

BREA NEWS

<https://bera.bnl.gov/brea/>

Volume 21, Issue 6

November/December 2021

BREA Meetings

BREA meetings are held on the second Tuesday of every month (except for August), at 1 p.m. All BREA members are invited to attend and participate.

With the BNL site still closed to retirees, Zoom meetings via video link have become routine. Contact any officer for help to join a meeting.

Meeting Schedule

November 9, 2021

December 14, 2021

January 11, 2022

BREA Officers

President

Arnold Moodenbaugh
moodenba@optonline.net

Vice President

Lillian Kouchinsky
lkouchin@yahoo.com

Secretary

Laura Miller
lj96miller@outlook.com

Treasurer

Leslie G. Fishbone
lgfishbonenn@gmail.com

* * *

Newsletter Editor

Mona S. Rowe
msrowe.hi@gmail.com



*See page 3
for reports
on summer
travels, with
caution.*

From the President

by Arnie Moodenbaugh, moodenba@optonline.net

To fellow BREA Members,

The holiday season is almost here, and I offer seasons greeting to the BREA membership. In the immediate future, we also have some obligations to fulfill.

Vote for new BREA officers. Ballot on page 2.

BREA officers serve two years, and the election of new officers for the 2022-2023 term commences now. You'll find in this issue of BREA News information for voting: biographies of the four candidates on the slate, a ballot, as well as instructions for completing the ballot and returning it by regular mail or by email. Write-in candidates are permitted. Please take the time to VOTE as promptly as possible. Your active participation in the election is a positive contribution to BREA.

Open enrollment for retiree health benefits for 2022 takes place this fall. Retirees below 65 years who use the BNL health plans (not Medicare) enroll November 2-15. For Medicare-eligible retirees, enrollment began October 15 and ends December 7. Those receiving BNL health benefits through Navia MUST enroll in or make changes to Medigap (Medicare supplement) and Advantage (Medicare Part C) using SelectQuote Senior by calling +1 (866) 479-8317 (choose option 1) or going online to <https://bsa.sqbenefits.com/>. DO NOT enroll in Medigap or Advantage programs through the Medicare website or through any of the direct mailings. You MUST use SelectQuote Senior.

(continued on page 4)

New BREA Officers Nominated

Candidates for BREA officers for January 2022 through December 2023 are listed. 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, he/she is elected. If any candidate does not get a majority vote, the office will be left vacant until another election. The ballot includes space for write-in candidates. Please vote by checking the appropriate boxes, then sign and mail your ballot to Membership Chair Beth Lin (snail-mail address below). If you prefer, take a photo of your ballot and email it to Lin (email address below). **Voting deadline: December 1, 2021.**

Arnold Moodenbaugh for President (reelection for 2022-23)

Arnold Moodenbaugh worked at BNL for 36 years, primarily doing materials science and solid state research, often as a user at the National Synchrotron Light Source and the High Flux Beam Reactor. Later in his BNL career, he served as Technical Equipment Coordinator for the Center for Functional Nanomaterials construction project and Materials Science Department Safety Coordinator. These assignments gave him the opportunity to interact with a range of employees, including many working in facilities & operations and in environment, safety and health. He retired in January of 2014. He is currently the BREA secretary. Says Arnie, "I believe BREA provides useful information to retirees, especially with respect to the changes in health benefits. The organization also plays a role in providing useful input to and support for BNL."

Vinita Ghosh for Vice President

Before retiring in 2016, Vinita Ghosh worked at BNL for 36 years as a computational physicist specializing in particle and radiation transport. She helped design various neutron and x-ray instruments, including a neutron spectrometer designed at BNL and built at the Spallation Neutron Source at Oak Ridge. She also did the simulations/modeling required for decontaminating and decommissioning NSLS and designed supplementary radiation shielding at NSLS-II. She was active with Brookhaven Women in Science, serving on the Executive Board of BWIS, chairing the Goldhaber Award committee, and organizing workshops focusing on career development for young scientists. Says Ghosh, "Zoom meetings provide an opportunity for 'out-of-towners' like me to maintain social contacts with other retirees, and a platform for valuable communication regarding health insurance and other retirement benefits provided by BNL. If elected, I would make an effort to expand BREA membership and to continue regular Zoom meetings even after BREA can meet on site."

Laura Miller for Secretary (reelection for 2022-23)

Laura started her career at General Electric's Research & Development Division in Santa Clara, California, when she was just a youngster. She gradually headed east after that, moving next to GE's Midwest Fuel Recovery Plant in Morris, Illinois, and then down to South Carolina for a stint with a fiberglass coating company. Returning to her career, she also returned to Illinois, working at Argonne in several divisions: the Chemistry Division, the Intense Pulsed Neutron Source and finally the Advanced Photon Source. She spent 16 years at BNL with both the NSLS and NSLS-II before retiring in 2016. Laura joined BREA almost immediately. She feels that all retirees could benefit from membership in BREA, which provides interesting and useful information as well as social contact.

Leslie G. Fishbone for Treasurer ((reelection for 2022-23)

Les Fishbone worked at Brookhaven for 32 years, retiring in early 2014. During the years 1989-1993, he served as a staff member of the International Atomic Energy Agency in Vienna, Austria, while on leave from the Lab. He graduated from the California Institute of Technology (BS) and then from the University of Maryland (PhD), with both degrees in physics. Les's work at the Lab primarily focussed on nuclear nonproliferation and safeguards in the Nonproliferation and National Security Department and its predecessor organizations. For almost 20 of those years, he contributed to cooperative programs with nuclear facilities in Russia, traveling there many times. Les was a member of the Brookhaven Lecture Committee, chairing it for one year, and later a member of the Lectureship Committee.

Ballot for BREA Officers

President	Vice President	Secretary	Treasurer
<input type="checkbox"/> Arnie Moodenbaugh	<input type="checkbox"/> Vinita Ghosh	<input type="checkbox"/> Laura Miller	<input type="checkbox"/> Les Fishbone
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____

Please vote and mail your ballot to: Beth Lin, BREA Membership Chair
81 Westchester Drive
Rocky Point, NY 11778

If you prefer, email your vote to Lin at hellobylin@yahoo.com.

Name (print) _____ Signature _____ Date _____

Summer Travels . . . With Caution



Destination Florida – In early August I traveled to Florida to visit my son and his family. It was over two years since I visited them, and I just refused to stay homebound. Of course, I had concerns about flight delays and cancellations and that Florida was experiencing a high number of Delta variant cases, but I traveled anyway. I did my best to keep my distance from fellow travelers, but that was almost impossible. I enjoyed every minute with my grandsons, their parents, and, of course, the family dog Lila Rose. When I returned home, to be on the safe side, I did have a Covid test, which came back negative.

– Lillian Kouchinsky

Destination North Carolina – I waited until I could get the “one shot” Johnson & Johnson vaccine in late April. The reported side effects mostly concerned women, so I wasn’t worried. Then in June I went to Ocean Isle, North Carolina, to visit my daughter and family. It was their 34th wedding anniversary, and I hadn’t seen them in awhile. They took me for a boat ride on the Intercoastal Waterway. Traveling was OK. I wore a mask on the plane and when in crowded situations, kept my distance from people, washed my hands and used sanitizer. Yes, I returned home healthy.

– Don Sievers



Destination Hawaii – This photo was taken while my husband John and I were hiking on our last day on the island of Maui, before we caught our flight home. We had dropped off the rest of the family for their flights, but ours wasn’t until late in the afternoon. What to do? Take a hike! We went on the Waihee Ridge Trail, supposedly one of the best hikes on Maui. Just to get to it we took a winding, snaking, narrow road, and from that lower elevation, we climbed up and up on a beautiful, windy day with enormous cumulus clouds that kept building all around us. At the top, on Lanilili hill, we could see amazing views in every direction. We

tried to move quickly on the way down simply because those wonderful billowing clouds that accompanied us on the way up started to create cool wind and then, of course, rain!

– Laura Miller

Destination Sweden – My wife and I usually spend one or two summer months in the Skåne region of southern Sweden, at Annika’s ancestral home. It is a beautiful area, which mirrors Long Island’s North Fork: relatively flat, stony beaches and water views of the Sound. From our second-floor sitting area, we can see the Oresund, which separates Sweden from Denmark.

Because of Covid, we missed going in 2020. So with Europe opening its borders to Americans, this year was special to renew family ties and visit with our Swedish and Danish friends. We flew first to Copenhagen and then took a train to Sweden. Denmark required evidence that we were doubly vaccinated. We had our CDC vaccination cards, but I was skeptical because they don’t look very official. But the immigration people glanced at them and politely welcomed us to Denmark.

Sweden has had an interesting reaction to Covid. They originally pushed herd immunity hoping that if everyone got the disease there would be nobody left to infect and the virus would disappear. This proved disastrous, and they soon adopted the standard protocols that have kept the disease in check. We had a wonderful stay, with perfect weather and lots of herring and aquavit. Before we flew home, the airline required that we provide negative test results, and masks were mandated the entire eight-hour flight. It was a good summer, and we look forward to Sweden 2022.

– Steve Shapiro



Renew BREA Membership

Membership expires on December 31 of every year no matter when you paid your dues (which are requested by January 31 of the following year). To stay on BREA's mailing list, complete the form below and mail it to me along with your payment. Include your email address so BREA can send you timely information.

If you have questions or if your contact info has changed, email me at hellobylin@yahoo.com.

PLEASE PRINT

Last name: _____ First name: _____ MI: _____

Address: _____

Phone: _____ Email: _____

Membership type:

☐ annual (\$10) ☐ 5 years (\$40) Life ☐ (\$95)

Date: _____ Check amount: _____

MAKE YOUR CHECK OUT TO BREA

☐ I want to receive BREA News by mail via the U.S. Post Office.

☐ I want to receive BREA News by email only. Do not mail it to me via the U.S. Post Office.

Mail form and check (made out to BREA) to:

Beth Lin, BREA Membership Chair
81 Westchester Drive
Rocky Point, NY 11778

– Beth Lin, Membership Chair
hellobylin@yahoo.com

In Memoriam

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

Martin Blume, 89, October 6, 2021

Jack E. Detweiler, 89, October 5, 2021

Patrick Gilleeny, 89, September 4 2021

John M. Nicoilellis, 76, May 30, 2019

More information may be found at BREA's website: <https://bera.bnl.gov/brea/>.

To post an obituary for a deceased BNL employee or retiree, email information to msrowe.hi@gmail.com or mail it to BREA (see panel below for address).

President's Message (cont'd from page 1)

If you have problems dealing with them, contact the Lab's Benefits Office at (631) 344-3724 or (631) 344-5126.

Note that those receiving BNL benefits through Navia will be mailed a letter from them and BNL detailing various reimbursement situations for which you may have to contact Navia to maintain regular payments. Please open the Navia envelope and read the letter carefully.

I hope you are doing well. Our next ZOOM meeting will be held at 1 PM EST on November 9. Members with email addresses on file will receive an email invitation and agenda. We wish you good health and hope to see you at the next BREA meeting.

– Arnie Moodenbaugh, moodenba@optonline.net

Brookhaven Retired Employees Association

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Upton, NY 11973

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