

# EX-Ls

# EX-PRESS

**Volume 22 Number 1**  
**WINTER 2004**

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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** **Sig Rogers**

I suppose I've pondered as long as I possibly can rather than write my first President's Message, so I guess I'll just have to begin. By the time you read this, we are well into to a new year and I hope all of you are doing well. We have a new slate of officers. Gene Binnall, first Vice President, will be bringing us this year's luncheon speakers and will automatically become President next year; Second VP is John Kadyk who will chair next year's nominating committee; Secretary: Eleanor Dahl; Treasurer: Bud Larsh; and Activities Chair: Inge Henle. In addition, great jobs are performed by Dave Stevens in putting together our newsletter, and Dick Baker who is maintaining our website <http://www.lbl.gov/ex-l-express/index.html>.

I'm especially thankful for those continuing officers who have been the backbone of this organization. Two persons in particular, Bud Larsh, our treasurer, and our Activities Chair, Inge Henle have contributed greatly. Bud began his position in 1996 and Inge Henle began her position even longer ago in 1994. I'm bringing this up now, because for health reasons, Inge has requested relief. She doesn't want to, but she needs to step down now. She has already made all the arrangements with Spengers for this year. We really need a volunteer to help now and take over soon. Please talk to Inge or me for details of the job. This is a good job if you want to get to know everyone in the group.

Here are few of other items of interest for our January 8<sup>th</sup>. Board meeting.

Spengers has raised the price of lunch. We have been losing about \$50 on lunches. The actual cost of Steak is now \$16.95, three dollars more than the Petrale Sole. We would like to avoid multi-tiered pricing. It would help if the few steak eaters we have would try fish. With our current \$18.00 price we also cover the \$50 bar setup, 18% gratuity, and raffle prizes.

I mentioned funding for the Berkeley Retirement Center at the last lunch. There is concern that the Center now wants much more money than the Lab is willing to provide. We are currently funded this FY at approximately \$27K. Your Board has requested that Bob Birge, who represents us on the BRC Advisory Board, ask the University to not increase our costs beyond what the Laboratory currently pays. Even if the University agrees to this, with budgets down, the Lab may not agree to fund at the current level.

We are also amending the LBNL EX-Ls By-Laws. The only changes we appear to need since it was last amended in 1998 are minor: our mailing address, and LBNL no longer provides Liability and Accidental Death Insurance at our events - so be careful where you step.

Well, that's it for now. Cindy and I are off to Virginia for 3 weeks to sample snow and sleet. We'll be back for the luncheon on February 19<sup>th</sup>.

# EX·LS Ex·press



## 2004 Winter Lunch

- Date:** Thursday, February 19, 2004
- Where:** Spenger's Fresh Fish Grotto  
1919 Fourth St.  
Berkeley
- Time:** No-host Bar: 11:30 AM  
Lunch Served: 12:00 Noon
- Speaker:** Lutgard DeJonghe
- Subject:** Energy Future, Hydrogen Economy, and Fuel Cells
- Menu:** Bay Shrimp Louie Salad (with cup of chowder)  
Parmesan Petrale Sole w/ lemon caper butter (with dinner salad)  
Flatiron Steak w/ mushroom demi-glaze (with dinner salad)
- Cost:** \$18 per person (PREPAID)
- Reservations:** Please make checks payable to EX-Ls. Send to Inge Henle  
820 Villa Lane #3  
Moraga, CA 94556

**Spenger's management policy makes it absolutely imperative  
that they receive reservations by February 13, 2004**

**(Reservation slip on last page)**

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## From our November lunch

*Reported by Sig Rogers, incoming EX-Ls President:* Our November Luncheon Speaker, Antoni Tomsia of LBNL's Material Sciences Division, focused on the design and synthesis of artificial bone-like composite materials and novel bioactive glass coatings for metallic implants using natural bone as a guide.

Basically, my synopsis in a nutshell: Tony and his LBNL group, are working to develop materials for replacement bone joints that will not fail during the life of the recipient. Support is provided by the National Institutes of Health. Bone joints generally fail because metal on metal bearing surfaces fail or the interface connection between the joint and bone loosen and fail. Through Tony's work, a new family of bioactive glasses has been developed with thermal expansion coefficients closely matching those of Ti-based implant alloys while maintaining bioactivity *in vitro*. These new glasses are intended for use as bonding agents between Ti-based implants and bone; in fact, adherent, mechanically sound, graded coatings of these glasses have already been deposited on titanium alloys.

During his talk, Tony said that bone loss is the result of an ongoing battle between two processes: osteoblast (the tearing down of bone) and osteoplast (the building up of bone). Our bones are replaced every 7 years. It's not calcium that builds strong bones, but Vitamin D which supports the osteoplast process. Vitamin D is generated in our skin when it is exposed to sunlight. Eventually, as we age, osteoblast wins resulting in bone loss.

In closing, Tony said that if you are about to undergo a joint replacement, not to hesitate to contact him if you want to know you're getting the latest technology.

As a Side Note:

Just this week, I read an article in the Contra Costa Times (or Chronicle) on bone loss in women versus latitude. There is virtually no bone loss at the equator and bone loss gets progressively greater as you move north. The article related this to the amount vitamin D generated by sun exposure. It went on to suggest vitamin D supplements in the winter and for those shut in. It also said do not exceed the recommended daily allowance as vitamin D in excess is toxic. Also as we age, we tend to sunbathe and play outside less in order to avoid the dread skin cancer. ---- It's hard to get around that old saying; if one thing doesn't get you the other will.

*Table Hopping in November.* I guess everyone stayed put; we have no "hopping" report this issue.

*Luncheon Attendees:*

Maxine Adams  
Janine Augst & guest  
Carol Backhus

Bob Avery  
Bill Baker  
Winnie Baker

Tom & Marcia Beales  
Gene & Myrna Binnall  
Bob & Elizabeth Birge

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Don & Yvonne Blackman  
Stanley Boyle  
Dick Burleigh  
Geores & Katie Clevenger  
Buttner  
Per Dahl  
Janice & Ned Dairiki  
Bill & Jean Dolter  
Andy DuBois  
Warren & Averil Faust  
Jack & Darlene Franck  
Bob Fulton  
Frank & Maxine Garnier  
Jim Haley  
Inge Henle  
Paul & Nancy Henrickson  
Paul & Barbara Hernandez  
Egon Hoyer

Roger Hughes  
Nylan Jeung  
John Kadyk  
Robert & Barbara  
Kaufmann  
Emile Kirsch  
Ralph Kujala  
Bud Larsh  
John & Barbara Lax  
Branko Leskovar  
Don & Jean Lundgren  
John & Priscilla Magee  
Fritz & June Marg  
Bob Meuser  
Bob Miller  
Ken Mirk  
Bob Mortiboy  
Margie Myers & guest

Fred Perry  
Conway Peterson  
Terry Powell  
Patty Powers-Risius  
Don Prestella  
Ellie & Gwen Ralph  
Ed Reioux  
Sig & Cindy Rogers  
Stephanie Roth  
Clay Sealy  
Leo & Ellie Skvarla  
Robbie & Mary Smits  
Dave & Sally Stevens  
Hugh & June Stoddart  
Clyde Taylor  
David Vanecek  
Samuel Villa  
Fred Vogelsberg

### **Editor's Note**

This issue contains a couple of annual goodies: The updated directory of members and the annual dues reminder. Please check your entry in the directory, and notify Bud Larsh of any necessary changes. This issue also reflects one of the continuing problems of volunteer organizations: how to replace long-time dedicated volunteers. Two of our most faithful contributors—Shirley Ashley and Inge Henle—need help. We need a few of you to step forward and hop some tables at lunch (you don't have to submit polished prose; legible notes are fine) and to help with function planning and administration (Inge will help get you started).

dfs

### **Charitable Contributions for 2003**

Ex-Ls makes one or more charitable contributions each year on behalf of its members. The recipients in 2003 were Alzheimer's Services of the East Bay and the UC School of Optometry. The Board encourages you to submit suggestions for 2004 to any member of the Board. (A list of Board members may be found on the back page.) We are particularly interested in those organizations that provide services for the elderly, institutions engaged in research of interest to retirees, and institutions that encourage science and technical education.

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**Trip Report**  
**A Journey from the West II: Turpan & Dunhuang**  
**Dave Stevens**

*In the first instalment, our intrepid travelers visited Urumqi, the Heavenly Lake, and a yurt.* The next day saw us bus over a low pass to Turfan (or Turpan; the one is Uygur, the other Han). Although not the smallest of the three western cities we visited, Turfan is the least westernized. It is primarily Uygur and 100% Muslim, but of a relatively loose variety. (Of the five Muslim virtues—praying five times a day, reading the Koran, making a pilgrimage to Mecca, giving to the poor and the mosque, and eschewing pork—only the last appears to be locally practiced with any regularity.) Turfan is a grape-growing center surrounded by desert. (It is *not* a wine center...it's a Muslim area.) The crop is enabled largely by the *kerez* irrigation system, whereby water is led down from the mountains in underground channels (to reduce evaporation), painstakingly constructed in reverse (i.e., from the oasis to the aquifer) by sinking numerous dry wells to the proper depth along the desired route and tunneling between them.

Turfan is also the populated gateway to two abandoned cities, Jiaohe and Gaochang. The former is a Masada-like excavated town on a sheer-walled plateau in the middle of a river. There is a two-story administrative center, a large residential quarter (some 5,000 people lived there at its peak), three Buddhist monasteries (the only above-ground structures; they are built of rammed earth), a small bit of arable land, and several wells (primarily for use in time of siege). It was destroyed in a Mongol revolt some thousand years ago or so, leaving only hints of its active state. As near as can be determined, they used no paint on the interiors, probably hanging rugs as is done in the adobe and wood dwellings today. It is a weird, wonderful, ghostly place.

By contrast, Gaochang is just an abandoned city. Though much larger than Jiaohe (it had a population of 30,000 at its peak) it is less impressive for being less well-preserved. In color (that of the local siltstone) it is the same, but being above ground, was constructed of rammed earth and adobe rather than stone, so even in this very dry climate (about a half inch of rain a year) it has eroded far more severely. (It, too, was destroyed in a Mongol revolt.) Much of what once was walls is now three-inch-thick dust (the rest having blown away). Because of the dust, we chose to ride donkey carts out to the center of the ruins instead of walking. The ride was accompanied by lovely girls on bicycles and mischievous urchins on foot selling camel bells. (No family leaves Gaochang without at least one set of camel bells. The train to Dunhuang that evening was full of jingling backpacks.)

It was in Turfan that I won the heart of a Uygur princess...but Sally wouldn't let me keep her. (For details of that story you need to speak to the author directly.)

As part of our visit to the *kerez* system our guide requested, and received, permission to bring us all (we were 17, counting the guide) into a Uygur home. It being summer, it was devoid of furniture, which had all been moved outside to take advantage of the shade of the grape arbor.

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All that remains inside are some alcoves and the (built-in) bed platforms, all richly covered in bright woolen rugs. In winter, the beds are heated by stove gases piped under the platforms; in summer the stove is outside, and the people sleep in the patios or on their rooftops. Our hosts were quite charming, and offered us freshly-baked bread and freshly-picked grapes, the which we greatly enjoyed.

The pass between Urumqi and Turfan is so deceptive that we passed the crest before we reached even the foothills of the mountain range we were crossing. (This doesn't sound so strange, but it's visually startling to be following the neighboring stream *downstream* while still apparently driving uphill.) This appears to be the only significant gap through these mountains, so those silk route travelers who wished to go to the north of the Taklimakan had to come this way until an alternate route that bypassed the Tien Shan altogether was discovered rather late in the day.

From Turfan we took an overnight train to Dunhuang. More precisely, we took a train from 70 km from Turfan to 130 km from Dunhuang, the railroad being so located for both strategic and economic reasons. (It's both straighter and more level than it might otherwise be, and an attack on the railroad would not threaten the historical treasures of the towns.) If one might be allowed to paraphrase A. Conan Doyle:

“Consider the curious behavior of the train during the night.”

“But the train did nothing during the night.”

“That's what was so curious.”

At least, the train did nothing between 1:00 AM and 6:30AM, but sit idly and wait out a sandstorm. As a result, our visit to Dunhuang was reduced by six hours, thus limiting our grotto explorations to 10 caves. In the event, this was ample, I think, for as a group we had not the religious, artistic, or historic background to appreciate the increasingly subtle differences between what we had already seen and what we had yet to see.

Dunhuang is one of at least two (and possibly several) sites along the silk route where Buddhist monks carved many “thousand-Buddha” grottoes. The basic elements of these grottoes are the same (at least in Dunhuang): a principal image of the Buddha, with attendants, many (“thousand” is an oriental metaphor for “many”, though I'm sure we saw at least a couple of grottoes where it can be taken literally) subsidiary images, some guardians (which can take human, animal, demonic, angelic, or other mythic form), and possibly some narrative scenes. The principal Buddha is usually painted clay on a straw and wooden framework; the subsidiary Buddhas are painted on the walls and ceilings; the guardians may be either. There are more than 700 caves (called collectively the Mogao Grottoes) here—492 dedicated to Buddha, all in one complex; the rest, a couple of kilometers away, were used as housing for the monks and artisans who built and decorated the caves. They were constructed over a period of more than a thousand years, from the 4<sup>th</sup> or 5<sup>th</sup> to the 15<sup>th</sup> century. They were “discovered” (by the west) in 1920; since then, until fairly recently, archaeologists have systematically plundered them (extracts populate museums in

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several countries), Russian soldiers have been billeted in them, and other discourtesies have been inflicted, but they remain a wonder.

Another wonder is the 130 km road from its train station to the town of Dunhuang: the first 112 km is arrow straight through several kinds of desert. At about 80 km it passes through the line of the Han Dynasty Great Wall. This is not the crenellated, paved Great Wall outside Beijing, but scattered, rounded, dun-colored humps that are far older than the familiar bit. That was rebuilt during the Ming Dynasty somewhere around the 15<sup>th</sup> century; these are original Han walls, built somewhere around the turn of the calendar, of rammed earth. It may not rain a lot here, but 2000 years of slow dissolve can wash away a lot of dirt....

Dunhuang is smaller than Turfan, but shows more western influence: more motor vehicles, and an airport. It is bordered both by gobi and sand deserts. In one of the latter, the Mingsha, a few of us took the opportunity for a brief camel ride. There are two methods by which tourists are enabled to mount camels: using a platform or clambering onto a kneeling camel. Our experience was of the latter sort, which requires some care, because when the camel stands the hind end goes up very suddenly, so that the unwary rider could easily be pitched over the camel's nose (perhaps that's the general idea); the dismount is somewhat less fraught with embarrassment because it is less abrupt, and one is prepared for it.

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From Dunhuang we flew back into the China that more closely resembles our expectations: Xi'an, and then Shanghai, where we finished our tour. There is little that can one say to summarize such a vast country of such vast differences and possessed of such a vast and varied history. It is certainly far more diverse than expected, in some ways beyond understanding, but in its diversity it exerts a fascination that threatens (promises?) to draw one back again and again.

### **Ex-Ls Website**

Don't forget to check out the Ex-L website, which contains photos of Board members, back issues of the Ex-Press, and other useful information. It may be accessed through the index (go to E, then search for Ex-L) on the Lab's home page (at [www.lbl.gov](http://www.lbl.gov)). Our Webmaster, Dick Baker, is working on adding another index entry under R (for Retiree's Organization); we'll keep you posted.

One of our more computer savvy Boardmembers notes that if you access the site frequently, you may run afoul of the computer's attempt to optimize its own processes: It may just reload an earlier image of the page rather than downloading the current one, so if you want to be sure you get all the latest information, you might want to hit the "refresh" button when the Ex-L home page first comes up.

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**Miscellany 1**  
**From Don Prestella**

How to bathe a cat

1. Thoroughly clean toilet.
2. Lift both lids and add shampoo.
3. Find and soothe cat. Carry cat to bathroom.
4. In one swift motion, place cat in toilet, close both lids, and stand on the top so cat cannot escape.
5. The cat will self-agitate and produce ample suds. (Ignore the ruckus: The cat is enjoying this.)
6. Flush toilet 3 or 4 times. This provides power rinse, which is quite effective.
7. Have someone outside open door. Stand as far from toilet as possible and lift both lids.
8. Clean cat will rocket out of the toilet and outdoors, where he will air-dry.

Sincerely,  
Your Faithful Dog

**Annual Dues Time**

Once again it's time for annual dues: \$12 per year. If you have not already done so, please renew by sending the form below to Bud Larsh, Box 5280, Hercules, CA 94547 together with your check for \$12 made out to Ex-Ls. All fields except name and address are optional. Thanks.

✂ -----

Name: \_\_\_\_\_

Spouse: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

E-mail \_\_\_\_\_

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## Miscellany 2

### From the Internet

The Internet is not only for the young. Here are a couple of helpful notes for those of us in our silver and golden years.

#### Exercise for Seniors

For those of us getting along in years, here is a little secret for building our arm and shoulder muscles. You might want to adopt this regimen...three days a week works well.

Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb potato sack in each hand, extend your arms straight out from your sides, and hold them there as long as you can. Try to reach a full minute, then relax. Each day, you'll find that you can hold this position for just a bit longer. After a few weeks, move up to 10-lb potato sacks, And then 50-lb potato sacks, and eventually try to get to where you can lift a 100-lb potato sack in each hand and hold your arms straight for more than a full minute.

After you feel confident at that level, start putting a couple of potatoes in each of the sacks, But be careful not to overdo it.

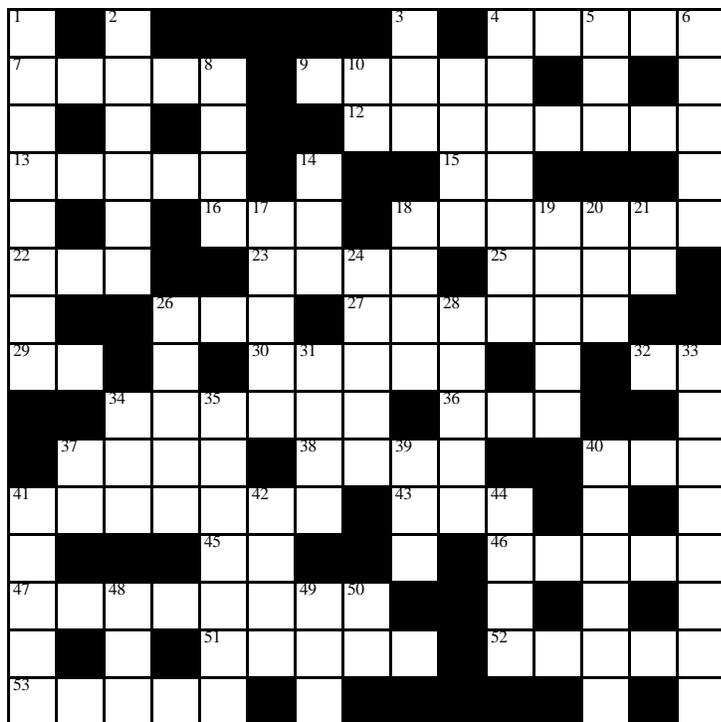
#### Hymns for Seniors

- Precious Lord, Take My Hand, And Help Me Up
- It Is Well with My Soul, But My Knees Hurt
- Nobody Knows the Trouble I Have Seeing
- Just a Slower Walk with Thee
- Count Your Many Birthdays, Name Them One by One
- Go Tell It on the Mountain, But Speak Up
- Blessed Insurance
- Guide Me O Thou Great Jehovah, I've Forgotten Where I Parked



## EX-L 5: Indefinite

Erith Ehrer



A mixed bag; large size but many easy clues. The asterisked clues do not include definitions because they form a circular chain wherein each solution is the definition for the next in the chain. The rest of the clues are normal, although the solutions include a number of abbreviations, and some may not be familiar to Americans. (All are in Chambers.) The chain is 18D – 53A – 26D – 52A – 11D – 41A – 2D – 6D – 1D – 13A – 41D – 40A – 4A – 18A – 18D.

### Down

- 1\*. No poles; slave uprising. (8)
- 2\*. Melt again? (6)
- 3. A short phrase for a quiet hour. (3)
- 4. Heard tell that woman fed to surfeit. (7)
- 5. Old car flipped over. (3)
- 6\*. 19, for example, follows a kind of square. (5)
- 8. Leathery-sounding stone. (4)
- 10. Volume 50. (2)
- 11\*. Old Will. (4)

### Across

- 4\*. Holy man's not safe. (5)
- 7. Hidden, headless, open. (5)
- 9. Neutral sound was scattered round church. (5)
- 12. Tests ritual in wild Cairo; nothing lost. (8)
- 13\*. The second eight. (5)
- 15. Element's half a bean. (2)
- 16. Establish start of first nine. (3)
- 18\*. Crazy Hun cats. (7)
- 22. No one in 45. (3)
- 23. Seine time isn't gross. (4)
- 25. Pat split, abandoned loyalist triplet. (4)
- 26. Draw knot. (3)
- 27. Save old advice and take me back. (6)
- 29. Letter former. (2)
- 30. First class empire in turmoil after losing energy. (5)
- 32. Dam state. (2)
- 34. Ploy puts social grace in charge. (6)
- 36. Head game. (3)
- 37. More than half a dog shakes his head at first. (4)
- 38. Bottoms charge time. (4)
- 40\*. Don't eat without starting to sing. (3)
- 41\*. Lend ice for mixing. (7)
- 43. Lass left after Georgia. (3)
- 45. Point one out in 22. (2)
- 46. Woman, 49, is to be of use. (5)
- 14. Cut top and dock imposters. (3)
- 17. Clumsy spinet playing without a hint of skill. (5)
- 18\*. Baseball team on the rise. (4)
- 20. Take up half of Mickey's better half. (3)
- 21. Company given no time in bed. (2)
- 24. Instant time vegetable. (5)
- 26\*. Part of a mantra I learned. (5)
- 28. River's end dealt a mess. (5)
- 31. Prevalent plunder left out. (4)
- 33. Animal's before trot. (8)
- 34. Active element in pot starts to heat coffee. (3)
- 35. Wind cloth? Yes. (7)
- 37. Ocean drops a point. (2)
- 40. Vessel pudding has pep. (6)
- 41. Homey drops twitch for round tops. (5)
- 42. Edward's got right geek. (4)
- 44\*. God's at Land's End. (4)
- 48. Right about early radio. (3)
- 49. Oklahoma Annie makes a fuss. (3)

### Across (continued)

- 47. Spice officer shuffled with sheep. (8)
- 51. Strangely sound uneven shelter. (5)
- 52\*. Doctor Alley. (5)
- 53\*. Southern conversation. (5)

## Solution to Ex-L 4: Cacophony

1	B	U	T	T	E	4	T	U	L	A	R	E	
	A	E	N	E		5	A	U	E				
8	S	C	R	A	T	C	H	9	K	I	N	G	S
	K	R	I	A	E	D	P						
10	D	A	Y	T	I	M	E	11	M	O	N	O	
12	S	L	A	P	W	U							
14	P	L	A	C	E	R	P	A	I	N	T	S	
	L	L	D	S	R	E							
18	A	N	A	S	C	O	R	A	N	T	O		
	S	M	D	N	D	R	K						
23	H	Y	E	N	A	O	L	I	V	I	N	E	
	Y	D	M	M	G	E	R						
25	M	A	D	E	R	A	M	A	R	I	N		

In the notes,

[anag] = anagram,

[hom] = homophone,

[rev] = reverse,

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

*in* = inserted into, and

+ = concatenate.

The twelve undefined answers are starred.

The definition for each is “CALifornia  
COunty”.

### Across

1. \*butte(r)
4. \*ar(e) *in* tule
8. 2 meanings
9. \*(Ma)kings
10. [date + I'm] [hom]
11. \*n *in* moo
14. \*place + r
16. pain + t + s
18. an(n)as
19. Co + [ran t]
23. h + yen + a
24. violin [anag] + (th)e
25. \*[a dream] [anag]
26. \*r *in* main

### Down

1. Basque [hom]
2. (ea)r(th) *in* eart(h) [anag]
3. ent- + it + led
4. \*ham *in* tea
5. \*(f)lake
6. 2 meanings
7. e-spouse
12. alps [rev] + shy
13. [map I drag] [anag]
15. \*a + lamed + a
17. \*son o(f) Ma
20. 2 meanings
21. (al)amed(a) [anag]
22. (flic)ker + n(est)

**IN MEMORIAM**  
Sally Ann Bemis  
Robert A. Miller  
John A. Thompson

**WELCOME  
NEW MEMBERS**  
Anton Acker  
Joseph H. Klems  
Janice Button-Shafer  
Brenda Shank

**Renewal Time: Dues due**

For those of you who have not yet done so, it's time to do so now. Please send your \$12.00 renewal dues for Year 2004 to Bud Larsh, at the address below.

Membership in EX-Ls is open to all past employees of LBL/LBNL. Annual dues are \$12 per family, prorated over the year for new members, and are now due for 2004. New members, please include your name, address, and phone number. Also, please include any other information you would like included in the annual membership directory, such as spouse's name, e-mail address, or fax number. Please send your check payable to EX-Ls to

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

**SEE YOU AT THE FEBRUARY 19 LUNCHEON**

**To: Inge Henle  
820 Villa Lane #3  
Moraga, CA 94556  
Be sure to make reservations by February 13**

**From: \_\_\_\_\_**

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

**I will bring \_\_guest(s). Name(s) of guest(s): \_\_\_\_\_**

**Menu Choice(s): Beef \_\_\_ Fish \_\_\_ Salad \_\_\_**

**Please make check payable to EX-Ls Total Enclosed: \_\_\_\_\_**

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**EX-Ls EX-Press – Winter 2004**

Editor: Dave Stevens

Published Quarterly in January, April, July, and October

**EX-Ls BOARD OF DIRECTORS**

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**Board Meetings**

LBNL Cafeteria, 3:45 PM  
April 8, 2004  
July 8, 2004  
October 14, 2004  
January 13, 2005

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

**Luncheons**

February 19, 2004  
May 20, 2004  
August 19, 2004  
November 18, 2004

**Official Address**

LBNL EX-Ls  
P. O. Box 5280  
Hercules, CA 94547

**Web Site:** [www.lbl.gov/ex-l-express/](http://www.lbl.gov/ex-l-express/)

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