

EX-Ls EX-PRESS

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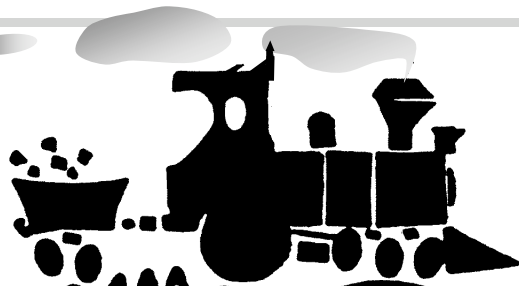
President's Message
Don Grether

I spent almost the entire month of February getting to, being at, and returning from the Kibale Research Station in a rain forest in Uganda. For those of you who attended the May, 2008 luncheon and heard my talk, this was another UCLA Field Biology Quarter (FBQ) in which two UCLA faculty members take undergraduates and a couple of graduate students to a rain forest or some other biology-rich area somewhere in the world. Two years ago our son Greg and another professor took some 12 undergraduates to a rain forest in Nicaragua. My wife, Becky, and I went along to take care of Greg's daughter, Briana (then 10), while Greg was working with the students. This time the co-leaders were Greg and his wife, Debra Shier. She was a UCLA instructor for the purposes of this FBQ, but her regular job is as a conservation biologist for CRES (Conservation and Research for Endangered Species), a branch of the San Diego Zoo. Briana (now 12) went along again, but also Greg and Debra's daughter Paria (age 4) and son Wiley (age 2). We were joined many days by Martin (pronounced Marteen), a four-year old Ugandan boy whose mother worked at the research station. So Becky and I (with a lot of help from Briana) were, in effect, running a day care center in an African rain forest.

I understand from Rich Sextro that the February luncheon went well. What I can report is that the food at the research station makes both Spengers and the Berkeley Yacht Club seem like four-star restaurants. On the plus side, we had almost daily visits from baboons, and frequent visits from black and white colobus monkeys who were highly entertaining as they carried out antics in a nearby tree and on the grassy field just outside the cabin that Becky and I stayed in. We had almost daily hikes in the rain forest, where there were several other species of monkeys, plus exotic flowers and fungi, and lots of butterflies and other insects. Also on the plus side, none of our party of 24 were stomped on by the forest elephants that left many signs of their presence and are very dangerous, but were only spotted in the distance a couple of times by some of the students. At the very end we went on several game drives and one riverboat ride in Queen Elizabeth National Park and saw many of the animals that populate African savannas: elephants, hippos, Cape buffalo, wart hogs, waterbucks and other antelopes, and many birds.

On my first day back at the Lab, which was Tuesday, March 3, I managed to remember to attend a meeting that included Patrick Cullinane, the relatively new Director of the UC Berkeley Retirement Center (UCBRC); Louise Taylor, the Chair of the UCBRC Policy Board; David Wiedrick, the Manager of the LBNL Compensation and Benefits Office; and Loida Bartolome-Mingao, who is in charge of the Lab's Employee Activities Association. [The President's letter continues on page 5.]

EX·LS Ex·press



2009 Spring Lunch

Date: Thursday, May 21, 2009

Where: Berkeley Yacht Club ←←← NOTE: WE'RE AT BYC THIS MONTH
1 Seawall Drive (at the foot of University Avenue), Berkeley
(Directions on page 6. Please save some close-in parking spaces
for members who have difficulty walking)

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

Speaker: Jose Alonso, Director, Sanford Laboratory

Subject: Life (and physics) underground

Menu: Buffet

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

**It is imperative that Vicky receive your reservations
by May 18, 2009.**

From our February Lunch

Reported by Dave Stevens: Our Speaker was Chris Somerville, Director, Energy Biosciences Institute, speaking on the development of cellulosic biofuels. What follows is the abstract of his talk; a fuller summary will appear in the next issue of the EX-Press.

The earth receives approximately 4000 times as much energy from the sun each year as the total projected human uses in 2050. Because plants can be deployed on a large scale to capture and store solar energy, one way of moving toward the development of carbon-neutral energy sources is to use plant biomass for the production of fuels. In considering this possibility, the Secretary of Energy of the US has called for the replacement of 30% of the liquid fuels used in the US with biofuels by 2030.

Because of the large volume of fuel used by developed countries, a large-scale biofuels industry may create competition with the use of arable land for food production. Thus, even though it is currently feasible to convert biomass to fuels by a variety of methods, there are many inefficiencies in the overall process that must be eliminated in order to make the most efficient use of land and capital. The efficient production of biofuels will require innovation in three main areas: production of feedstocks, depolymerization of feedstocks, and conversion of feedstocks to fuels. The demand for fuel vastly exceeds the amount that can be produced from the present corn and sugar feedstocks so it is expected that gasoline and diesel replacements will ultimately be derived from cellulosic biomass. There is renewed interest in identifying plants that have optimal biomass accumulation and in understanding the production issues associated with large-scale cultivation and sustainable harvesting of such species. Additionally, the importance of enhancing soil carbon and nutrient retention while minimizing inputs will require an integrated approach to the development of cellulosic energy crops. Parallel technical developments on the biomass-to-fuels processing side also have important implications for how the industry is likely to develop.

Luncheon Attendees:

John Ainsworth	Geores & Katie Buttner-	Paul & Nancy Henrickson
Jose Alonso	Clevenger	Winnie Heppler
Dick Baker	Winifred Corniea	Diana & Clifford Hopper
Winnie Baker	Per & Eleanor Dahl	Egon & Annette
Sharon Barrett	Janis & Ned Dairiki	McCoubery-Hoyer
Tom & Marcia Beales	Ted de Castro	Vicky Jared
Edward & Mildred Bennett	Sybil Donn	Nylan Jeung
James Bettencourt	Andy DuBois	A. David Johnson
Gene & Myrna Binnall	Lauren Egenberger	Robert & Barbara
Bob Birge & guest Barbara	Trudy Forte	Kaufmann
Borowiak	Bill Gilbert	Joe Katz
Igor Blake	Michael I. & Susan Green	Matt Kotowski
Kay Bristol	Connie Grondona	Bud Larsh
Jerome Bucher	Jim Haley	John & Barbara Lax
Bob Budnitz	Ingeborg Henle	Branko Leskovar

Ken Lou	Mike Press & guests Ben	Elmer Silva
Bob Miller	& Naomi Gordon	Betsy Smith
Ken Mirk	Jan Pusina & guest Hiroshi	Robbie Smits
Mack & Ann Morgan	Nishimura	Robert & Karen
Marty Morimoto & guest	Susan & Bernie Querello-	Springsteen
Mako Nakae	Schuch	Dave & Sally Stevens
Rolf Muller	Sig & Cindy Rogers	Suzanne Stroh
Karl Olson	Stephanie Roth	Jack Tanabe
Catherine Parrott-Hawkins	Andy Sessler	Louise Vogelsberg
Fred Perry	Rich Sextro	Allan Zalkin
Conway Peterson	Brenda Shank	Speaker Chris Somerville
Terry Powell	Ben Shuey	

Editor's Note

The luncheon controversy lives on. There is them as don't like Spengers, and there is them as do. There is them as don't like BYC, and there is them as do. Fortunately, most folks seem to find both places acceptable. But our quest for the perfect place continues. If you have any suggestions (and a reasonable expectation that they are no more expensive than our current venues), please contact Vicky Jared (925-228-2145). Board meetings will continue to wander about for a bit. That is not because we are trying to hide from the membership, but because the cafeteria is often too loud for effective conduct of a meeting. The majority of the Board would prefer to meet at the Lab, if possible, so the July meeting will be in 70A-3377 (see the calendar on the back cover). If you have comments on the newsletter in general, or suggestions for articles, you can contact me at david_stevens@comcast.net, at 1107 Amador Ave, Berkeley 94707, or 510-524-2904. // dfs

President's Message (continued)

The meeting went very well, and served the purposes of (1) acquainting David and Loida with the programs offered by UCBRC to all LBNL retirees (not just those who are members of EX-Ls), and (2) brought up some ways that the Center might further reach out to LBNL retirees.

One of the outcomes is that EX-Ls is now listed as one of the LBNL "clubs" that fall under the auspices of the Employee Activities Association. And the Lab has renewed its annual contribution to the Center, which is critical in these hard economic times when the University's budget is getting cut. We have also gained more prominence on the UCBRC website at <http://thecenter.berkeley.edu>. Go over to the left and click on Ex-Ls.

On an almost completely different topic, a number of EX-Ls are rehired retirees. The UC campuses similarly recall retired faculty members to teach and conduct research, as well as rehire technical and administrative staff. There are, of course, restrictions at the Lab as compared to Career employees. Among them are that the appointments are for no more than one year at a

time, one is paid an hourly wage rather than a salary with the time charged not exceeding 900 hours in a rolling 12 month period (which amounts to about 43% of an FTE), and there are no benefits. However, a retiree who has opted for a UC pension has continued to receive health care benefits and so being rehired by the Lab allows one to stay active in research or other activities, as well as receiving a supplement to one's pension. For the Lab, it is a way of retaining skills and expertise at relatively low cost.

As present rehired retirees may be well aware, last fall UC issued a proposed policy that would have imposed rather severe restrictions on the process. (The restrictions were widely regarded as the University's response to a particular incident at UC Berkeley that, while in accord with the policy in place at the time, was widely regarded as egregious, especially by the media.) Most of the UC campuses and the Lab responded to the effect that the proposed policy would be highly detrimental to their respective institutions. The policy was revised to one that responded to many of the concerns. The full policy is at http://atyourservice.ucop.edu/employees/policies_employee_labor_relations/index.html,

It will probably be a while before the dust settles and the Lab has developed its own policy and practice in light of the new UC policy. On the face of it, the biggest change from past practice is that the "business need" has to be documented for new and renewed appointments, and approval is needed by the Division Director, the Chief Human Resources Officer, and the Laboratory Director (or designee). I am a rehired retiree in the Environmental Energy Technologies Division (EETD) and the timing of my reappointment was such that I was the first test case for EETD and perhaps the Lab as well. I am happy to report that I received all the necessary approvals, although a little too close for comfort to the date that my previous appointment would have expired.

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

Consider the following dialogue:

Wife: What are you going to do today?

Husband: Nothing.

Wife: You did that yesterday.

Husband: I ain't finished yet.

If we went by the information that EX-Ls seem to be willing to volunteer about how they spend their days, we should have to assume that the dialogue above is typical of our membership. I don't believe it. I don't believe that all we do is travel, either, but that is the impression given by most issues of the *EX-Press*. There are three examples in this newsletter of ways you could let us know of your interests and activities, hobbies, part-time jobs, or whatever it is that enriches your retirement experience: you can drop us a comment at a luncheon (see the note from Michael Green, below), or you can send us a more complete account of something you find rewarding or interesting (such as the articles on the Alcatraz Triathlon and the Elder Wisdom Circle further along). If you don't want to write anything, but wouldn't mind talking about it, give me a call (Dave Stevens, 510-524-2904) and I'll see if I can fix you up with an interviewer.

Happy Birthday, John: Our lone (so far as we know) centenarian, **John Keller**, now 101, has renewed his membership for another year.

Michael Green reports that he went back into the theatre in 1999, and has acted in 27 shows since then. "They have even paid me real money for this. [You can find his acting resume at http://www.theatrebayarea.org/comm/res_act_dtl.jsp?id=13353&hi=1&css=3 (ed).] Still racing sail planes, and we have four grandsons who live within 30 minutes of us. Life has been good."

A warning from **Ken Lou**: "**Dick Burleigh** and I are of the same vintage, celebrating our birthdays in the month of February. Dick reached 92 years of age twelve days later. Additionally, the California DMV granted me driving privileges legally for another five years, so the general public – take heed!"

From an anonymous philosopher at the February luncheon: Two takes on frustration (slightly edited):

--Took a long walk to the far side of the lake. Never got there. Tried all day, but the far side stayed on the other side of the lake.

--Felt a need to go behind a tree. Went to the other side, but found it to be the front. Kept trying all day; kept finding the front. Finally it got dark...must be behind the tree at last. What a relief!

Keeping Up with the Lab

Rot works, too: You may recall that we noted in the October *EX-Press* that the Lab was trying to learn from termites how to unleash the energy of wood. An international team, including researchers from JGI, is now working on adapting the wood-destroying processes of brown-rot fungi to the production of biofuels.

http://www.jgi.doe.gov/News/news_09_02_05.html

Romeo's genome? A novel application of feature frequency profiles, a genome-profiling tool developed at the Lab, may someday help to provide a definitive answer to the question of who wrote the works of Shakespeare. On the other hand, text comparison studies using a 3-D technique developed to study protein structure indicates that some plays attributed to Shakespeare may not be his (whoever he was)...and vice versa.

<http://blogs.usatoday.com/sciencefair/2009/02/using-genome-so.html>

Was he a Neanderthal? The first draft of the Neanderthal genome has been completed by a German team. Edward Rubin of the Lab's Genomics Division and JGI is leading a separate project to sequence targeted segments of the Neanderthal genome.

http://www.google.com/hostednews/ap/article/ALeqM5gNRhmzaaW3a10ewnBU63clc_Ki7QD96A3OC00

Artificial photosynthesis: Researchers with the U.S. Department of Energy's Lawrence Berkeley National Laboratory (Berkeley Lab) have now taken a critical step towards this goal with the discovery that nano-sized crystals of cobalt oxide can effectively carry out the critical photosynthetic reaction of splitting water molecules. [See "Turning Sunlight into Liquid Fuels" in the LBNL Newscenter.]

And you thought Dick Tracy's wrist radio was small: A Lab group has succeeded in creating a fully-functioning radio receiver small enough to float along in a vein, using a single nanotube. Check it out and listen to it at

<http://www.physics.berkeley.edu/research/zettl/projects/nanoradio/radio.html>

Yet another new form of matter: *Ionic liquids* – salts that are liquids rather than crystals at room temperature – are expected to play a starring role in the transformation of biomass into sustainable and carbon-neutral transportation fuels. They possess a unique capacity for dissolving lignocellulose into fermentable sugars, a possible first step in the development of cullulosic biofuel.

<http://newscenter.lbl.gov/feature-stories/2009/04/13/ionic-liquid-diet/>

Stimulation: LBNL is slated to receive more than \$100M in stimulus funding.

<http://newscenter.lbl.gov/press-releases/2009/03/23/arra-funding/>

In addition to the above, current Lab news may be scanned at <http://newscenter.lbl.gov/>.

Possible ballot measures and other retirement issues

1. Initiative amendments

There are now two proposed initiative amendments with potential impact on Lab retirees, one directed at UCRS, the other directed at all public-employee retirement systems, including PERS.

The first, as noted in the October EX-Press, proposes that governance of all UC pension and retirement systems be transferred from the Regents to a to-be-created board of trustees. The second would make it possible for the state to renegotiate public-employee pension contracts, “including reducing vested benefits for existing and prospective retirees [emphasis added].”

As of this writing, it is not known whether or not either initiative will gather enough signatures to make it to the balloting stage. However, we urge you to read the proposed initiatives and be prepared to vote when and if they appear on a ballot.

You can download the full text of the proposed initiatives from the state government initiative site at <http://ag.ca.gov/initiatives/activeindex.php?active=A&year=2008>

Once on the site, go to 08-0019 for the text of the “University of California Retirement Benefits Board” initiative, and to 08-0018 for the text of the “Renegotiation of Public Employee Pension Contracts” initiative. The official title and summary of each initiative is also available just under initiative number for each initiative.

2. State of UCRS

The January EA Chronicles (the newsletter of the UCSD Emeriti Association) has a long article by Wayne Kennedy on the current state of UCRS. You can download a copy from <http://emeriti.ucsd.edu/Chronicles/Newsletter83.pdf>

3. UCOP to restructure its Retirement Administration unit

We hear that the University Office of the President is considering separating the Retirement Administration unit from the HR Department and establishing it as a UCOP Service Center. If that happens, and it appears that it will have a material effect on EX-Ls members, we shall keep you informed.

Planning Today for your Fiscal Tomorrow **Tom Beales**

On Friday, March 20, the UCB Retirement Center, the EX-Ls, and other UCB affiliates sponsored a seminar presented by Adrian Harris, the former Vice Chancellor for Finance and Planning at UCLA. The lively three-and-one-half-hour session covered a comprehensive range of financial topics ranging from wills, living trusts, beneficiary designations, gifts, investing

options, kinds of investments, spending, insurance, retirement, and converting assets into life income, all spiced with humorous anecdotes.

He invited attendees to interrupt at any time during the presentation with questions and everyone did. He patiently answered the questions and offered explanations along with his answers.

He discussed the UC 401 and 403b defined benefits plans and stressed the importance of keeping the beneficiary designations up to date, taking into account life changes such as new spouse, children, and grandchildren. It can be done on line. He said, even if you designate a spouse as the primary beneficiary for your plans, the spouse can disclaim his or her portion and have it flow to the next beneficiaries in line, but you will need an attorney's help if that person is a minor.

He reminded everyone that starting 2009, you can gift \$13,000 tax free to any individuals and not be subject to the one million dollar lifetime limit. He discussed techniques such as dollar cost averaging, laddering, annuities, and the fact that in 2009 you do not have to take the mandatory distributions from your conventional IRA, 401, and 403b plans, but you must call the administrator to stop them. If you don't, and a distribution is made, it's too late and you cannot return the funds.

He believes that CD's are secure, regardless of the bank, up to the insured \$250K level, and suggested looking at www.bankrate.com to find the highest yields. He offered some tips regarding umbrella insurance policies instead of high liability coverage in separate home and auto policies, making sure your military service is included in your social security account, and the fact that you should count on people [including yourself] living 30-40 years after retirement. Regarding long term care policies: Be rich, and you don't need one because you are self insured; be poor, and the government will pay. If you move into an assisted living facility, the costs are tax deductible. He concluded with a discussion on reverse mortgages and gifting to charities, and cautioned that you should check with your attorney or tax accountant before taking any actions on these suggestions.

He has a form in Word format that you can download and use as a template to make a record for you and others to use that lists your personal and financial information that would be helpful to others attending to your care or estate matters. It is available from Adrian at e-mail: harris@ucla.edu. Just ask for the "To Whom It May Concern" form.

Overall it was an excellent, very informative program, but there should have been more EX-Ls there.



**From the Berkeley Retirement Center
Andre Porter**

Retiree housing? We noted in the last issue that discussions have begun about the possibility of a UCB retirement community. You may be asked to participate in a survey to determine the level of retiree interest in such an establishment.

New ID cards: We are pleased to announce the extension of the contract between LBNL and BRC through June 20, 2012, but your current ID card has an expiration date of June 30, 2009. The Retirement Center has new cards, valid through June 20, 2012, available now. You may get yours by applying in person (at 1925 Walnut St., Berkeley), by phone (510-642-5461), or by e-mail (ucbrc@berkeley.edu). A current ID card is required to access most BRC services, including Learning in Retirement, insurance counseling, access to the Scholar's Workstation and the Art Museum, and one-time events such as "the first hundred days" mentioned below.

Insurance counseling: UCBRC sponsors a trained insurance counselor who comes once a month to meet with retirees who have insurance questions or issues. The visits take place on the third Wednesday of each month; UCBRC will help schedule appointments.

The first hundred days: The Retirement Center and the Faculty Club are co-sponsoring a panel discussion on Thursday evening, May 7, featuring Richard Abrams, Brad DeLong, and Harry Kreisler, on the first hundred days of the Obama administration and its efforts to address the economic situation. More information is available from the Center (510-642-5461) or on the Faculty Club's website at www.berkeleyfacultyclub.com/lecture/.

OLLI: The Osher Lifelong Learning Institute at Berkeley will be defining their summer program soon. You can check them out at www.oli.berkeley.edu.

Website: More information on Retirement Center programs can be found at <http://thecenter.berkeley.edu>.

**Trip Reports
1: Argentina
Bill Benson**

Inspired by Andy Sessler's travel writing, I'll venture a few cultural observations about a recent trip to Argentina.

Following advice from friends, we spent the first few days in Buenos Aires at a Tango Guest House, where we declined the free group lessons, but watched enough to get a feel for the

experience. It seems that tango fanatics come from all over the world to perfect their moves, stay out dancing all night at clubs, or shop for exactly the right fit in tango shoes.

I was especially struck by the music, and how easy it was to listen to - contrasting with the in-your-face style of much popular music here. And to over-generalize, the people appeared to be easy-going, not in a rush, and not pushy, even on the highway. The streets were clean and without trash. Tipping is in the 10% range. I suppose the country is nominally Catholic, but it appears to be largely secular.

There are the usual scams and dangers to watch out for in any kind of travel, but I didn't expect counterfeit banknotes in ATM withdrawals to be one of them. This is more than disconcerting, since a victim has no good recourse, even to pass it on, since most merchants in Buenos Aires do indeed obsessively check large notes closely. Out in the provinces, though, there seems to be no such problem.

Another inexplicable hassle is that ATM machines will give out only 300 pesos at a time - less than \$100 at 3.5 to the dollar - so if your card has a fee per transaction, this can be a big bite.

Argentina is a big country with much to see and do. There is no long distance rail, so flying is the only practical way to get around. We focussed on some locations in Patagonia, in the Andes, where we could take day hikes to mountains and glaciers right from our door in the morning, and this was the most rewarding part of the trip.

If anyone is thinking of going there and would like recommendations, just ask.

2: Black Hawk Vicky Jared



A docent...



...and his attentive audience

A small but elite group of EX-Ls members (above, with docent) visited the Blackhawk Auto Museum in mid march. The museum is amazing and I think I can speak for most of us that the tour met our expectations for experiencing rolling art and seeing historically important, beautiful, and interesting vehicles.

We met at 10:15 on the steps of the beautiful museum and met our docent guide George Beck (retired LLNL engineer). Our tour started promptly at 10:30 with the pre-World War II autos. Our first glimpse of the past was a 1906 Cadillac that was so magnificent it looked like it just rolled off the assembly line to take to the dusty dirt roads. Viewing this car and others from the early 1900s gave you a good idea what traveling must have been like for the well off. (We could have spent several hours just in this room alone.)

Walking through this exhibit we saw special artistic and historic vehicles from every era. We quickly learned to appreciate the work that went into creating new ideas in styling, amenities, necessities and performance. Many cars were one-of-a-kind designs. For example, a WWI pilot's plane was made mostly of wood, and after the war ended he worked with his plane designers to build a racing car whose body was all wood. He thought this body would enable the car to go faster (and it did, but the length of the car caused the loss of the race). An Ex-Ls member asked what the selling price of this vehicle might be and Mr. Beck thought about \$7 to \$8M. The photo above is the group standing in front of a brilliant red 1937 Cadillac Series 37-90 V-16. It is the longest auto in the show, although it has very little seating. This is just one of the 90 great cars in the exhibit that are shown as individual works of art.

The second part of the tour was the post WWII vehicles. These ranged from 1940s touring cars, 1950s sedans, station wagon woodies, racing sports cars, cars owned by famous movie stars, cars with amazing hood ornaments, cars of all shapes and sizes and wonderful colors. As you walked around these vehicles you could just imagine yourself touring the back roads of the Bay Area in a special '89 Porsche, BMW, 1950s Ferrari, 1960s Maserati, 1937 Mercedes-Benz or even a custom 1967 Corvette.

Cars frequently come to Blackhawk after they have been exhibited at the Pebble Beach Concours d'Elegance each August. This concept keeps Blackhawk's exhibition diverse and ever-changing. I think I can speak for all of us who went on the tour in highly recommending that you spend a couple of hours experiencing this well-done exhibit. (One of the side perks we enjoyed at Blackhawk was our delicious lunch and visiting time after the tour.)

EX-Ls EX-Peditions: Are you really interested?

Blackhawk was the second EX-Pedition we have planned; the first (to Playland NOT at the Beach) failed for lack of sufficient interest, and this one was marginal in attendance. We are happy to plan them, but there seems to be no point if the interest is too thin. Should we just provide information about UCRAB tours and activities and let you make your own arrangements? Don will be asking for your input on this general subject at the May luncheon.

Escape from Alcatraz Triathlon @ 72
or
Between *The Rock* and a hard place to get to
(being the further adventures of Geores Buttner)

Geronimo! Splash! Way deeper than expectation! Sixty degree water is way colder than sixty degrees. The first gulp of air—not any warmer. Alcatraz looms huge. Never had seen it before from one eye above sea level. Had been told that a wet suit would help provide buoyancy. Lies! Lies! Through the fog, between the swells and the chattering teeth, the uppermost stories of the tallest San Francisco skyscrapers show just above the horizon. That’s the direction to swim, west, not east and back to the ferry and back to REI to exchange this paper-thin wetsuit for a thicker one. To late for that! Go west young man, go west. Swim that one-and-a-quarter-miles to Aquatic Park. Run that two-and-a-half-miles to Crissy Field. Bike that thirteen miles that goes three times up and down Lincoln Blvd. Run back up Lincoln and out to Baker Beach. Run that mile through the sand and up the 300 cabled-together logs infamously known as the sand-ladder, then pass a whole bunch of those now passing swimmers on the sprint to the finish line.

What with inefficiency being so really great for circulation and body warming and exercise, sympathy goes to those passing swimmers with their effortless strokes. They should all feel better knowing none will be last ashore. Soon out of sight. Alone now with passing jellyfish: 101,102,

...1001, 1002. Besides the carefree jellyfish accompaniment there is a seriously worried kayaker. There are fifty volunteer kayakers total, one each to watch over an average of about ten swimmers. This one has it easy. But he keeps yelling about something anyway, and frowning. Can’t understand him very well what with hearing being more impaired than usual inside this official yellow swim cap. As well he might have kayaked here from Chile, or maybe Argentina, somewhere south of the border anyway. Speaking English seems to be one of his current frustrations.

...2001, 2002: Was told on the ferry crossing from Pier 39, by cute little Natalie from Napa, that when you breathe to the right you get a great view of the Golden Gate Bridge. Several decades of breathing to the left only, plus the fear of drowning, prevented any chance of a glimpse to the right. 1001 views, so far, of the Bay Bridge, sufficed.

On the 3000th stroke, the gleeful sight of the entrance to Aquatic Park between its two breakwaters is interrupted by frantic antics and perturbed screams from the Chilean. It does not take many more strokes to realize what his problem is. For one thing, swimming like crazy was not decreasing the distance to the opening, which was shrinking. A scream from a head hanging over the breakwater railing high above, “He’s swimming backward!” Having approached the opening to Aquatic Park to the west instead of the east at the peak of the outgoing tide, last swimmer is on a course to be first out to sea.

“Keek! Keek!” cries the kayaker—paddle flailing, but failing to close the gap to the gap into Aquatic Park. Sweemer is already keeking, señor. The Chilean had signalled to hang on to the stern of his Krypton craft, which was promptly accomplished, but a vision of dog-paddling in a potato patch still prevails. This event is easily on the verge of becoming a sweeming isla para isla numero uno—Alcatraz Island to Farallon Island, towing a kayak.

Pontoon platoon to the rescue: two sinister sailors, one under each armpit, hoist the sinking, heavy, waterlogged creature over the gunnel to a soft landing on the floor of their craft. A protest would have gone ignored, so there was none. Tee-hee! Via horsepower, cruise upstream and into Aquatic Park Harbor, on the way surprisingly picking up another straggler, who promptly, thankfully over the opposite gunnel, returns chunks of the salty bay back into the bay from down deep within his guts.

Fearing disqualification, and not particularly wanting to be seen riding to the finish line in a boat, a request to return to the swim within the calm confines of Aquatic Park is summarily refused—something about a time limit.

Good news at the not-so-glorious completion of the swim: the event director, supposedly not wanting to waste his first place award for the 70+ division, urges his only participant to carry on. So it's happily on to phase two. Fully half of the spectators left in the stands from the thousand or so original ones cheer loudly as the salty body is being hosed off, all four are well known. Phase two is a two-and-a-half mile run to the start of the thirteen-mile bike pedal to get to the ten kilometer run.

Being an inspiration is getting tougher and tougher.

There *is* a free lunch

In honor of John Keller, your Board has instituted the Keller Rule: All centenarians are entitled to one free lunch a year, preferably on the date closest to their birthday. Just let Vicky know your age when you sign up.

Sharing Elder Wisdom Suzanne Stroh

If you are like me, the idea of intergenerational respect and sharing of ideas is appealing. Add to that the idea of placing value on the life experience and the wisdom of older adults and allowing a way to share that with younger folks via the Internet and you have a winning idea. The Elder Wisdom Circle does just that and I am a member. This organization is a non-profit group that provides a free, anonymous advice service via the Internet. We are also known as cyber grandparents although we deal with more ages than that would imply. Would-be Elders apply to join and work from their own computers from the comfort of their homes or in some cases in senior centers, assisted living places, or nursing homes. We have Elders nationwide ranging in

age from 60-100+. Advice seekers ask for help with issues ranging from relationships, marriage, family, career, and self-improvement. Who among us has not dealt with such issues? I was a career counselor at UCB for 10 years before I came to LBNL and this activity is taking me back to that in some ways. It's a great way to promote intergenerational respect and communication and is an excellent way for people with limited mobility to stay actively involved with helping others. Perhaps you would like to be an Elder and share your life experience with younger folks. You can find more information at elderwisdomcircle.org.

Recent Travellers



The purpose of this column is simply to provide the names of recent (covering only the last calendar year and this one) travellers, so that those who are considering these same destinations might have a potential source of useful information and helpful hints. (Not all of these have been previously reported in the EX-Press.) Please let me know if you think this is a useful addition to the EX-Press. Also, please let me know if you have taken an interesting trip in the last year or so.

<u>Destination</u>	<u>Year</u>	<u>Traveller(s)</u>
Amazon River	2008	James Bettencourt
America by Amtrak	2008	Dave & Sally Stevens
China	2008	Sandra Stewart
China/Macau/Hong Kong	2008	Winnie & Tracy Baker
Egypt & Jordan	2009	James Bettencourt
Italy (& Hungary)	2008	Sig & Cindy Rogers
Jordan (Petra)	2008	Janis & Ned Dairiki
Lancaster (CA) Poppy Reserve	2008	Bob & Valerie Fulton
Machu-Picchu	2008	James Bettencourt
Mexico (Maya Riviera)	2008	Bob & Valerie Fulton
New Hampshire	2008/9	Igor Blake
Oregon Wineries	2008	Dave & Sally Stevens
Patagonia	2009	Bill & Mabry Benson
Philadelphia and environs	2008/9	Dave & Sally Stevens; Brenda Shank & Bud Larsh
The Pinnacles (CA St Pk)	2008	Geores Buttner

Peru & Galapagos	2008	Tom & Marcia Beales
Portugal	2009	Bud Larsh & Brenda Shank
Red Rock Canyon (CA St Pk)	2008	Bob & Valerie Fulton
Rome	2008	Janis & Ned Dairiki
St. Martins	2008	Bud Larsh & Brenda Shank
Salt Lake City (Mormon Library)	2008	Sally Stevens
South Dakota	2008/9	Jose Alonso
Southeast Asia	2008	Andy Sessler
Spain	2008	Sig & Cindy Rogers
Uganda	2009	Don & Becky Grether
Virginia	2009	Sig & Cindy Rogers
Wyoming (& bits of MT)	2008	Sue Wingerson

An EX-Press Option

We are considering offering an option to receive your quarterly EX-Press electronically, in either Word or PDF format. This service will be entirely distinct from our standard e-mail service, and will be used only for sending out your copy of the EX-Press. If you are interested, please send the e-mail address to which you wish the newsletter sent to david_stevens@comcast.net, and let me know whether you want it sent as a Word file or as PDF. (This address will NOT be added to the roster or added to Dick Baker's distribution list.) Note that if you sign up for electronic delivery, you will NOT receive a snail-mail hard copy of the newsletter, so you will have to print off the luncheon reservation page when you go to sign up for lunch.

Some e-mail tips

1. If you use a keyboard shortcut to reply to e-mail, make sure the default is "Reply"; don't use "Reply all" unless you consciously want your reply to go to all the addressees on the original mail.
2. Clean out your "Address History" from time to time. (Bet you didn't know you had such a thing....) Some, if not, indeed, all, modern mail systems maintain in perpetuity a list of every address to which you have ever sent e-mail. (In my system, it shows up in the *Window* pop-up menu but in yours it may be in the *File* pop-up, or in *Preferences*, or *Tools*, or somewhere else entirely.) These lists are virus distribution channels waiting to happen.
3. Don't be part of a chain of message forwarders. They create lists of the addresses *from* which you have received e-mail. They, too are virus distribution channels waiting to happen.
4. You can avoid proliferating lists, as well as hide the total list from some or all addressees, by sending the message to those addressees you wish to hide as BCC ("blind carbon copies"); doing this puts "Undisclosed Recipients" in the *To* line, and the recipient sees only his own name.

(Again, different systems have different ways of getting to the BCC header; on mine, it's part of the *Edit* pop-up; in yours, it may be somewhere else.)

The lighter side of the internet
1: Culled from the oeuvre of Steven Wright)

- I'd kill for a Nobel Peace Prize.
- Borrow money from pessimists - they don't expect it back.
- 99% of lawyers give the rest a bad name.
- 42.7% of all statistics are made up on the spot.
- A clear conscience is usually the sign of a bad memory.
- All those who believe in psychokinesis, raise my hand.
- The early bird may get the worm, but the second mouse gets the cheese.
- I almost had a psychic girlfriend, but she left me before we met.
- How can you tell when you're out of invisible ink?
- Depression is merely anger without enthusiasm.
- When everything is coming your way, you're in the wrong lane.
- Hard work pays off in the future; laziness pays off now.
- I intend to live forever. So far, so good.
- If Barbie is so popular, why do you have to buy friends for her?
- Eagles may soar, but weasels don't get sucked into jet engines.
- If at first you don't succeed, destroy all evidence that you tried.
- A conclusion is the place where you got tired of thinking.
- Experience is something you don't get until just after you need it.
- The hardness of the butter is proportional to the softness of the bread.
- To steal ideas from one person is plagiarism; to steal from many is research.
- The sooner you fall behind, the more time you'll have to catch up.
- The colder the x-ray table, the more of your body is required to be on it.
- Everyone has a photographic memory; some just don't have film.

2: Mileage

A recent study found the average American walks about 900 miles year. Another study found Americans drink, on average, 22 gallons of beer a year. That means, on average, Americans get about 41 miles to the gallon.

Kind of makes you proud to be an American.

SEE YOU AT THE MAY 21 LUNCHEON

To: Vicky Jared
4849 John Muir Road
Martinez, CA 94553
Be sure to make reservations by May 18

From: _____

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

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

I ___ would like to carpool / ___ am willing to drive

___ Please seat me close to the speaker and screen

Menu: Buffet

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

In Memoriam

Ronald Brown	Derek Daniels
Patricia Durbin-heavy	Shyamala Harris
Lee Glasgow	Paul Hernandez
Eddy Kjono	Donald Marcell
Mirriam Schwartz	Hugh Williams

Welcome New Member

Ben Feinberg

Lost Members: Mail addressed to the following members has been returned, with no forwarding address. We would appreciate hearing from anyone who could let us know where and how they are.

--Al Amon
--Esther Colwell



LBNL EX-Ls
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Albany, CA 94706

Time Critical First Class

FIRST CLASS

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Calendar of Board Meetings & Luncheons

L: May 21, 2009
B: July 9, 2009 L: August 20, 2009
B: October 8, 2009 L: November 19, 2009
B: January 14, 2010 L: February 18, 2010
B: April 8, 2010 L: May 20, 2010

Board meetings start at **3:00** on the dates listed above. The July 9 meeting will take place in **Room 3377 in Bldg 70A** at the Lab. (Venues for future meetings will be determined on a case-by-case basis.) We welcome attendance by interested members.

EX-Ls Honorary Life Members

Shirley Ashley
Esther Colwell
Inge Henle
Bud Larsh

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