

BREA NEWS

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

Volume 16, Issue 5

September/October 2016

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

September 13, 2016

October 11, 2016

November 8, 2016

BREA Officers

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Liz Seubert

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Vice President

Bob Kinsey

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Les Fishbone (left) and his American guide at Stella Point on the summit rim of Mt. Kilimanjaro in Tanzania. See his report on page 2. Photo credit: Mountain Guides International/ Zara Tours

From the President

by Liz Seubert, liz.and.ev@gmail.com

Hello, Everyone,

I hope your summer has been fun and relaxing. If you were astute enough to have taken a trip to the Arctic during the past couple of weeks, you can add a special layer of smugness to any sympathy you express to those of us who have been enduring the recent Long Island muggy heat wave. A silver lining must have brightened the pockets of air conditioner salespeople, however, as probably many others besides myself broke down and “got air” in rooms we’d never needed it previously.

Other than trying to catch up with watering the yard before it Saharas out, what has everyone been doing? If you had an amusing or unusual experience to share, let us know. We’ve been saving for this newsletter issue the great adventure of BREA member Les Fishbone, who climbed Mount Kilimanjaro, the highest mountain in Africa. Take it as an inspiration to jog or do Senior Water Aerobics with BERA on Wednesday mornings. You can’t start too small!

Another story in this issue describes BREA’s involvement with the Lab’s Family Fun Day in July, hosting a fun “science quiz” stall and

(continued on page 4)

Trekking up Mt. Kilimanjaro



Les Fishbone and guides, with Mt. Kilimanjaro behind. Kilimanjaro is in Tanzania, in the southern hemisphere, well within the tropics. Photo credit: Orlin Knutson or Mountain Guides International

After thinking about trekking up Mt. Kilimanjaro for ten or fifteen years, I finally decided to try it early this year. To prepare, I increased my exercise regimen, studied guidebooks and web sites, and received encouragement and a recommendation of a superior trek operator from current BNL staff member Lisa Miller. She had done the trek five years ago. After some additional investigation, I accepted her recommendation of Mountain Guides International, with local support from Zara Tours.

Mt. Kilimanjaro is in Tanzania, in the southern hemisphere, but at only three degrees south latitude, well within the tropics. I went in February, but not because the seasons are opposite to what we New Yorkers experience. Rather the reason was that February there is one of the dry-season months of the year. (There are two wet and two dry seasons.)

Almost all routes up Mt. Kilimanjaro are primarily long walks on well-defined trails, requiring no technical climbing skills. The challenge is coping with the altitude, and this is done best by ascending slowly. My team consisted of three trekkers, three guides, a cook and a waiter, and several porters. Our tents, food, personal overnight gear and other team gear were carried from camp to camp – seven in all – by the porters. At one camp, I enjoyed a seventieth birthday party, with the group singing “Happy Birthday” in a combination of English and Swahili!

After six days of walking gradually upward, we were ready for the summit attempt. We began moving just before midnight from our 4,673-meter-high Barafu Camp. We ascended under a full moon and had headlamps lit. I had never before hiked at night *or* in below-freezing conditions, but I was dressed warmly: two pairs of long underwear and fleece pants on my legs; a rain jacket and a parka on my arms and torso; and double-layered gloves with hand warmers! This section of the route was the steepest and most arduous, and I struggled against a pain in my shoulder to keep moving. Our guides offered continual encouragement and the admonition “Pole, pole” – slowly, slowly. I persevered, largely unaware of the passage of time, and eventually noticed that the sky was brightening on the eastern horizon. Parts of a glacier were in view as I proceeded.

Finally, I attained the rim of the summit crater at Stella Point, 5,749 meters high, sign-posted with “Congratulations!” I had never hiked so high. From there, in the gloriously clear weather, I could see other sections of the rim and the inside of the crater below, partially covered in snow. Uhuru Peak is the highest point on the crater rim at 5,895 meters, and my two trek mates had already gone the additional hour there and returned to Stella Point. I was too fatigued to continue to the peak, knowing also that the descent would be longer than the ascent. And I was content with what I had achieved. So I proceeded downward.

The next day the trek was over. Though my big toes were sore from the long downhill slog, I was one happy camper!

– Les Fishbone, lgfishbonenn@gmail.com

BREA at Summer Sunday

Here’s a brain teaser for you:

A fish (check the one that’s true) . . .

- lives in desert sand
- has fins for swimming and balance
- eats chocolate ice cream cones for dinner

That’s one of the questions aimed at youngsters on a science quiz handed out by BREA during Family Fun Day on July 10, BNL’s first summer Sunday of the tour season. In exchange for taking the quiz and scoring enough points, visitors had a choice of prizes from BREA – stickers of sea critters and wildflower seed packets. I worked at the BREA table with retirees Arnold Moodenbaugh and Michael Rowe, and, thanks to their coaching, everyone got the right answers!



Michael Rowe (left) and Arnold Moodenbaugh at the BREA table



BREA News editor Anita Cohen’s grand-children, Aiyanna (left) and Isis West, at the Science Learning Center, extracting DNA from wheat germ, to put in plastic vial necklaces, which they wore proudly!

Besides the BREA activity, Family Fun Day included hands-on discovery at the Science Learning Center, environmental displays at Berkner, and science talks. Visitors even learned about the U.S. Army’s Camp Upton, active on the BNL site from 1917 until 1920, and again from 1940 until 1946.

The Summer Sundays program is coordinated by Kahille Dorsinvil in the Laboratory’s Stakeholder Relations Office. BREA will likely participate in Summer Sundays again next year with the same message we promoted this year: “The Brookhaven Retired Employees Association supports Brookhaven National Laboratory’s Summer Sundays, science and the environment!”

– Mona S. Rowe, msrowe.hi@gmail.com



“Thank you to BREA,” from BNL’s Summer Sundays tour guides, wearing BREA-donated staff T-shirts.

President's Message (cont'd)

awarding prizes imprinted with the theme: *Supporting Brookhaven Lab's Summer Sundays, Science and the Environment!*

A sad part of our newsletter is always the In Memoriam column. Staying in touch with old friends means being aware of when they have gone, but it also reminds us to enjoy the company of friends still around. One good way to share time together is to take part in Lab activities. In addition to health and fitness opportunities, BERA offers all sorts of trips, from Broadway theater to an Oktoberfest or a cheap fare to New York City. Be a player while you can!

As new retirees join BREA, we are fortunate that some are interested in taking on part of the background work that keeps our organization running smoothly. It is good news that new member Beth Lin has agreed to take over the role of BREA Membership Chair as of October 11, 2016, the date of our October meeting. So, after that date, please contact Beth about membership matters at hellobylin@yahoo.com. See BREA's website for a member list with expiration years noted.

At our last meeting, in July, Ed Sierra of the Brookhaven Veteran's Association (BVA) made a presentation requesting a BREA volunteer or volunteers to help refurbish an ancient U.S. mailbox and decorate it with a flag design, to use on site to collect discarded American flags. At present, the BVA collects the flags on specific days and stores them in different places until their proper disposal. If you can help, please contact Ed at esierra@bnl.gov or (631)344-4080.

Our next meeting is on September 13, at 1 p.m. Hope to see you.
– Liz Seubert, liz.and.ev@gmail.com

BREA Membership Renewal: Until October 5, 2016, send your dues to Sheryl Gerstman, 46 Richmond Blvd. Unit 3B, Ronkonkoma, NY 11779-3692. After that date, mail them to Beth Lin, 81 Westchester Dr., Rocky Point, NY 11778.

In Memoriam

We deeply regret to inform you of the passing of the following retirees:

Gordon T. Danby, 86, August 2, 2016

Woodrow W. Hobson, 94, June 14, 2016

More information may be found at BREA's website: www.bnl.gov/bera/activities/brea

To post an obituary for a deceased BNL employee or retiree, send information by email to afcohen@optonline.net or by snail-mail to BREA's address in the panel below.

Steve Kramer to Give Talk on Haiti, Oct. 4

On Tuesday, October 4, 2016, at noon in Berkner B, Steve Kramer will give a talk about the volunteer work he does with a school in Haiti, one of the poorest countries in the world. He'll describe the economic situation in Haiti and how small, directed investments can have big changes on the lives of many people.

A BREA member, Kramer had a long and successful career at BNL in accelerator physics before retiring in September 2015.

This event is open to BNL retirees and staff. Attendees must have a BNL badge.

Brookhaven Retired Employees Association

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