

BREA NEWS

www.bnl.gov/bera/activities/brea/

Volume 13 Issue 6

November/December 2013

BREA Meetings

BREA meetings are held on the second Tuesday of every month (except for August), at 1 p.m. in one of the conference rooms in Bldg. 400 (except where noted).

All BREA members are invited to attend and participate.

Meeting Schedule

November 12, 2013

December 10, 2013

January 14, 2014

BREA Officers

President

Dave Cox
expatdave@aol.com

Vice President

Ken Mohring
kenwadingriver@gmail.com

Secretary

Louise Hanson
hanson.louise@gmail.com

Treasurer

Steve Shapiro
shapiro@bnl.gov

* * *

Newsletter Editors

Mona S. Rowe
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Anita Cohen
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Come on in. The water's fine!
See Anita Cohen's story on page 3.

From the President

by Dave Cox, expatdave@aol.com

My term as BREA president will end shortly, so this will be my last column in the newsletter. This issue contains a ballot for the election of BREA officers for the next two years, and I would like to thank past-presidents Arnie Peskin and Eena-Mai Franz for volunteering to serve on the nominating committee to select very able and hardworking candidates. Although the committee was able to find only a single candidate for each position, we have a provision for write-in candidates. I urge you to show your interest in and support for BREA by voting.

By now you should all have received copies of the Medical Benefits Program for 2014. Regrettably, most retirees will again face an increase in their premiums – from 20-30% or 30-40% of the program cost depending on your date of retirement. This will impose a significant burden on many of our members. The open enrollment period is October 28 through November 15 (the deadline for any changes you might want to make). If you live locally, representatives from the Benefits Office and CIGNA will be available for questions on Tuesday, November 12, from 11 a.m.-2 p.m. in Bldg. 400. Please note that the November BREA meeting will also take place on the 12th at 1 p.m. in the same building, conference room 2, so please join us!

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New Officers Nominated

Candidates for BREA officers for the January 2014-December 2016 term are listed below, along with their biographies. Write-in candidates are accepted, in accordance with BREA's bylaws. If a candidate receives a positive vote on a majority of the ballots returned, that candidate wins the office. Note that returning a ballot but not voting for a candidate is the equivalent of a "NO" vote. If any candidate does not get a majority vote, the office will be left vacant until another election.

The ballot includes the candidates nominated by the committee and space for write-in candidates. **Please mail your ballots to BREA by December 9, 2013. Alternatively, you may email your votes to Arnie Peskin, chair of the nominating committee, at a.peskin@ieee.org.** In the event of a contested election, BREA will use all-paper ballots.

Ken Mohring for President

Ken Mohring worked at BNL for 34 years. His final position was as the Division Administrative Manager in Staff Services. He was responsible for budgets, coordination of the environmental and safety program, and administration of the food-service program. Prior to that, he spent 15 years in the Medical Department, where he was responsible for budget and administrative activities, and for six years was an auditor for Associated Universities, Inc. Before coming to BNL, he worked for a public accounting firm in New York City. He has a master's degree and is a Certified Public Accountant. Since retirement, he has become a Master Gardener and volunteers at the LI Horticultural Research & Extension farm and his local church. Ken lives in Wading River. Ken has served as BREA's Vice President and Treasurer.

Liz Seubert for Vice President

Liz Seubert retired from the Lab in January 2013, after 35 years. Liz was editor of *The Bulletin* from 1999 until the publication's final issue on November 30, 2012. Her tenure as editor was marked by innovative design to draw readers into the science articles and fun people features. Liz was an ex-officio member of the Brookhaven Lecture Committee, through which she helped speakers explain their research to a general audience. She was treasurer of the BERA Art Society, arranging bus trips and coordinating art and craft shows for the BNL community. In the 1980s Liz became the all-time female record holder for two laps of backstroke in the Lab pool, possibly, as she concedes, because she was the only female ever to have entered this competition! She trained in communications, art and advertising at the West Sussex College of Art, England, and she holds a graduate degree in French literature from the University of Reims, in France.

Louise Hanson for Secretary

Louise Hanson has been serving as BREA Secretary since April 2010, when she was appointed by the BREA Board to fill an unexpected vacancy. Before she retired, Louise was first a chemist in the Department of Applied Science and later an Education Program Manager in the Office of Educational Programs.

Steve Shapiro for Treasurer

Steve Shapiro has been serving as BREA treasurer since 2011. He worked at BNL for 37 years before retiring in 2008. A condensed-matter physicist studying phase transformations, he did most of his research at the High Flux Beam Reactor. During his career at BNL, he served as Associate Chair of the Physics Department, supervising the solid state program; Chair of the Brookhaven Council; and member of the Diversity Advisory Committee and several incident-investigation committees. He currently has a guest appointment and is a frequent visitor to the Laboratory. He resides in Wading River.



Ballot for BREA Officers

President

Ken Mohring

Vice President

Liz Seubert

Secretary

Louise Hanson

Treasurer

Steve Shapiro

Please vote and mail your ballot to:

BREA c/o BERA
Brookhaven National Laboratory
Bldg. 400
Upton, NY 11973

Your name and address:

Retired From the Lab, But Not the Pool

Before there was BNL, there was Camp Upton, so when the site became a national laboratory in 1947, the existing Army barracks and other buildings were converted to laboratories and offices. But at least one building did not change its purpose: The pool remained a pool, though the soldiers and officers who once swam in it were replaced by Brookhaven Lab scientists and support staff.

At its start, of course, BNL had no retirees, but in the 66 years since then, our ranks have grown to almost 2,000 – and many of us continue to use the Lab pool.



Using their noodles for Senior Aqua Aerobics are Betty Mc Breen (center), and (from left) Denise Kriska, Linnea Rydout, Instructor and Lifeguard Denise Jennings, Head Lifeguard Susan Dwyer, Gail Holden, Alice Mortazavi, Caroline McCartin and Anita Cohen.

BREA member Betty McBreen is among the retirees in the Senior Aqua Aerobics class at 9 a.m. on Wednesday mornings (see box below). Both before and after her retirement from the Physics Department in 2003, Betty used the pool as a lap swimmer. A few years ago, however, she realized that aqua aerobics could help her address a condition she had long dealt with – osteoporosis.

When she learned that her current prescription was not helping, and the next step would involve stronger medication that some doctors did not think she should take, she took a less invasive, but proactive and accepted approach – exercise. She soon supplemented her program of physical therapy and walking with water aerobics. “It’s wonderful exercise,” Betty said. “You can move so well in the water without overstressing your bones.”

The Centers for Disease Control agrees. Its “Healthy Swimming/Recreational Water” website says, “Water-based exercise can benefit older adults by improving the quality of life and decreasing disability. It also improves or maintains the bone health of post-menopausal women.”

Also a BREA member, Jack Guthy (below) didn’t start swimming until his late 20s, but he hasn’t stopped since.

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Pool Hours Through 2013 (closed on Sunday)

Pool Activity	Days & Times
Senior Aqua Aerobics only	Wed. 9-10 a.m.
Employees & Facility Users for Lap Swim Only	Mon.-Fri. 10 a.m.–3 p.m.
Open Swim, Family & Lap Swimmers	Mon. & Wed. 4:15-8:30 p.m. Tue. & Thu. 6:30 - 8:30 p.m.
Family Swim Only	Fri. 4:30-5 p.m., \$5/family Sat. 11 a.m.-2 p.m.
Lap Swimmers Only	Tue. & Fri. 4:15- 5:30 p.m. Fri. 5-8:30 p.m., Sat., 10-11 a.m.
Aqua Aerobics Class Only	Tue. & Thu. 5:30-6:30 p.m.

Of Special Interest to Retirees

- Retirees pay no fee during hours for lap swimming.
- The current session of Senior Aqua Aerobics ends Wed., 10/23. The next session will be on Wed., 10/30-12/18. For more information about this program, go to http://www.bnl.gov/bera/linkable_files/2013-Senior-Aerobics-Reg-Sep-Dec.pdf
- For more information about the pool, visit the BERA Website at: <http://www.bnl.gov/bera/recreation/pool.asp> or contact the Recreation Office at ext. 2873.

At the BNL Pool (cont'd from page 3)

Though he retired from Physics in 1996, he has continued to reap the benefits of water exercise by regularly swimming laps in the BNL pool.

In 2014, Jack will again “pool” his laps with those of other BNL swimmers, retirees and active employees in the “Virtual Swim” held annually from January through March. “In those three months, I’ll put in about 20 miles,” Jack said, “and then I’ll take a break from the goggles and chlorine for a while.”

Retirees swim laps for free in the Lab pool. Senior Aqua Aerobics costs \$40 per eight-week session.

BERA, the Brookhaven Employees’ Recreation Association, administers the use of all recreational facilities at BNL. BERA contacts:

Christine Carter, Recreation Supervisor

631-344-5090

Joanne Delles, Recreation Assistant

631-344-8481

– Anita Cohen, afcohen@optonline.net

President’s Note (cont’d from p. 1)

Also, if you are making automatic payments to the P&A Group, be sure that the increase in premium is reflected in your January payment.

It has been a pleasure to serve as president for the last two years, despite the continuing erosion of medical benefits and the sad demise of *The Bulletin*. On the positive side, we continue to host a very successful annual luncheon and other activities, the newsletter is now published six times annually rather than four, and we enjoy strong support from BERA as well as from many enthusiastic members who form the backbone of our monthly meetings. We play an active role in helping to promote the medical screening and employee compensation programs, and we continue to meet from time to time with members of the administration to convey to them the concerns of retirees.

Finally, I would like to express my sincere thanks to fellow officers Ken Mohring, Steve Shapiro and Louise Hanson; membership secretary Carmen Benkovitz; newsletter editors Mona Rowe and Anita Cohen; Community Advisory Council representative Arnie Peskin; our friends in BERA, Chris Carter and Joanne Delles; and the many participants in our meetings and all who help out at the annual luncheons for their unfailing support, advice and enthusiasm. BERA will be in good hands for many years to come!

– Dave Cox, expatdave@aol.com

BSA Scholarships Available

Applications for BSA college scholarships are now available from Human Resources. Each scholarship awards \$2,500/year for up to four years of study toward an academic degree. Stony Brook U. will match that amount for full-time undergrads at SBU. The deadline for filing is Dec. 31, 2013. For critical dates, eligibility information, and other details, contact Liz Gilbert at (631) 344-2315 or Marge Hughes at (631) 344-2108.

Brookhaven Retired Employees Association

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