St. Paul and down to St. Anthony’s church. We wound our way through the narrow streets and lanes until we came to the Camões Gardens and Grotto. This park honors Portugal’s most famous poet who may have lived in Macau during the mid-1500s. We made our way back to the Macau Museum with Luiz and Manuela in tow, and had an enlightening experience: Luiz pointed out how his mother’s house was used as a model for the old street façade. Manuela told us how the depictions of Portuguese and Chinese life were all very familiar to her and Luiz.

Manuela had a school reunion this day and so Luiz, Winnie and I took a walk to the Macau Tower, the 1100 foot tall icon of modern Macau. The convention center is housed below and a restaurant and observation deck are located about 700 feet up. Winnie and I first saw this tower on an edition of The Amazing Race on CBS when contestants had to do the skywalk all around the outside platform and then bungee to the ground below. Anyone can partake of these, plus a sky jump and mast climb...it ain't cheap, but it is the only tower in the world that offers these extreme sports. Chickens that we are, Winnie, Luiz, and I opted for a quick photo on the skywalk before heading back to the glassed-in safety of the observation deck. The views were spectacular!

After lunch, we had a more extended tour around Macau, Taipa, and Coloane. We started with a visit to the Fortress on Macau's Guia hill. Built in the early 1600s, it includes a Chapel established by Clarist nuns and the first modern lighthouse built in East Asia (1865). Then to the island of Taipa and Coloane. While these two were once separate islands, landfill and silting have brought them together into one, separated only by the newer areas known as Cotai. Coloane has beautiful beaches and lush parks. Luiz told us of the times he spent sailing on the waters of Coloane, including his near misses with the Japanese during WW 2 and the Communist Chinese later. Turns out Luiz was quite a sailor and was once considered for placement on the Portuguese Olympic team. While a couple resorts stand on Hac Sa and Cheoc Van Bays, Coloane is still best reflected in its turn of the century village. We stopped at the Tam Kung Temple in the village which is dedicated to a Taoist God that protects seafarers. The highlight was a dragon boat carved from whale bone which we were encouraged to rub for good luck.

Afterwards, we were driven to the top of the hill which dominates this area. At the top was a huge 67 foot statue of Ah-Ma, the Goddess of Seafarers, carved from white marble. A Buddhist temple and cultural village also occupies the hilltop and it is surrounded by Coloane Hilltop Park. Coloane did not have much foliage when it was first annexed to the Portuguese colony, but when plants were brought in and planted, they quickly adapted to the tropical weather and have now spread all over the island.

c: Touch & Go in Vienna **Polly Fleischer**

We had thought about going to Vienna for some time, and every holiday concert on PBS increased our enthusiasm. So we booked a June river cruise originating in Amsterdam, that went up the Rhine and the Main, through the Rhine-Main-Danube Canal, and finally down the Danube to Vienna.

Ed's sister, Edie Langley, joined us on the trip, but through a technical glitch was unable to be with us in Vienna. The last few days on the cruise, Ed, who was always the first one to go ashore when we made stops, gave us excuses that he was feeling tired and wanted to nap. He did not appear to be ill so Edie and I made those excursions without him.

On the second day in Vienna, we were having breakfast in the hotel when he had a petit mal seizure. We returned to our room, and he got into bed and proceeded to have a gran mal seizure. Now, that was scary!

The concierge called an ambulance, and we went to the nearest hospital. After a difficult night, it was determined that his condition was very serious and that hospital could not deal with it. There followed another seemingly endless ambulance ride to the Kaiser Franz Josef Spital, several miles to the southwest from our hotel. The buildings were old, but very neat, and the neurological unit was in a separate area. I was very relieved and impressed by the hospital personnel. [KFJ is a “migrant-friendly hospital”, which means they have a special emphasis on dealing with non-native-Austrians. // ed] The chief of neurology was not only very well informed and efficient, but also charming, and his English was perfect.

On the second day, Ed went into a coma and was transferred to the intensive care unit. When the doors closed to the unit leaving me alone in the hospital corridor, I lost it...even after many years working as a nurse, the realization that my husband was so seriously ill and in a foreign country was devastating. The trip back to the hotel, involving a bus ride and a two-change underground trip was the longest I have ever taken.

The next 40-something days were filled with anxiety, frustration, and some gratification in the knowledge that Ed was getting wonderful care. He survived Herpes Simplex encephalitis (caused by the cold sore virus – the stats at that time were one in 500,000 contracts the disease and 20% survive), pneumonia, respiratory failure necessitating a tracheotomy and life support, a thrombosis of the right femoral vein, a small stroke, and an MRSA infection [a virulent staph infection] at the tracheotomy site!!

Now, to get to the reason I am writing this account of a terrible way to end a trip. We had taken trip insurance to cover just such an emergency, and how fortunate that was! The physicians at Franz Joseph Spital would not release Ed to fly home unless a stretcher bed was provided on our KLM flight, and he had to be accompanied by an MD and a paramedic. The bottom line was \$37,000. Of that amount, \$25,000 was paid by our trip insurance, and \$12,000 was covered by our AAA Premium insurance. So, I heartily recommend that you Ex-Ls readers spend the \$84 for the premium coverage.

All of our doctors here in Walnut Creek are amazed at Ed’s recovery. Our lives have changed but we carry on, and he often beats me at cribbage.

Journal exchange, anyone?

Discovering that the Bakers apparently keep a journal of their major trips, and knowing that the Stevenses also do that, it occurred to me (a) that others probably do the same, and (b) that perhaps members who are planning trips to unfamiliar venues might like to read the experiences of members who have Been There, Done That. So: if you make

your plans far enough in advance (since the ExPress is a quarterly, that can sometimes mean *really* far), and would be interested in hearing about other experiences, we could start a Trip-report-wanted / Trip-report-available feature. If you are really forehanded, a request could be submitted via the luncheon-table notes; otherwise, a note to your editor (david_stevens@comcast.net) will get your request in the next edition of the ExPress.

CUCRA Report Bob Fulton

I attended the joint meeting of the Council of University of California Retiree Associations (CUCRA) and the Council of University of California Emeriti Associations (CUCEA) held at UC Riverside on April 17.

In keeping with CUCRA's aim to "maintain mutually supportive relations between the University and retirees," the Council's new Chair, Marion Gade, announced that she had spent a day recently with people in the Office of the President's Human Resources & Benefits Department (HR&B) discussing how our retiree associations could help the University and what issues are of primary concern to retirees. Marion said that she felt she was well received and able to spend more time discussing these issues than she had expected. She also commented that several of the HR&B people were retiring soon, and expressed some concern about the possible "loss of institutional memory." But all we retirees know how difficult it was for the Lab to get along when we left, right?

Improving communications within CUCRA and between retiree groups was discussed and someone will look into starting a CUCRA website. It was voted to send two CUCRA representatives to the Association of Retirement Organizations in Higher Education (AROHE) Conference Oct. 24-26 at USC.

Several organizational issues were taken care of; revisions of the CUCRA bylaws and standing rules were approved to better reflect the current way we are doing things. The issue of library access for retirees was discussed (again), especially getting access to proprietary databases. The LLNL folks said that retirees can no longer get into the Lab.

The joint session with CUCEA was in the afternoon, and focused on the recent review of the Office of the President (OP) and the possible restructuring of HR&B. Judy Boyette, Associate Vice President, HR&B, was present and presented the information.

Briefly, an outside consultant recently reviewed the operations and structure of the OP and issued a report that, among other issues, essentially questioned the seemingly large HR&B staff. As a result, a request for proposals has just been issued for outsourcing some or all of the responsibilities of the OP's HR&B department. Much more information on this can be found on the Office of the President website at www.ucop.edu/humres/redesign/welcome.html.

Ask Adrian: Explain the MRD

[Note: *Ask Adrian* is an occasional column that appears in both of the UCLA annuitant publications (Emeriti Newsletter and UCLARA Newsletter). Adrian Harris, UCLA Vice Chancellor-Planning, Emeritus and pro bono annuitant financial advisor, responds to questions sent to him at the UCLA Emeriti/Retiree Relations Center (emeriti@errc.ucla.edu). He has agreed to allow us to reprint his columns, so here is the latest. Please let me know if you find this useful. // ed]

Question: Please explain how the MRD (Minimum Required Distribution) works and what you suggest as decision rules for such distributions.

Response: MRDs are mandatory for each year, beginning with the year you reach the age of 70½, unless you are on the University payroll during the distribution year, in which case you do not have to take a distribution from University tax deferred accounts. The initial distribution maybe postponed until April 1 of the next year, but all subsequent distributions must be taken in the year to which they apply. Distributions are computed using the balance in tax deferred accounts on December 31 of the previous year, divided by life expectancy (in years) shown in an Internal Revenue Service (IRS) produced Uniform Distribution Table that shows your expected longevity---life expectancy (in years) for each age from age 70 to 115 and older. If you are married it takes into account joint life expectancy, assuming your spouse is no more than 10 years your junior. If your spouse is your sole beneficiary and is more than 10 years your junior, a different joint life expectancy table based on your specific ages is provided by IRS. The older you are, the smaller the reduction in life expectancy each year. For 403(b) accounts, the balance in the fund as of the last day of 1986 is excluded from the computation until you reach the age of 75, at which time the total balance is included in the computation. If you take your first distribution during the first quarter of the year after you reach age 70½, you should be aware that you will also have to take a second distribution by the end of that year, which could have tax consequences for that year.

You have the option of deciding from which investment fund or funds the distribution will come, and when the withdrawal will occur. The default option for the University is to take the distribution proportionally from each fund you have and to issue the payment at the end of the year.

If you have IRAs in addition to your University tax deferred accounts, you must take MRDs from them as well, with the option of taking the total amount from whichever IRA or IRAs you would like. Unfortunately, University tax deferred accounts and external IRAs can not be combined in determining from which funds the MRDs should come. Generally, it is beneficial to take the University distribution from the fund or funds which are earning the least. Likewise, IRA distributions can be taken from the one or more accounts which are earning the least.

Some financial planners have advised that it is desirable to not take more than 4% of your investment balance during any year, in order to assure you do not run out of money. Clearly, that

“rule” becomes impossible for those with most of their investment assets in tax deferred accounts. If you are subject to MRD, the percentage you must withdraw is set by the IRS and increases each year, and quickly exceeds the 4% “rule.” When this happens, the 4% “decision rule” only works if the required withdrawal amount that exceeds 4% is invested and not spent. Of course, those who have significant assets that are not subject to MRDs would have no problem complying with the “decision rule.”

LHS open house for new volunteers

The Lawrence Hall of Science, UC Berkeley's Public Science Center is looking for new volunteers. We are an enthusiastic, energetic group who have a passion for exciting children and their families about science and mathematics.

Opportunities include:

- Special Events
- Science activities facilitator
- After-school classes and camps

Among the benefits are:

- Inspiring the scientist in a child
- Lifelong learning
- Membership after 40 hours of service annually

Come to our Open House and learn how you can get started: Thursday, May 1 from 2:00-3:30 or Sunday, May 3 from 2:00-3:30.

At the Open House you will meet other volunteers and staff and get a taste of the opportunities available to you at the Lawrence Hall of Science.

If you you receive this notice too late or are otherwise unable to attend, Volunteer Coordinator Sue Guevara will be happy to give you the information you need; you can contact her at (510) 642-7723 or email docents@berkeley.edu.



SEE YOU AT THE MAY 15 LUNCHEON

**To: Vicky Jared
4849 John Muir Road
Martinez, CA 94553
Be sure to make reservations by Monday, May 12**

From: _____

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

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

Willing to carpool: As driver: ___ As rider: ___ Wish assistance with buffet: ___

Need to sit closer to speaker & screen? ___ Will help with buffet: ___

Menu: Buffet: Advance choice not required

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

In Memoriam

Richard L. Anderson	Daniel Chemla
Robert D. Edwards	Jonathon R. Gibson
Robert A. Hart	John R. Meneghetti
Michael Rothkopf	Velta Sunabovey

Welcome New Members

Adrienna Goldberg George Shalimoff



Reminder: If you have not paid your dues for 2008, please do so now. Simply send a check for \$12 made payable to the Ex-Ls to Suzanne Stroh, 530 Curtis St., Albany, CA 94706.

LBNL EX-Ls
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Albany, CA 94706

Time Critical First Class

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Calendar of Board Meetings & Luncheons

L: May 15, 2008
B: July 10, 2008 L: August 21, 2008
B: October 9, 2008 L: November 20, 2008
B: January 8, 2009 L: February 19, 2009
B: April 9, 2009 L: May 21, 2009

Board meetings take place in the LBNL cafeteria at **3:00** on the dates listed above; we welcome attendance by interested members.

EX-Ls Life Members

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Inge Henle
Bud Larsh

Official Address

LBNL EX-Ls
530 Curtis Street
Albany, CA 94706

Website: www.lbl.gov/ex-l-express/

Webmaster: Richard Baker [robaker@lbl.gov]