

The Communicator – December 2011

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Family Science Night a big hit at Bay Area Science Festival

Each year, Family Science Night (FSN) brings the excitement of scientific discovery to thousands of children and their families at weekly events at schools in the Livermore area. At the Bay Area Science Festival held October 29 through November 6, FSN reached many more families from all over the Bay Area.

Led by the University of California, San Francisco (UCSF), the first ever Bay Area Science Festival was designed to showcase the region's catalytic role in scientific progress and provide innovative opportunities to build community around science technology, and engineering. The week-long event, which included star parties at Bay Area observatories, guided hikes on regional trails, and "wonder dialogues" with scientific leaders, was deemed a smashing success by coordinators and participants alike.

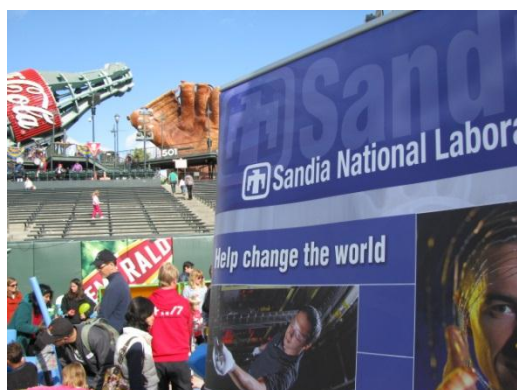
The festival kicked off on Oct. 29 at Cal State East Bay's Discovery Day. Jennifer Halstrom, Mike Janes, and Patti Koning (all 8529) represented Sandia along with retiree volunteers Joel Lipkin and Leo Mara and FSN coordinators Leslie Swift and Karen Abelar. A steady stream of parents and children came through the Sandia room, where they worked on signature FSN activities like the hoopster, straw flute, optical illusion, spinning balloon, and wonderwhirler. The infrared camera proved to be a huge hit – who wouldn't want a heat map picture of themselves to bring home?

"I think Sandia brought something unique to the Bay Area Science Festival," says Mike. "Family Science Night is all about hands-on activities that teach basic scientific concepts in a fun and engaging way while bringing together parents and their children." In some cases, the parents were more involved in the activities than their children.

Sandia also participated in the closing day of the Festival, another Discovery Day held at AT&T Park in San Francisco. Over 21,000 people of all ages came to the park and visited activities and booths run by more than 170 exhibitors, representing a "who's who" of the Bay Area scientific community – NASA, Stanford University, the U.S. Geological Survey, the Search

for Extraterrestrial Intelligence, Chabot Space Center, the Exploratorium, Lawrence Livermore National Laboratory, and, of course, Sandia.

Located near home plate, the Sandia FSN booth stayed busy all day with the wonderwhirler, optical illusion, and crowd favorite glue goo. “It was pretty exciting to be a part of this event from the beginning,” says Mike. “We didn’t know what to expect – but I’m not sure we could have envisioned the level of enthusiasm and sheer numbers of people we saw. Hopefully the Bay Area Science Festival will become an annual event and an ongoing tradition for Sandia.”



Dan Segalman named to the Air Force Scientific Advisory Board



Dan Segalman (8259) has been selected to serve on the Air Force Scientific Advisory Board for a four-year term, beginning in Oct 2011. The Air Force Scientific Advisory Board (SAB) is a Federal Advisory Committee organized under the Federal Advisory Committee Act. The SAB provides a link between the Air Force and the nation’s scientific community.

The SAB promotes the exchange of the latest scientific and technical information that may enhance the accomplishment of the Air Force mission. Some of Dan’s duties will include regular reviews of the

Air Force Research Laboratories, including the Air Force Office of Scientific Research where he did a two-year Intergovernmental Personnel Assignment (IPA) in 2000 and 2001. The SAB also conducts numerous studies for the Secretary of the Air Force and the Chief of Staff of the Air Force.

“I’m pleased to be appointed to the Air Force Scientific Advisory Board because I feel it’s important for Sandia to be connected to other government agencies,” he says. “It’s also an opportunity for me to fulfill our mission of providing excellent service in the national interest.”

Dan has been with Sandia since 1986 and is currently working in the Multi-Physics Modeling and Simulation Department. He joined this department in 2010 after a one-year appointment to NNSA to support the Advanced Simulation and Computing (ASC) Program. From 2006 to 2009, Dan served as the vice president for Technical Communities of the American Society of Mechanical Engineering.

Dan is in good company with his appointment; other Sandians who have served on the SAB are former Division 8000 vice president Mim John, former executive vice president Joan Woodard (retired), deputy lab director and executive vice president for national security programs Jerry McDowell (2), and former vice president of advanced concepts Gerry Yonas.

Congresswoman Zoe Lofgren visits Sandia

Congresswoman Zoe Lofgren, who represents the 16th district of California (including much of San Jose and Silicon Valley), visited Sandia/California on Nov. 9. She received an overview of Sandia from Rick Stulen (8000), an update on the Livermore Valley Open Campus from Andy McIlroy (8310), and a tour of the HCCI Engine Laboratory at the Combustion Research Facility with John Dec and Bob Carling (both 8300). Len Napolitano (8100) gave her an overview of Sandia’s cybersecurity work.

Congresswoman Lofgren is on the House Judiciary Committee and the House Science, Space, and Technology Committee. Among other issues discussed during her visit, she solicited a formal technical assessment from Len on two pieces of Internet legislation currently under consideration by Congress.



Sandians hit the road for the First Annual 5K Run-Walk

On Wednesday, Nov. 23, a total of 69 people, including members of the Sandia workforce and a few friends from Lawrence Livermore National Laboratory, hit the road for the First Annual 5k Run-Walk.

The course, designed by Doug Vrieling (8512), took the runners and walkers through the back of the Sandia campus to Tesla Road, then through the Livermore Valley Open Campus onto East Avenue to the finish in front of building 925. For anyone who felt like it was a long 5 kilometers, you were right. The course was 3.35 miles.

Participants came decked out in their craziest t-shirts, which included beads, geek sayings, tie-dye, and cartoons. The craziest shirt of all – the mustache almanac – belonged to Jens Prager (8351).

The first runner across the tape was Francois Leonard (8656), with a time of 19:24. He was followed by Jeff Headrick (8353) and Guilhem Lacaze (8351). The top three female runners were Marci Markel (8621), Michelle Hekmaty (8656), and Shu Nie (8656). The top three walking finishers were Dick Steeper (8362), John Paulson (21), and Mike Dollar (21).

“The number of participants and their enthusiasm was very gratifying,” says health benefits educator Morgan Edwinston (8527). “We pulled this together at the last minute, at the prompting of David Osborn [8353]. At the last Farmers Market, he told me about the 5K race that was run at Sandia about 20 years ago and how much he missed it. So the Preventative Health Team decided to turn our annual Turkey Trot into a 5K walk/run.”

The Preventative Health Team is already working on next year’s event and are taking suggestions for improvement. They would like to thank everyone who helped pull things together and volunteered for the event: Jason Reading (8511), Kit Schmitz (8247), Angelina Sandoval (8517), John Chavarria (8516), Doug Vrieling, Terry Spraggins (8527), Mary Behrendt (8527), Cherissa Puchta (8362), and Barbie Finley (8527), as well as facilities and the material mover folks.

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Fishing, cycling, hiking, even barefoot running – Active for Life had it all

The winners are in—the top team in the 2011 Active for Life (AFL) health and fitness Labs Challenge is Laser ALL the Things, led by William Loo (8224). This 11-member team earned almost 75,000 life points and over 21,000 bonus points, averaging 4,874 life points per member and 1,929 bonus points per member. Each member of this team spent nearly seven hours each week exercising.

In Active for Life, team members earn life points for time spent exercising and bonus points for drinking water, eating fruits and vegetables, and participating in exercise and nutrition challenges offered by the Life Design Center.

The top team in terms of bonus points was Fit & Fabulous, Led by Erin Quinn (35553). This 7-member team earned over 23,000 bonus points in the 10-week program, an average of 3,313 life points per member.

The individual life points winner was Jacquie Reardon (8131) with 9,345 life points, which works out to over two hours of exercise a day on average. Second place was Howard Royer (8512), with 8,895 points, and third place was Doug Stark (8135), with 7,300 points.

Jacquie doesn't have a regular exercise routine but she spends her free time staying active with hiking, fishing, swimming, kayaking, ice skating, dancing, and walking with friends. "I don't take my health and mobility for granted and really enjoy playing and moving," she says. "After work and on the weekends, I appreciate life by living it. Of course, the three-day softball tournament and two-day fishing derby that happened during Active for Life didn't hurt either."

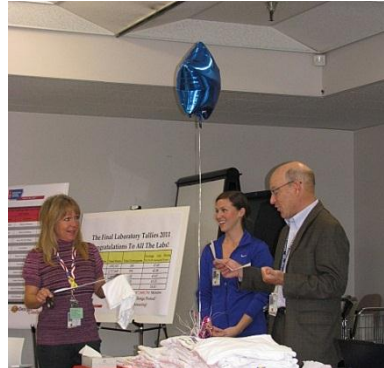
The most improved individual was Alex Kane (8656), who ramped up his exercise from 187 minutes per week to 265 minutes per week. When AFL started, he had an injured foot. As it healed, Alex was able to resume barefoot running, his normal exercise.

The top bonus points winner was Jan Bachman (89441) with 17,925, followed by Tanya Walbridge (8516) with 11,370 points and Jennifer Bamberger (8114) with 6,845 points.

An executive team also joined the mix this year. Captained by Rick Stulen (8000), the Antineutrinos included Bob Carling (8300), Robert Hwang (8004), Patty Hough (8954), Krystal Kelley (8525), Glenn Kubiak (8600), and Dawn Manley (8005).

As a site, Sandia/California once again finished in fourth place with an average 41.33 life points per day. Five National Laboratories participated: Argonne, Lawrence Livermore, Lawrence Berkeley (LBNL), Los Alamos National Laboratory (LANL), Nevada National Security Site (NNSS), and Sandia/California.

NNSS finished first with 47.40 life points per day, followed by LLNL with 45.90 life points per day and (Argonne) with 43.67 life points per day. Altogether, Laboratory employees exercised nearly 7.5 million minutes during Active for Life.



Pictures that make a difference

What if the difference between life and death was a good photograph? Sandia photographer Randy Wong recently learned that for homeless dogs, a professional portrait can be the ticket into a loving home. As a dog lover, he's turned his camera lens to the canines to do his part.

In September, a photographer friend alerted him to a news story [<http://www.youtube.com/watch?v=yvQ3FM61p0s>] about Teresa Berg [<http://www.teresaberg.com>], a professional pet photographer in Dallas whose pro bono photographs of rescue dogs have dramatically increased the adoption rate at one local shelter. Berg first noticed the poor quality of photographs on the websites of rescue agencies when she started looking for a pet of her own.

"I can't stand the thought that for want of a good picture, a dog goes homeless," she told CBS. Berg started by retaking all of the adoption photos for Dallas-based dachshund rescue group; every dog she photographed was adopted in record time and the group's adoption rate is up by 100%. She's since started Focus on Rescue [<http://focusonrescue.wordpress.com/>] to encourage other photographers to use their talents to support animal rescue.

"I was really inspired by what Teresa Berg had started," says Randy.

In October, he photographed one of the weekly Sandia Helps and Reaches Everyone (SHARE) events, which happened to feature Greater California German Shepherd Rescue [<http://www.gcgsr.org/>]. At the event, he offered his services to the organization's president Mike Gaynor. A month later, he photographed some of the organization's dogs at an adoption event in Modesto.

"There is no question that pictures make a difference when people look online for adoptable dogs," says Mike Gaynor, president of Greater California German Shepherd Rescue. "I think this is a great partnership and we hope to work more with Randy in the future."

Randy plans to continue working with Greater California German Shepherd Rescue and is looking for other shelter and rescue organizations that can use his services. "I had a great time photographing the dogs, and it was hard not to take one home with me," he says.

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Lisa Reece of Greater California German Shepherd Rescue brought Jake and Keona to Sandia for the SHARE event.



One of the dogs Randy photographed for Greater California German Shepherd Rescue, who has since been adopted.

Take a bite out of local hunger, through Dec. 16

There is still time to help food pantries fill their shelves and take a bite out of local hunger. The Holiday Spirit Grocery Food Drive Campaign 2011 is going on now through Friday, Dec. 16. Our goal is to collect one ton (2,000 pounds) of food for the needy. It's as easy as dropping a sack of food in a decorated drop-off receptacle located at most entry points throughout the site.

Items most needed: canned meats, fruits, vegetables packaged rice, beans, instant potatoes, stuffing mix, dry milk, soups, prepared meals (canned or instant), sugar, flour, bake mix, pasta, sauces, snacks, crackers, cookies, cereals, baby food, and formula.

Your campaign donations will support:

Livermore Valley Hunger Coalition (Marilyn Avenue School, Open Heart Kitchen, Tri-Valley Haven)

Interfaith Sharing, Livermore

Interfaith Ministries, Tracy

Second Harvest, Manteca

Don't feel like doing the grocery shopping? Here's the plan for you.

- 1) Make a cash donation to the Holiday Spirit Grocery Campaign Account at the Sandia Credit Union Account# 2283860-90-04.
- 2) Drop in your extra coins in a *Care with Coins* container located in the 915 Sandia Café Lounge in Building 915 (DISL).

Questions? Call Kristy Sibert at 4-2075 or Mike Kurtzer at 4-4590.