

**Berg's Laundry List #4 started on about 7-20-14,**  
**distributed on**

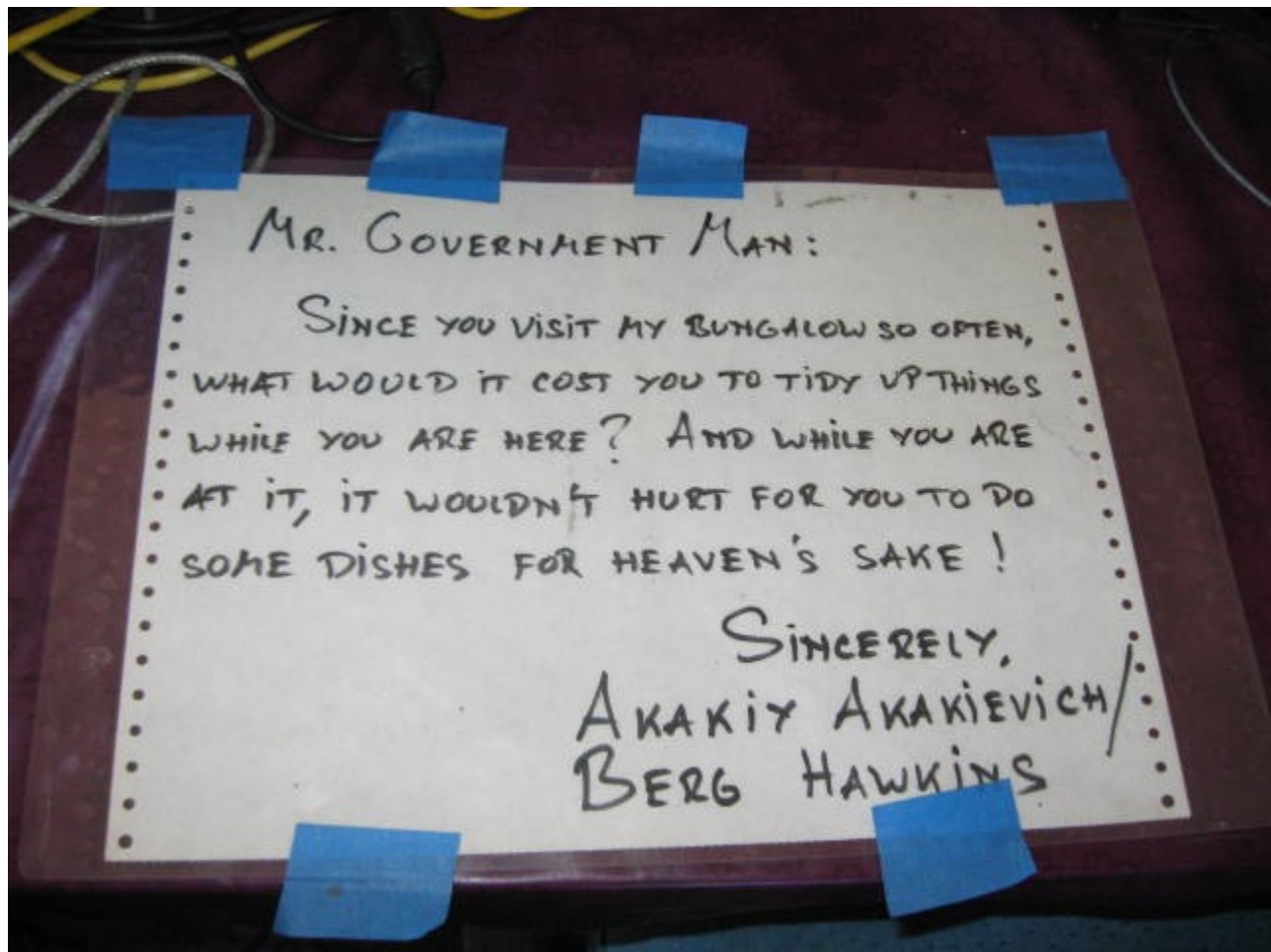
Berg Hawkins, 2626 S. Cochran Ave., Los Angeles, CA 90016, (310) 866-9489  
[berghawkins55@fastmail.fm](mailto:berghawkins55@fastmail.fm); note new email (the old email: LBH2003@gmail.com is still valid though).

Gentle Reader: Should you find material in these emails which you consider offensive or inaccurate, I encourage you to bring it to my attention. Please be patient with my amateurish efforts; I am sure you realize how new to me this all is.

Acknowledge these emails if you have the time. Criticism and comments welcome. Please redistribute, attributing to me, including full text, name and address.



Front door of my bungalow: aka "Grand Central Station."



Closeup of laminated sign posted on front door.

### What I am Reading/Buying/Listening to

- Video on the impact of sugar on the body by Dr. Robert Lustig, pediatric endocrinologist at UCSF: <https://www.youtube.com/watch?v=dBnniua6-oM>
- More videos by Dr. Lustig on the subject: [https://www.youtube.com/results?search\\_query=robert+lustig&oq=robert+l&gs\\_l=youtube.1.1.0i3j015j0i3j013.48917.52712.0.55279.8.7.0.1.1.1.714.1374.0j6j6-1.7.0...0.0...1ac.1.11.youtube.lAagSeWxfMk](https://www.youtube.com/results?search_query=robert+lustig&oq=robert+l&gs_l=youtube.1.1.0i3j015j0i3j013.48917.52712.0.55279.8.7.0.1.1.1.714.1374.0j6j6-1.7.0...0.0...1ac.1.11.youtube.lAagSeWxfMk)
- <http://www.dietdoctor.com/> A site run by a Swedish M.D. who advocates the so-called "LCHF" diet or Low Carb, High Fat diet. Similar to the "paleo" diet. To reduce blood sugar levels, he and Dr. Lustig, recommend reducing carbohydrate intake to a minimum.
- "Fat Chance", 2013, Robert Lustig, M.D. A somewhat detailed explanation of the hormonal systems involved in weight gain/loss and the impact on these of sugar

consumption, i.e. “*Le sucre et ses méfaits.*” (The evils of sugar)

- “*Concert a deux violes esgales*”, vol. I-IV, Sainte-Colombe. Music CDs. On losing his wife, he retreated into his music and revolutionized the viola da gamba, both in form and technique. Marin Marais was his student. Thanks to them, the viola da gamba is becoming my favorite instrument, even more so than the organ. There is a full length Youtube video of the movie “*Tous les matins du monde*” about his life.

- “*Suites d'Orchestre*”, Rameau, *L'Orchestre de Louis XV*, *Le Concert des Nations*, Music CDs. Jordi Savall, conducting.

- “*Symphonies, Ouvertures & Airs a jouer*”, Lully, *L'Orchestre du Roi Soleil*, *Le Concert des Nations*, Music CDs. Jordi Savall, conducting. These three sets of CDs were a lot of money for me, but what the hell.

- “The disposal of liberty and other industrial wastes”, Edgar Friedenberg. Written in the 70s. Touches on the tensions between freedom and equality. Contains such gems as: “Britain is in a state of *Uttar Pradesh* because she has no *Lucknow*.” I wish I'd said that. Written in the 70s, as I said. Mwahahahaha!

- The movie: “Merry Christmas, Mr. Lawrence”, with Tom Conti, David Bowie, Ryuichi Sakamoto (who also wrote the score). Tells the story of a South African officer (British in the movie) imprisoned on Java by the Japanese in WWII who acts as buffer and interpreter of the culture of the Japanese for his fellow POWs. Great score; based on a true story: “The seed and the sower”, by Sir Laurens van der Post. Recommended, but maybe not for the faint of heart. Just bought the DVD on eBay.

- “The Captive Mind”, Czesław Miłosz, hilarious in parts. Other parts, maybe less funny... For a good time, read the chapter on “*Ketman*”, a concept borrowed from Iranian culture and applied with hilarious results to the situation obtaining in a post-war Poland under the tutelage of the so-called “Magicians of Lublin.”

- An article on a subject that is near and dear to my heart (and stomach):

<http://www.telegraph.co.uk/foodanddrink/10481341/Why-chips-taste-better-in-Brussels.html>

- An article on silicon chips designed to move a fluid (say blood) in microscopic quantities by means of tiny channels, pumps and valves so that, quote: “nearly 10,000 independent simultaneous measurements may be made.”

<http://singularityhub.com/2012/06/10/inventor-of-biochip-that-makes-10000-simultaneous-measurements-wins-oscar-for-inventors-%E2%80%93-and-50000/>

## La Rubrique des Tonton Macoutes Améliorés (i.e. FBI)

### Items of Particular Interest Today

- At Costco in Culver City at the beginning of this month. Trying to make my way through sometimes crowded aisles, I occasionally say: “Beep, beep!”, *pour me frayer un passage, n'est-ce pas?* (To clear a path for myself, Eh?) After a few iterations of this, I thought I heard someone walking by echo: “Bibi, Bibi!” I wish I had thought of it myself, darn it.

### Thoughts

- “*Qui dit réseau, dit fuite.*” (The existence of networks implies the existence of leaks)
- It's tough selling computer insurance policies when, as it were, the FBI may be on the other side of the “trade.” That is to say, one agrees to maintain a computer for one year at a fixed price only to find that, on occasion, the computer is being sabotaged from over the internet. This has happened to me on more than one occasion recently.
- My neighborhood: A lot like me, namely: a mixture of Black and Hispanic; admittedly shabby but not really dangerous.
- Akakiy Akakievich: nickname given me by a cousin. Taken from the novel: “The Overcoat” by Gogol. Little did my cousin know...

### Notable Events

- The aria of some weeks ago, a duet sung by *Baba Outrom* & her husband (the neighbors in the bungalow opposite mine.): “*Ma, dov'è andate questo sporco cane?*” (But where can this dirty dog have gone off to?). They have a poodle which they refer to as “*Perro*” (dog). Perhaps I can find a partner willing to sing another duet, namely: “*Cet animal n'est pas méchant, lorsqu'on l'attaque, il se défend!*” (This animal is not vicious, when attacked, it merely defends itself) from an opera by the little-known and under-appreciated composer: *François Farquinelle*.
- *Baba Outrom*, as readers of my previous email laundry lists will know, is much given to making spontaneous, disjointed and often cryptic statements throughout the day (she is usually home, hence my nickname for her – “the Afternoon Woman”) which can be heard some distance away. The other day, a propos nothing, I distinctly heard her say the following words: “**Blanca – Gascar - Pedo.**” For a possible meaning and relevance of

the words “**Blanca**”, see below. “**Gascar**” is oddly evocative for me since it happens to be the last name of the Frenchwoman from Normandy who married my now deceased cousin Vincent Llorca in the eighties. And the word “**Pedo**” could be a shortened form of the word pedophile, an abbreviation in use in France. One evocative utterance maybe, but three in a row? Can this be mere coincidence?

### The *Kompromat* Korner

- I used to ride the bus from Pasadena to West Los Angeles/Santa Monica to get to work at Teledyne Controls, in west LA during the late 70s. It was on this bus that I met a girl named **Blanca Gutierrez**. She was frequently on one of the buses I would transfer to, having gotten on before me; a westbound bus running from downtown LA. We sometimes sat next to one another and chatted. She once mentioned she had a boyfriend studying at USC, she told me was 16. One one occasion, she was sitting when I got on the bus. I stood next to her and after a while, I began touching her arm between the elbow and the shoulder with my knee. This went on for a minute or so before I stopped. No words were exchanged before I got off the bus. I did see her again at least once but we never again spoke, though our gazes crossed. Until I moved to a garage in Santa Monica, I often took the same bus but I never saw her again. I mention this incident after being reminded of her by a comment I overheard, cited above, made by the neighbor I call “*Baba Outrom*” who has lived in the bungalow across from mine, some 20 feet away, for several years. See above, notable events, the quote with three components.

- During the 1980s, when I lived in Echo Park, I often frequented a café on Wilshire Blvd. in Beverly Hills, “Café Beverly Hills.” One night, an older man I had not seen before, not a regular, came in and sat next to me at the counter. We struck up a conversation in which it emerged that he was a procurement agent for a federal government installation in the Midwest. I mentioned that I subscribed to the Commerce Business Daily (a government-published procurement newspaper) and that I was looking for government business. At some point in the conversation, I asked if he could get me some work, **specifically mentioning that I would like some “inside” information in order to increase my chance of making a successful bid**. He then reminded me that what I was asking was illegal. **I persisted in my request** and he eventually gave me a phone number, supposedly his, so that I could contact him when he returned to his office. He then left. I never saw him again, neither did I ever call the number he gave me, I threw it away.

### Venues

- Once again, Costco at 13463 Washington Blvd., Culver City. The supermarket where I

shop every month for much of an hour. The occasion in the last year or so of a nearly constant string of minor provocations of various sorts. Hoping against hope, perhaps, that I will, in the words of the golfer Tiger Woods about a different situation, “Go ghetto.” Indeed. The problem with this mentality is that, perhaps unknown to the originators of the technique, there is more than one type of “ghetto” in this world.

- The roads and freeways of Los Angeles, by day as well as by night. I must say, there are scads of drivers about who are addicted to seemingly needless, repeated and very brief use of their brake pedals regardless of traffic conditions. A-and not just the occasional driver, they seem to congregate. This goes on every day, without fail. Needless to say, I prefer to keep my distances. Not to mention the drivers who appear to have a somewhat loose understanding of the concept of separate lanes. But then again, maybe it's just me; after all: once bitten, twice shy. Eh?

### Definitions

Terrorism: From the United States Federal Criminal Code, Chapter 113B of Part I of Title 18, terrorism is defined as:

“activities that involve violent ... or life-threatening acts ... that are a violation of the criminal laws of the United States or of any State and ... appear to be intended (i) to intimidate or coerce a civilian population; (ii) to influence the policy of a government by intimidation or coercion; or (iii) to affect the conduct of a government by mass destruction, assassination, or kidnapping; and ... (C) occur primarily within the territorial jurisdiction of the United States ... [or] ... (C) occur primarily outside the territorial jurisdiction of the United States.”

Fourth Amendment: The right of the people to be secure in their persons, houses, papers, and effects, against unreasonable searches and seizures, shall not be violated, and no Warrants shall issue, but upon probable cause, supported by oath or affirmation, and particularly describing the place to be searched, and the persons or things to be seized.

### Damages or Perhaps more Appropriately: Lost & Found

- I first met Luis (last name unknown), my neighbor, (424) 261-1701 when I bought a ladder from him a few months ago. I completed this and other small transactions with him satisfactorily. Some weeks later, my friend Janusz Hetman of Whittier, CA, asked me to sell his Mercedes 190. I contacted Luis, and finding him interested, drove him to see the car. He agreed to buy and pay within a day or so and was given the keys by Janusz Hetman who was going on vacation. In the following days, despite repeated attempts on my part to contact him by phone and text messages to conclude the deal, I

was unable to collect either money (\$200), the keys to the car or the \$13 which Luis owes me for some computer parts. (Update 8-12-14) At the request of Janusz Hetman, I recently attempted to contact Luis by text message asking for the return of the car keys and the money owed me, without success.

- Restored item! Missing USB charger cable for my Android tablet (had to buy another on eBay). (Update) On 8-12-14, I found the missing cable wrapped on the rear wheel of my bicycle.

- Restored items! A tablecloth, piano lessons workbook, an alarm clock; all of which went missing on the day I moved in 4-5 years ago along with the blue cardboard box with metal handles they were held in. I found them deep in the storage area behind the kitchen as I was cleaning my bungalow a few weeks ago.

- Added item! An empty can of Budweiser found in the back of my storage room while tidying up the bungalow. I never go there except to clean as it is hard to reach a-and I never drink Budweiser!

- Added items! In or around July of this year, several batteries from a solar charger I am building go missing for about a week, they began reappearing a few at a time, but not before I had bought more.

- LibreOffice documents altered slightly **as I am editing them**; i.e. blank pages inserted, curious text fragments added repeatedly throughout, etc.

- A Netgear 24 port switch which had previously been OK, unaccountably stops working after exhibiting lower bandwidth over a period of an hour. Was forced to give customer (Sha Fernando, Torrance, CA, (310) 629-2328) partial credit toward further work.

- Mysteriously trashed hard disk as I am working on disinfecting customer's PC which had been working (Michael Pines, Brentwood, CA, (310) 472-2356). **Disk could no longer boot or be recognized** by customer's PC or indeed **any** Windows system though all data was intact. Had to read it on a Linux machine in order to backup data prior to re-installation of operating system.

- Repeated problems with my Paypal account. I have been issued about 5 security cards over the last year which work for a week or two only to no longer be recognized by the Paypal web site. Also, the IP address used to access Paypal from my bungalow has in the past few years been flagged by Paypal as suspicious. Repeated verbal and email communications with Paypal have failed to resolve the problem.

- I bought a case of wine from Trader Joe's last November to be drunk in small daily quantities for the resveratrol. In the process of consuming 5 bottles over a period of 2 months, I noticed that the level in some of the bottles sometimes seemed to go down by itself. This only stopped (with one particular bottle) when I put a piece of tape on the outside at the current level of wine. I finally gave Janusz Hetman the rest of the case, having opened, though not necessarily consumed, it seems, a total of 5 bottles myself.

- At least one of my email accounts, with Fastmail of Australia, has, one more than one occasion, become temporarily unusable due to an invalid password. One such incident over the 2013 Christmas holidays, another recently (July 2014). These problems resolve themselves without my having to change or recover passwords!

- A number of carburetor problems with my car in early January 2014. Very rough idle, extreme overheating, etc. Car almost unusable. These problems went on for several days with the same scenario: I would park, car running smoothly; when next I used it, whether hours later or the next day, it would be undriveable again. Had to visit my carburetor mechanic three times in almost as many days. Nothing to report since then, car has been running well.
- Discovered as I attempt to troubleshoot a Logmein123 problems for customer, (Joan Calandra, Los Angeles, 310-433-7723) that I could not access the Logmein service. It seems that an Adrian Cismas, possibly from Germany, with the email address: [adrian.cismas@avira.com](mailto:adrian.cismas@avira.com), a “master technician” with 5000 technicians on his account, has been using my Avira account and was logged on to Logmein123 as I was trying to access the service. Found this out as I tried to use it for the first time on 5/22/14. I received the following error message: “Login failed. Only single signon login permitted. Please contact ... Logmein Rescue system administration.” I contacted Logmein, spoke with a Dave and later a Ryler Goulet, was given the ticket #: 03351463 and referred to Avira technical support to trace the source. I then spoke with someone named Aldo at Avira and was given another case #: 99719031. Issue not resolved as of 8-12-14.
- 8-8-14 At customer (Ike Mordi, near LAX airport, 323-449-0401). Download of LibreOffice to desktop running Windows XP stalled at end of download, had to repeat. Machine was temporarily unstable. After installation of software, all USB ports on IBM PC tower stopped working as I was trying to print a document. Other OS of this dual-boot machine (Ubuntu Linux) exhibited the same problem. Was unable to repair. On second machine, an HP Compaq laptop running Windows Vista, downloaded printer driver in another attempt to print the document. Driver installer stalled/aborted repeatedly with no error message. Was unable to fix problem.
- On or about 5/3/14, bicycle tire puncture. Had just refilled tires 2 days previously at nearby Arco gas station. Hole was so big that tire would not fill at all. Replaced inner tube at Palm Cycle on Motor Ave. Have kept receipt and punctured inner tube.
- Restored item! On 8-2-14, found after return from errands a 120W HP laptop power supply lying on the floor in the bedroom with power cord stretched out lengthwise along the carpet. I had definitely not left it there and vaguely remember missing a similar power supply some time ago.
- Earlier this year, ATT charged me several dollars for an overdue internet bill even though I have paperless billing. ATT customer service told me they had tried to bill my account but that the charge had not gone through. On checking with Wells Fargo, I was told that no such attempt had been made. I was left with a small penalty charge to pay.
- Restored item! In the spring of this year, 2014, I pulled out of the storage in my bungalow all my Gateway 2000 Handbook 486 laptops in various states of disassembly. Either that day or soon thereafter, I found on my return home that **another Handbook laptop had appeared** on my couch. I am very sure (though not quite 100% sure) that I did not just leave it there and forget about it. These units are obsolete and rare, having been out of production for nearly two decades.



- Some years ago while withdrawing cash from a Wells Fargo ATM, I found that my 4 digit PIN no longer worked. On a hunch, I added one more digit and found that I had guessed correctly! The **PIN had been changed**, of that I am certain since I used (and to this day use) 4 digit PINs only. The curious thing here is that the existing 4 digit code followed a simple mathematical sequence: the Fibonacci numbers; the additional **number I guessed at was the next value in this sequence!** I had never divulged the original PIN or discussed Fibonacci numbers with anyone. I reported the incident to Wells Fargo immediately and asked that they make a note in my file. The employee I dealt with may have, at that time, verified that I had indeed entered an incorrect PIN at that ATM location and time. By the way, the old PIN was: 1123; the altered PIN: 11235. Both PINs being correct Fibonacci sequences, where any given number in the sequence is the sum of the previous two values. Curiouser and curiouser.

### Quotes

"The most dangerous man to any government is the man who is able to think things out for himself, without regard to the prevailing superstitions and taboos. Almost inevitably he comes to the conclusion that the government he lives under is dishonest, insane, and intolerable."

H.L. Mencken, American journalist

"Power remains strong when it remains in the dark; exposed to the sunlight it begins to evaporate."

Samuel P. Huntington

*"Mendaci neque quum vera dicit, creditor."* (A liar is not to be believed even when he speaks the truth)

Cicero

"... if you are strong and you are fighting the weak, then anything you do is criminal."

Martin van Creveldt

*"Tanto buon, che no vale niente."* (Sorry, I will not translate! A bit too close to home, I'm afraid)

Italian saying

"To love. To be loved. To never forget your own insignificance. To never get used to the unspeakable violence and the vulgar disparity of life around you. To seek joy in the saddest places. To pursue beauty to its lair. To never simplify what is complicated or complicate what is simple. To respect strength, never power. Above all, to watch. To try and understand. To never look away. And never, never to forget."

Arundhati Roy

"Unless I am convinced by the testimony of the Scriptures or by clear reason (for I do not trust either in the pope or in councils alone, since it is well known that they have often erred and contradicted themselves), I am bound by the Scriptures I have quoted and my conscience is captive to the Word of God. I cannot and will not recant anything, since it is neither safe nor right to go against conscience. May God help me. Amen."  
Martin Luther

### In Closing

*"Che le cose siano così, non vuol dire che debbano andare così. Solo che, quando si tratta di rimboccarsi le maniche e incominciare a cambiare, vi è un prezzo da pagare, ed è allora che la stragrande maggioranza preferisce lamentarsi piuttosto che fare."*  
(Just because things are this way does not mean they have to continue like this. It only means that when it becomes a question of rolling up ones sleeves ? and begin to change things, if there is a price to be paid ?, it is then that the great majority ? of people prefers to complain rather than act) - My poor attempt at a translation.  
Giovanni Falcone, Italian anti-mafia judge

Affection, all  
(signed)  
Brummkäferschen