

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
Janis Dairiki

Welcome to the New Year...and to a new slate of officers (with at least one new face)! Jose Alonso, First Vice President, will be bringing us this year's luncheon speakers and will be the Board's candidate for President next year; Second VP is Don Grether who will chair next year's nominating committee. Continuing officers, who are the backbone of this organization, are: Treasurer, Bud Larsh; Secretary, Eleanor Dahl (ably assisted by Per Dahl); Activities Chair, Vicky Jared; Newsletter editor, Dave Stevens; and Webmaster Dick Baker who also maintains our e-mail list. In addition, several Past Presidents faithfully attend the Board meetings and serve as our representatives to other organizations. I want to especially thank all these continuing folks. I would also like to thank John Kadyk for his able leadership as President during the past year,

We are very grateful for the support that we continue to receive from the LBNL Director's Office. In particular, Terry Powell, Community Relations, works very closely with our 1st VP to find and select speakers for the luncheons and is an important member of the Board.

I want to thank all of you who completed the lunch survey at the November luncheon. A tally of the results is included elsewhere in the newsletter. One important outcome is that most people are reasonably well satisfied with Spenger's, so we will be returning there for our February 15 luncheon. Don't forget to send your reservation to Vicky by Friday, Feb. 9.

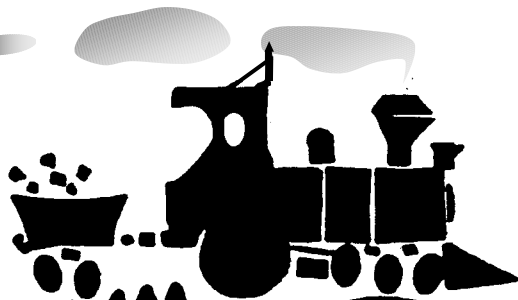
You will also notice a price increase for lunch this year – to \$25. This was anticipated at the time of the survey. However, since then, Spenger's came out with a new menu, with a huge price increase and it's only due to the superb negotiating skills of Vicky Jared and Tom Beales that we are able to hold the luncheon price down to \$25.

And something new and different in May! The May luncheon (also \$25) will be held at the Berkeley Yacht Club and catered by Peter McDonough Catering. I hope you will join us then and provide comments and feedback, which is always welcome on any topics of interest to the group, e.g., suggestions for speakers or programs, luncheon venues, or new activities. Pass on your comments to any board member or come to the next board meeting – on April 12 at 3:45 in the LBNL Cafeteria.

Here are a few other items of interest from the January 11th Board Meeting:

As most of you know, the EX-Ls makes a charitable contribution to a community organization each year. The 2006 contribution was sent to the UCB Retirement Center on campus. We just received a very nice thank you message. All LBNL retirees are eligible for a no-cost membership with the Center. For more information about the center and its activities, go to <http://thecenter.berkeley.edu>. (*Continued on page 7.*)

EX·LS Ex·press



2007 Winter Lunch

Date: Thursday, February 15, 2007

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

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

Speaker: Rick Morrow, CalTrans, Construction Manager, New Main Span

Subject: Construction of the new East span of the Bay Bridge

Menu: Bay Shrimp Louie Salad/1000 island dressing (with cup of chowder)
Petrale Sole (with dinner salad)
London Broil (with dinner salad)

Cost: \$25 per person (PREPAID) ← Note the increase in price

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

**Spenger's management policy makes it absolutely imperative
that they receive reservations by February 12, 2007**

(Reservation slip on last page)

From our November Lunch

Reported by Janis Dairiki. Our speaker was Professor David Sunding, UC Berkeley Department of Agricultural and Resource Economics, College of Natural Resources, and Co-Director of the UC Berkeley Water Center. His topic was *Growth, Environment and Efficiency: California's Water Future*.

The story of water usage in California is primarily the story of agricultural usage. In the year 2000, the total water usage in California was ~43 million acre-feet (one acre-foot is one foot of water over an area of one acre, or 320,000 gallons); 3/4 of that water (or ~34 million acre-feet (af)) was used in agriculture. Agricultural water usage is expected to remain quite constant or decrease slightly through 2030, partly due to market forces such as crop shifts and improvements in irrigation efficiency. This provides a good opportunity for the state as it opens up the potential for transfers and recharging of the groundwater basins.

A major challenge, however, is to accommodate an anticipated 14 million new residents by 2030 (for a total population of ~50 million people). Furthermore, most of this growth will occur in the warm, dry inland areas away from the coast, resulting also in an increased demand for water for landscaping. Per capita urban water use (~175 gallons/day) has only recently begun to fall in the coastal (urban) areas; inland use is about twice as high and is still rising, partly due to the need for landscaping irrigation. A further important factor is that water distribution depends on a water infrastructure system that has been essentially unchanged since 1968 when the population of the state was only ~15 million.

The current urban water usage is 3.6 million af/yr. The projected urban demand growth is highly variable depending on the extent of conservation and recycling, but if the current trend continues, it will go down to ~3 million af by 2030. There are other anticipated adjustments to the total water picture: increased environmental flows, reduced Colorado River water usage, and a reduced groundwater overdraft – with a net decrease of ~ 1 million acre-feet. These could all result in a water picture that is quite different in a few years than it is right now.

The state recognizes that there are many options available for generating new supplies of water. A very important option is urban conservation (estimated cost ~\$220-\$530/af) that could yield an additional 1-2 million af/yr. One simple way of aiding conservation would be the use of water meters throughout the state; much of the central valley currently does not have them. Urban recycling is another very promising option. Recycled water can be used for landscape irrigation and industrial applications and other non-potable systems. Currently, only about 3% of urban water is recycled. The cost is relatively modest, ranging from \$300 to \$1,300/af and could yield ~1 million af/yr. Both of these options require no conveyance of the water – it is created exactly right where it is needed. So, these are very valuable solutions. Groundwater banking and surface storage can also play an important role (with an estimated yield of ~1 million af/yr each). Desalination is a much more costly option (\$800-\$2,000/af) with an estimated yield of = 0.5

million af/yr. It is certainly possible but should probably be thought of as an option to be kept in our back pocket.

It is interesting that agricultural use of water has hovered in the range of 3.5-3.6 acre-ft/acre since the 1960s, except for a slight dip due to drought around 1990. Productivity has increased greatly during this time, but water usage does not reflect this. Agricultural efficiency is not well understood from a policy perspective. The usual view is that farm efficiency improvements do not achieve much since they reduce return flows, which are usable. However, efficiency investments can increase yields, thus doing more than just reducing return flows. There is a need for more research on this topic.

Water transfers are an important part of reconciling supply-demand imbalances. California now has a robust water market that operates every day with a wide variety of deals: permanent vs. temporary and firm vs. interruptible. There is great interest in agriculture to sell or trade water. Farmers are much more interested than they used to be in selling their water and making deals; this provides them with a great tool for risk management. This is a big change from 15 years ago when there was a huge resistance in agriculture to making any deals.

Infrastructure improvements may be more important than new storage. There are huge disparities in regional water productivity, even within agriculture. There are north-south and east-west transfer differences since all transfers have to go through the delta system; there are not enough paths for east-west transfer. Currently, there is almost a total lack of private investment in water infrastructure. One would like to see private investment in this area; the energy field (e.g., natural gas transfer) could provide a model for this.

Groundwater banking can enhance the supply at a reasonable cost. The historical overdraft for the past ~150 years has created lots of storage space. One major problem with groundwater storage, however, unlike surface reservoirs, is that it is not very flexible and it can be hard to move the water around. But it does not have the environmental consequences or the capital investment of surface storage.

Curbing urban outdoor use may be the way to go. Outdoor water use in rapidly growing inland regions often exceeds 50% of the total and residential irrigation efficiencies are very low. Urban utilities are exploring the use of “smart” web-based controllers; field trials have shown a savings of 15-25%. We also need better data on weather and the water needs of landscape plants.

Improvements in information and modeling can aid more aggressive water management. Currently, there is a lack of integration among system models. Each agency has a limited perspective, looking out only for its own interests. That doesn't work from an environmental or demand view. UCB is currently working in partnership with Microsoft to improve the situation and help integrate the models and systems.

Professor Sunding's bottom line was that the future California water supply is not in a crisis. There is much room for more efficient water management, however. Some increase in storage

may be needed, particularly in the face of climate change. The state should aggressively push urban recycling and conservation and keep desalination as a supply of last resort. Investments in conveyance infrastructure would also have high returns.

Professor Sunding then talked about the Berkeley Water Center, which was created last year. Its mission is to study the most challenging problems facing water resource managers, and to develop 21st century tools to solve them. The Center is a joint venture of the College of Engineering, the College of Natural Resources and LBNL (Earth Sciences and NERSC); more than 100 Berkeley faculty and LBNL researchers are involved in its activities. Currently the Center has three research thrust areas: digital watersheds (computer modeling), Cal 2030 (developing a state-wide hydrology model), and clean water and sanitation (funded by the Gates and Google Foundations). In its first year the Center raised \$6.7M from foundations, industrial support, government grants, and UC and LBNL seed funding.

There were some good questions for the speaker. One had to do with climate change and the possibility of less snow in the mountains. If that happens and we get more of our precipitation in the form of rain, he pointed out that it could mean that we will need more surface reservoirs to store water and to prevent flooding. It was also mentioned that rice farmers now flood their stubble fields instead of burning them and, although that creates a demand for water, it also provides a habitat for birds and ducks. Lastly, Professor Sunding commented on the problems of educating and working productively with state legislators, especially given the term limits.

Luncheon Attendees:

Jose Alonso	Lee Glasgow	John Moreau
John Ainsworth	Abe & Marjorie	Bob Mortiboy
Bob Avery	Glicksman	Barrie Pardoe
Dick Baker	Don Grether	Fred Perry
Winnie Baker	Jim Haley	William Pope
Tom Beales	Ingeborg Henle	Terry Powell & guest
Bill Benson	Paul & Nancy Henrickson	Martin Jara
Gene & Myrna Binnall	Winnie Heppler	Don Prestella
Bob & Elizabeth Birge	Egon Hoyer	Ellie & Gwen Ralph
Igor Blake	Roger & Lois Hughes	Stephanie Roth
Kay Bristol	Vicky Jared	Ronald Scanlan
Dick Burleigh	Nylan Jeung	Clay Sealy
Geores & Katie Buttner	John & Ann Kadyk	Jim & Pat Shand
Winifred Cornies & guest	Joe Katz	Robbie Smits
Gary Schleimer	Robert & Barbara	Dave & Sally Stevens
Per & Eleanor Dahl	Kaufmann	Hugh & June Stoddart
Janice & Ned Dairiki	Al Kleven	Suzanne Stroh
Sybil Donn	John & Barbara Lax	Clyde Taylor
Doug Drummond	Branko Leskovar	Dick Wolgast
Andy DuBois	Ken Lou	Speaker David Sunding
Warren & Averil Faust	Ken Mirk	
Ed & Pauline Fleischer	Nancy & Vic Montoya	

President's Message (continued from Page 2)

A committee chaired by Jose Alonso is reviewing the EX-Ls By-Laws this year.

The EX-Ls have been asked to participate in the Lab's 3rd Annual Wellness Fair in June. Stay tuned for more information and a call for volunteers.

One of my goals for this year is to improve the visibility of the EX-Ls in the Laboratory. The Wellness Fair mentioned above is one such opportunity. Encouraging your fellow retirees who are not yet members to join us would also be great. You can refer them to the EX-Ls brochure, now available for downloading on the web site (www.lbl.gov/ex-l-express/index.html), thanks to Dick Baker. Your ideas and suggestions for other "visibility enhancing" activities would be greatly appreciated.

Jose has invited Rick Morrow, CalTrans Construction Manager for the New Main Span of the Bay Bridge, to speak to us at our February luncheon on "Construction of the New East Span of the Bay Bridge." I'm looking forward to seeing all of you there.

Editor's Note

Your attention is directed to the report of the Luncheon Committee elsewhere in this newsletter. Also, please note the change in menu for February: London broil instead of flatiron steak. 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). You can contact me at david_stevens@comcast.net, at 1107 Amador Ave, Berkeley 94707, or 510-524-2904. // dfs

Report from the Joint CUCRA/CUCEA Meeting October 26, 2006, UC Berkeley Faculty Club Janis Dairiki

Bob Fulton (one of the EX-Ls representatives to CUCRA (Council of University of California Retirees Association; our other representative is Tom Beales)) invited me to attend the joint meeting held in Berkeley. So, these are comments from a neophyte attendee. For further details, you'll have to talk to Bob.

CUCRA was established to obtain, enhance, and disseminate appropriate and meaningful information among its constituents; to encourage each campus to organize and maintain active retirees' organizations; to be an advocate for all retirees of the University; to foster further study of benefits and privileges of staff retirement; and to maintain mutually supportive relations between the University and its retirees. In particular, CUCRA and its sister organization CUCEA (Council of UC Emeriti Associations) are the primary vehicles for communication between UC retirees at all campus locations and the UC Office of the President. In the spring the two groups meet separately, and each fall they hold a joint meeting.

Topics of interest at the October meeting included the announcement that the “free ride” on retirement contributions for current employees will need to end in order to ensure the health of the retirement fund. CUCRA and CUCEA subsequently wrote a letter in support of reinstating UCRP contributions (see January 2007 New Dimensions). Healthcare costs are continuing to increase and before the next open enrollment period in November 2007, the University will be going out to bid on all plans for 2008. Guiding principles in this process will be to continue to provide affordable, accessible, quality healthcare for all employees and retirees and to maintain choices. Complicating this whole issue is the new federal mandate that the University (as well as other public entities including the state) must now manage its healthcare liability (\$8B currently) going forward (as opposed to funding healthcare out of current-year dollars).

The new editor of New Dimensions, Ann Wolf, was introduced at the afternoon CUCRA meeting. She is making some changes in the publication to make it more relevant to retirees. She has added the new Benefits Q&A section and a column on UC Research of Interest, as well as opportunities for retirees to write in about a particular topic. For the next issue, the topic will be “What is the biggest/most difficult issue you face as a retiree?” You can send in your comments to NewDimensions-L@ucop.edu.

It was announced that there is still space on two upcoming UC Retirees Association trips – to Eastern Canada in June 2007 and to the Greek Isles in September 2007. For more information, call 877-584-7302.

The EX-Ls may jointly sponsor the fall 2007 meeting, which will again be held at the UCB Faculty Club.

Planning for the last third of your life

Adapted from an article in the Washington Post by Jennifer Huget, Dec 5, 2006

A study by Cornell University found that more than half (57%) of retirees wished they had done better planning for the non-financial aspects of their retirement. While it’s a little late for *pre*-retirement planning for most of us, it’s not too late to implement some of the suggestions of the retirement coaches. (You probably didn’t know there was such a profession as *retirement coaching*. But we have self-help books and gurus for all other aspects of our lives, so why not for the last third as well?) And perhaps you know someone who is contemplating retirement...if so, you might send them a copy of this note.

What’s your line?

What are you going to say when people ask you -- as they inevitably will -- what you do for a living? You can’t call yourself a welder or an astronaut or a barista anymore. It’s important to pin your answer down, the experts say, because it is tightly bound to your sense of identity and social status. Once you’ve figured out what to say (“I’m a full-time granddad!” or “I dabble in watercolors”), practice saying it out loud. Really.

Establish your style

Nancy Schlossberg, author of *Retire Smart, Retire Happy: Finding Your True Path in Life*, identified six retirement styles that are tied to personality types. Are you a Continuer (wanting to do more of what you've been doing, but in a different context), an Adventurer (looking to do something new), a Searcher (taking advantage of this opportunity to finally find your niche), an Easy Glider (content to go with the flow), an Involved Spectator (still in the game but happy not to be a key player), a Retreater (ready to just give up (not a propitious choice)), or some combination thereof? Thinking this through opens your eyes to the many possibilities before you, says Schlossberg.

Develop a Passion

Michael Burnham, chief executive of the Memphis-based retirement counseling firm My Next Phase (<http://www.mynextphase.com>), notes that for many retirees, playing golf gets old fast. "You need to find some reason for moving forward, a reason to get up in the morning," he suggests. And once you decide what that passion is— whether it's writing the Great American Novel, building a Lego replica of Graceland or mentoring a teenager— test-drive it before burning all your other bridges. Burnham offers the cautionary tale of a man who set his sights on becoming a writer but who waited until he was retired to put pen to paper. Turned out he didn't much enjoy writing after all. Whoops.

Sit down with your spouse

Before retirement, "most of your together time has been weekend time and vacation time," Burnham says. Now things will be different: "You're going to end up spending a lot more time together, so you need new rules and roles around the house." [As my wife puts it, "I married you for better or for worse, but not for lunch." ed] Establishing boundaries is key so you don't end up getting on each other's nerves. Burnham suggests sitting down together and writing new job descriptions -- including what's *not* your job -- and spelling out other details, such as who gets the computer and whose music gets played when.

Connect

Lots of retirees find themselves suddenly lonely, says Cynthia Barnett, creator of a retirement-coaching program called *Re-fire, Don't Retire: Seven Secrets of Highly Successful Retirees* (<http://www.refiredontretire.com>). "If you go back [to your former workplace] to visit, you find you're not talking the same language anymore." [Sort of like going back to your old junior high after you've been away to college.] The best way to find new playmates, she says, is through exploring things you love to do, whether it's by joining a gardening club or starting an acting troupe.

Seek to serve

Barnett notes that retirement "is time for service to others. The happiest people in the second half of life are those who have found fulfillment and meaning in their activities. It's not all about them; they give back to society." Think of these as your "legacy years" and ask, "What kind of

legacy do I really want to leave?" Going on cruises sounds like fun, Barnett notes, but "doing things just to keep busy is not meaningful."

Be patient

Schlossberg points out that retirement is one of life's biggest transitions. You can't expect to adjust overnight. Burnham agrees, adding that you should allow yourself time to mourn the job -- and the attendant status -- you've left behind. "It's going to take time to restructure your life," Schlossberg says. "See it as part of your evolving career -- it's a career change." Another possibility is to ease into retirement, gradually reducing your working hours as you develop other interests—it's generally less of a shock to the system to wade gradually into the pool instead of belly-flopping.

Get started -- Now

Barnett, who parlayed her experience as an educator into her retirement career as a coach, says she started planning her retirement a decade before it happened. "Way before you leave [your job], really look at the kind of life you want to live. How healthy do you want to be? Ten years out, start working on your health so you'll have energy and a strong immune system" when you retire. "Get in touch with whatever spiritual life you want to have. Get to know yourself, who you are, as distinct from what you do." It's potentially a long, involved process, so Barnett advises: Give yourself time; and the best way to do that is to start now.

Trip Reports

Russia

Dave Stevens

Sally and I have recently returned from a trip to Russia, sponsored by Elderhostel, that included among the sightseeing excursions nearly a dozen lectures. I was, quite frankly, not looking forward to the lectures; as a college student I developed quite a talent for sleeping through any lecture that didn't involve mathematics in some form or other (that's not to say I didn't sleep through some of those, too), and I fully expected to exercise that talent on this trip. Much to my surprise, the lectures were interesting, informative, and, on occasion, entertaining, and I got very little sleep. I believe they gave me a start at understanding a little bit about why Russia is the way it is. So: The first of these notes is based on the lectures, and thus a bit more historical and philosophical than might be expected; the second is based on our impressions as tourists in western Russia.

I: Ringing the Changes

The lectures were presented in four different cities, and I have no reason to believe that the lecturers made any attempt to coordinate their presentations, but there were several themes that were touched upon more than once. Among them were (a) the turbulence of the last 300 years; in particular (b) the difficulties of moving from the paternalism of the Soviet regime (Big Brother may have a heavy hand, but if he doesn't send you to Siberia he will take care of you for life) to

the opportunities (for both success and failure) of a free economy; (c) the vast diversity of the land and people that constitute “Russia”; which contributes to (d) a lack of a national identity; (e) the (historic) lack of a strong middle class; (f) corruption; and (g) a few elements of Russian culture, especially Pushkin. What follows is my (possibly misguided) abstraction from several of these lectures.

300 years ago, Russia was essentially nonexistent as far as Europe was concerned. The capital was Moscow, Sweden owned the Baltic coast, and the Ottoman empire still owned the Crimea. So while the United States was steadily developing from a nearly self-governing set of colonies into a representative democracy, Russia was creating and recreating itself in several vastly different forms out of whole cloth. From a land-locked, provincial tsardom, Russia expanded into an autocratic empire (whose capital was St. Petersburg) with ocean access through both the Baltic and the Black Sea and many commercial and artistic contacts with western Europe, by wresting territories from nations as civilized (or more so) than they. Many decades of aristocratic excess led to several revolutions, the last of which resulted in an unstable proletarian state that was succeeded by a vast socialist confederation that survived years of internal “cleansing” and a devastating war, but eventually fractured. The core of that confederation is now trying to recreate itself yet again, this time as a democracy. They are hampered in this by a near complete lack of democratic tradition and the absence of a middle class. (Several lecturers argued that a strong middle class is essential for effective democracy. None of them defined what they meant by “middle class”, but it seems to arise when people are to some extent their own masters and become responsible for their own education and their own future.) Corruption is rampant; not particularly worse than under the Soviets, but with different beneficiaries. (Tolstoy was right: “There are more good people than bad, but the bad people are better organized.”)

There are people alive in Russia today who lived under the tsars. Until 15 years ago, there was no need for citizens to worry about their retirement years and, indeed, no way for them to lay up much in the way of retirement resources...but now they are responsible for their own welfare, and many seniors are understandably bitter. Communist sentiment remains strong in some rural areas, and there are even some misty murmurings about the “old” (read “tsarist”) Russia. The break-up of the Soviet Union created a number of awkwardnesses that still need to be dealt with: historic Russian sites now located in other countries (one of the towns we visited, Pechory, was one of these, being in a part of the Soviet Union that was ceded to Lithuania some years ago; it is now back in Russia); there are essential pipelines in Belorussia and the Ukraine; half of the Soviet breadbasket is now in non-Russian states; and Russia’s major naval base, in Sevastopol, is now in the Ukraine (thanks to a gesture by Khrushchev, who gave them the Crimean peninsula). Breaking up is hard to do.

Russia is both ancient and young (the Russian Federation is only 15 years old.) The people have no previous experience with democracy, and effective democratic rule is hampered by the size (ten time zones not counting Kaliningrad). Development across the country is asynchronous: metropolises (i.e., with population greater than a million) are post-industrial, cities are industrial,

and the villages and rural areas are still pre-industrial. It has double the area of the US, with half the population (which is declining).

Even with the loss of “the former Soviet states” Russia remains by far the largest country in the world, occupying one-seventh of the world’s landmass. The contiguous portion of Russia extends through ten time zones; Kaliningrad, Russia’s only year-round ice-free port, which is separated from the main mass of Russia by a swath of Lithuania, adds an eleventh. Among the lingering results of the Soviet era is the displacement of many millions of people – in both directions (Russians remaining in former Soviet states and non-Russians remaining in Russia); There are 10M illegal immigrants in Russia (we saw a few tens of them populating the curbside hiring halls in one town with several manufactories of building materials): fertile ground for friction. There is a huge ethnic diversity in Russia; ethnic Russians (i.e., those with roots in European Russia) are the majority, but there are many millions of Russian citizens who are not *ethnic* Russians. On the order of 100 languages are spoken in Russia, and a third of the administrative regions are ethnic autonomies, with a great deal of ethnic pride. There is as yet little national sense of identity (what it means to be “Russian”); most people have spent most of their lives as part of huge confederations, and the only unifying force today is television, which purveys “only trash and propaganda”. (In fact, the Soviets discouraged conventional *national* patriotism in favor of what was called *state nationalism*, i.e., loyalty to the Party rather than to any nation.) It may also be that Moscow nationalism and St. Petersburg nationalism are not always in concert: “Russia is a country with two hearts: Moscow and St. Petersburg”, and the tension between them has not always been constructive.

Russia is the second coldest country in the world (only Mongolia is colder), yet is subtropical near the Black Sea. Soil in Moscow freezes down to 5 feet; US walls need to be 1.5 bricks thick (to provide minimal insulation); in Moscow, 3.5 bricks are necessary. Moscow can have frost as late as June, as early as September. “Central heating” in Russia doesn’t mean a single furnace in a house; it means a central steam plant in the city, with the steam being piped to individual buildings. Russia has about one-third each of the world’s known gas and oil reserves, but only about half is usable as found. Even so, Russia is now surviving on oil and gas. Russia also has the second largest gold-production in the world (much of which is finding its way into restoration projects). Most men don’t live long enough to collect a pension (life expectancy for men in Russia is 59; for women it’s 72). The problem of declining population is not being dealt with at all; to a large extent, it is not even acknowledged.

The unqualified word “culture” in Russian tends to mean primarily what we would call “high culture”, i.e., literature, art, music, religion, and architecture, especially literature, and secondarily what we might call “traditional culture”: rituals, songs, beliefs, dances. Other aspects of general culture are specified separately, as, for example, *urban culture*, *youth culture*. Literature has historically been the medium through which philosophical, political, and economic ideas have been explored in Russia. Several archetypes occur throughout Russian literature, especially the *holy fool*, the *slave of God*, the *sufferer*, the *prophet*. The holy fool is often typified as lazy: The third son of the fairy tale is the lazy one, but it’s he who stumbles upon good fortune

and wins the princess. Non-fools are ready to employ violence; the fool has a pure heart; laziness is a metaphor for purity. Real wisdom is often hidden behind a mask of insanity. The Orthodox view is that man is God's slave and Christian slavery is ideal freedom. Russian humor is dark; there is no tradition of smiling; there was no chivalry in the Middle Ages. There is also no tradition of mutual trust, and what little there was was suppressed under Communism. Smiling is personal in Russia, and there is a great difference between Russian official/formal interchange and that within the family circle. (With respect to the lack of smiles, several lecturers mentioned that Russian life is hard; one, however, said that because of the prevalence of soft consonants, "Russian is a gracious language; people don't need to smile [so much] because the language smiles for them.") Suffering is a great theme in Russian literature; the Christ of Russia is the suffering Christ. One must pass through suffering to redemption. It's not masochistic, though; Russians don't love suffering, but they respect it.

Pushkin is particularly revered in Russia (at least the parts we visited); there are statues and memorials to him and his works everywhere. (More generally, there are as many monuments to cultural heroes (men of letters and the other arts) as to military and political personalities.)

There are uniting influences and divisive influences between the US and Russia, and at any moment it can be hard to tell which set is in the ascendant. Cornerstones for future success (at avoiding conflict between the two) are continuing gradual mutual downscaling of nuclear armaments, non-proliferation, and opposition to terrorism. The two are working together on non-proliferation, but not very successfully [North Korea's test shortly after the completion of the trip was confirmation of that opinion], and they need to get *all* the nuclear powers involved in arms reductions. The smaller nations feel insecure; US actions in Iraq and more general international intervention in Yugoslavia have demonstrated that sovereignty is no guarantee of non-interference, so they may seek nuclear capability as a means of keeping the big boys away. There is cooperative rhetoric on the problems of terrorism, but there are definition problems; what differentiates *terrorists* from, say, from *freedom fighters* or *national liberationists*? The continued existence of NATO is a thorn in Russia's side; it is perceived (probably with some justification) as anti-Russian. US policy towards the post-Soviet states (e.g., Ukraine, Georgia) is unclear, and how it impacts US policy towards Russia is even more unclear. The two countries lack economic ties: Neither is economically important to the other. If each had a stake in the economic success of the other, political cooperation would come more easily.

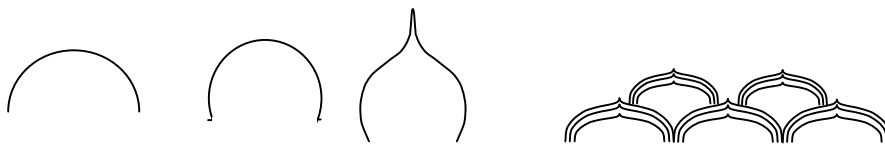
II: Churches, icons, and brides

It may be that Karl Marx wasn't so far off, after all. Russian Orthodox Christianity may well have provided the masses with an escape from the harsh realities of life under the tsars. It (Christianity) was originally imported into Little Russia (Ukraine) by Vladimir to provide theological support for a strong central government. (Perhaps he reasoned that one god supporting one tsar made for a consistent world view.) The story goes that he invited representatives of the three major monotheistic religions of the area to Kiev to explain their

beliefs and show him their gods. He decided against Judaism because of the diaspora (I guess he felt that a god that would allow that to happen to his chosen people was not a god that would support the emphasis on central government that he wanted), and against the Muslims because he knew the Russians wouldn't give up vodka. That left the Christians, who weren't anti-booze, and whose art was overwhelming. (The representatives he sent to Constantinople sent back a report that it couldn't have been built without the help of God.) If the locals resisted baptism, he enforced it by driving them into a river or lake and baptizing them willy-nilly. He reinforced his choice of religion by importing Byzantine art and style to impress the slavs, and Christian saints to replace their pagan gods.

Cathedrals in Russia tend in some ways to be less interesting externally than Russian major non-cathedral churches, and they are very different from cathedrals in western Europe. Whereas non-cathedrals occur in a wide range of styles, ranging from unpainted brick or stone (or wood, if old enough), through brightly-colored stucco with white trim, all the way to the fairyland fantasy of St. Basil's and the Church on the Spilled Blood, cathedrals are white, tall (the one attribute they share with the Gothic), square (or appearing so; certainly not obviously cruciform), massive and stolid (appearing firmly grounded with no visual sense of reaching towards heaven), and without tracery (no rose windows—stained glass is not permitted in Russian Orthodox churches; light is admitted through tall slit-like windows in the columns that support the domes), domed, often multiply, but without spires (except on old wooden churches; spires seem to belong to bell towers, which are adjuncts to or separate from the cathedral structure).

Wooden churches had polygonal cones; brick (and later materials) allowed the development of circular columns, with light-admitting vertical openings, to support the domes. Domes themselves evolved from the semi-spherical domes of Byzantium to helmet domes on tent shaped roofs to the now universal onion dome. (This last has persisted because it seems to be the best at resisting the snows and ices of the Russian winter.) And some churches feature rooflines with intricate scalloping, allegedly based upon the traditional women's headdresses:



Domes tend to be green (if dedicated to some aspect of Christ), blue with gold stars (Mary), or gold (some other person); they occur singly, or in threes (the trinity) or fives (Christ and the evangelists). Color—especially the juxtaposition of contrasting colors—is a much more striking aspect of Russian church architecture than we had expected. It is especially dramatic in several of the monastery complexes, notably in Sergyev Possad and Pechory. (The colors are not so saturated as the Momoyama colors of Japan, but not far from it.)

The ornamentation of the interior is dominated by gold, especially in icon frames and iconostases and as gold leaf in the icons themselves (in some instances the complete icon except for the face is covered with gold and silver); walls and ceilings may be covered with frescoes or, less often, mosaics. Such fixtures of western churches as pews, choirs, and organs are entirely absent: All stand during Orthodox services (except the infirm, for whom a few seats are provided along the

periphery), and no musical instruments are used except the human voice, which is used quite expressively and beautifully.

The three bars on the Orthodox cross are for Christ's head, hands, and feet; the bottom one may be tilted; the tilt was variously described as signifying either the scales of judgement or the fate of the two thieves (one to heaven the other to hell (which, I suppose, is a specific instance of judgement)). There may be a crescent at the bottom of the cross; it has been explained as representing the earth, a bowl for Christ's blood, Mary's symbol as Queen of Heaven, or the domination of the Tartar Mongols. Novgorod churches often have blind niches holding Celtic crosses, reminders of the disciples of St. Columba, the Irish monk who was instrumental in bringing reading and writing back to the Europe after the plagues. (And perhaps St. Columba's influence explains why the text in paintings that show open bibles looks like the text in the Books of Kells and Durrow. And perhaps that perceived similarity is my own private delusion.)

The writing of icons (icons are not painted, they are *written*) is governed by conventions on subject matter and presentation that have evolved very slowly over the centuries. Early on, because the brand of Christianity adopted by the tsars was Byzantine, the faces followed the Byzantine traditions of curly hair, long noses, large eyes, small mouth (eyes being the window of the soul, mouth symbolizing fleshly desires), no body mass. Reverse perspective (stuff in front is smaller and less important) is used to keep the observer from entering into the frame of the picture: The world of the icon is holy ground and not for mortals. When in ecclesiastical settings, relatively few of the icons present are displayed individually; most are installed in the *iconostasis*, a sort of sacred wall that spans the sanctuary; it is pierced by an ornate "royal door", that would be used by the tsar should he deign to grace the church with his presence. Much of the layout of the iconostasis is rather strictly prescribed, within the limits of space. Most commonly, there are either three or five rows of icons, with the largest on the bottom, where the dedicatory saint occupies the second place to the (viewer's) right of the royal door. The rest of the bottom row is local option as it were, and may even include significant donors as well as holy figures. The four upper rows, in some order, are a row of old-testament prophets, a row of new-testament saints, a row of miracles, and a "festive" row, depicting those events in Christ's (and Mary's?) life that were eventually celebrated as feasts of the church. (Before the bolshevik revolution there were no secular holidays in Russia.) The center icon of each of these rows is larger than the rest, and faces straight out towards the congregation, and regardless of the row, it is generally some aspect of Christ or Mary; when the old- and new-testament rows are present (they seem to be the ones left out in a three-row iconostasis) the saints and prophets tend to be lined up in military fashion, with those on one side executing "eyes left" towards the central icon, and those on the other side executing "eyes right".

September is Russia's traditional wedding month, between the heat of summer and the chill of winter, and the custom is that the bride and groom, very much in wedding costume, and a few of their friends (as many as will fit into a stretch limo; often also in wedding costume, which seems to include a sash), make the rounds of local famous or scenic places (churches, viewpoints, war memorials, gardens, bridges) for the benefit of the photographer, between the actual ceremony and the big party in the evening; since we, too, were visiting the local famous historic and scenic

spots during the daylight hours, we crossed paths with many brides (at least 30 in the 16 days of our trip). Once, because we spent several hours at a resort hotel following a bus breakdown, we observed some of the party-time traditions, too. The bride and groom (in a balloon-bedecked limo) arrived after the guests, and were greeted with bread and salt (traditional symbols of Russian hospitality), then toasted with many cries of *gorko, gorko* (it sounded more like *voika* to me, but the Russian Wedding website says it's *gorko*; it means something like "bitter vine"(!)), then they kiss while the guests count (to sweeten the bitterness; the longer they kiss, the better...if they don't kiss long enough the vine will retain some bitterness, so there are more toasts, and they have to do it again) and bite the bread (and the one with the biggest bite becomes boss of the home) and are showered, not with rice but with kopecs (which these days aren't worth much more than a grain of rice each (.04¢)).

Many of the churches were converted into museums under the Soviet regime, and are still wholly or primarily museums, especially, one concludes, if they are major tourist destinations. Thus St. Basil's (in Red Square, *outside* the Moscow kremlin ("kremlin" is a generic term for the fortress that protected the administrative and religious center of the town; we have capitalized the Moscow Kremlin as a metonym for the Soviet, now Russian, government)), the Church on the Spilled Blood (in St. Petersburg, on the site of the assassination of Alexander II), the monastery cathedral at Suzdal, and St. Isaacs (St. Petersburg; with the fourth largest dome in the world, after St. Paul's, St. Peter's, and Maggiore) are museums, but the cathedral in the Moscow kremlin and the churches in active monasteries are once again churches. As a tourist, I prefer those that are still museums, because photography is rarely permitted in a church that is being used as a church.

One of the glories of the Russian Orthodox tradition is the singing, always *a capella*. Somewhere along the way, the Russian architects discovered that clay pots embedded in the walls in strategic places imparted a haunting resonance to the tone without inducing the echoes so typical of large western church spaces. We were treated to two concerts *in situ*, and heard parts of service music in two other churches, and were always overwhelmed by the clarity and beauty of the singing.

The most remarkable exterior was not either St. Basil's or the Church on the Spilled Blood, partly because the former is so familiar from news photographs, and the latter employs similar domography (is there such a word?...if not, there should be, to indicate the use of domes that seem inspired by hot air balloons, meat tenderizers, and turbans), but the monastery at Pechory. It is built on a site where early monks lived in hillside caves, and now utilizes that hillside as the back wall of the main church. Its domes are either blue with gold stars or golden; the five major domes are unusual in being arranged linearly instead of in a square, and also because they consist of star-spangled blue domes surmounted by golden domes; the church facades are maroon or Austrian yellow, with white trim; columns and gables and walls decorated with gold-filled mosaics surround the visitor; the head monk's house is a lovely pastel green with white trim; the holy well (we visited two monasteries that had holy wells) echoes the blue of the domes and the green of the house; and flowers abound. (It is the only monastery we visited where women were required to wear skirts and head coverings; the women of our party were prepared for the latter, but several had to rent large scarves or small tablecloths to serve as wraparound skirts.)

Interior honors go to the monastery at Suzdal, covered with (recently restored) frescoes that featured a particularly rich blue, and to the Church on the Spilled Blood, covered with larger-than-life mosaic icons, tall archways, and intricately figured ceilings, in all the colors of the rainbow, but especially gold and an exquisite pale blue.

Whether or not these treasures were intended to serve as an opiate, it is not difficult to imagine that they in fact did so.

Report of the Luncheon Committee Janis Dairiki

I want to thank all who responded to the luncheon survey at our November luncheon. There were 58 respondents out of 80 lunch attendees. The survey results are tabulated in the accompanying table. The results were very helpful to the luncheon committee in making its recommendations.

The survey indicated that most people are relatively satisfied (or at least not dissatisfied) with Spenger's. The food was rated lower than the venue and location: food received a 52% satisfaction rating, venue received 75%, and location/convenience received 82%. The average score over all three categories is 3.9 (out of a possible 5). This is even more impressive when you take into account the fact that the survey was taken on a day when the service at Spenger's was horrible.

Other results are that public transportation is important to ~31% of the respondents and parking is important to 86% of the respondents. There is a majority (~60%) in favor of a served lunch and a location in the proximity of Berkeley. Also, there is a slight majority (~54%) interesting in trying different restaurants during the year.

Unfortunately, we must raise the cost to \$25 this year. This is not simply the result of choosing Spenger's again: of all the alternative restaurants we explored, there were only two or three where we could negotiate that low a price. In fact, we are fortunate to have that low a price at Spenger's, because they have recently developed a new menu and were prepared to charge us much more than \$25/person. We were saved by the negotiating skills of Vicky Jared and Tom Beales.

Taking all the above into account, the lunch committee recommended and the Board approved that we hold the February luncheon at Spenger's and then try the Berkeley Yacht Club, with Peter McDonough's catering, for our May 17 lunch. We have tentative reservations at Spenger's for August 16 and November 15, but could also go back to the Berkeley Yacht Club if it receives favorable reviews. So please come to both luncheons and pass on your reactions and comments to the board members.

**Results of EX-Ls Luncheon Survey 11/16/06
(58 Respondents out of 80 Attendees)**

Satisfaction/Importance Score

1. Spenger's

	5	4	3	2	1	Total #	Ave Score
Food	9	21	24	3	1	58	3.6
Venue	15	25	7	3	3	53	3.9
Convenience	33	12	5	4	1	55	4.3
Total	57	58	36	10	5	166	3.9

2. Factors

	5	4	3	2	1		
Quality of food	22	32	0	0	1	55	4.3
Quality of facility	14	36	5	0	1	56	4.1
Efficiency of serving staff	15	29	10	1	0	55	4.1
Served Lunch	15	18	14	7	1	55	3.7
Proximity to Berkeley	18	16	15	4	2	55	3.8
Cost	6	26	18	0	3	53	3.6
Availability of parking	28	20	7	0	1	56	4.3
Availability of public transport	6	11	3	13	22	55	2.4

4. Try different restaurants?

	5	4	3	2	1		
	15	16	13	5	8	57	3.4
Price	\$20	\$25	\$30	>\$35			

3. Maximum price

	8	25	9	5	47	\$26.2
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5. Other suggestions

- Petars, Lafayette
- Zio Fraedo's, Walnut Creek
- Il Fornaio, Walnut Creek
- Richmond Yacht Club
- Seafood Peddler, San Rafael
- UCB Faculty Club

6. Some preferences expressed

- H's Lordships (4)
- DoubleTree (2)
- Francesco's (1)
- Chinese, okay on occasion (1)

SEE YOU AT THE February 15 LUNCHEON

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

From: _____

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

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

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

Please make check payable to EX-Ls Total Enclosed:

In Memoriam

Gerald Bilensky	Joan Goodman
Jim Halvorson	Robert Meuser
Earl Santos	Mark Zbinden

>>WELCOME NEW MEMBERS<<

**Karl Olson
Lee Schroeder**

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

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

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Calendar of Board Meetings & Luncheons

L: February 15, 2007
B: April 12, 2007 L: May 17, 2007
B: July 12, 2007 L: August 16, 2007
B: October 11, 2007 L: November 15, 2007
B: January 10, 2008 L: February 21, 2008

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

EX-Ls Life Members

Shirley Ashley
Esther Colwell
Inge Henle

Official Address

LBNL EX-Ls
610 Devonwood
Hercules, CA 94547

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

Webmaster: Richard Baker [robaker@lbl.gov]