

BREA News

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

Volume 23, Issue 1

January/February 2023

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.

The Laboratory site is now open to retirees. Even so, BREA's business meetings are still being held on Zoom via video link. Contact any officer for help to join these meetings.

Meeting Schedule

January 10, 2023

February 14, 2023

March 14, 2023

BREA Officers

President

Arnold Moodenbaugh
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Vice President

Vinita Ghosh
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Secretary

Laura Miller
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Leslie G. Fishbone
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* * *

Newsletter Editor

Mona S. Rowe
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In their own bubble, Vinita and Arup Ghosh were safe dance partners as California started coming back after Covid last year. To read about their adventures in dance, turn to pages 2 and 3.

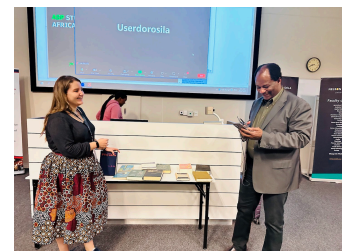
From the President

by Arnie Moodenbaugh, moodenba@optonline.net

To fellow BREA Members,

I hope you had a good holiday. Our upcoming ZOOM meeting is January 10, 2023. Look for an email notice. BNL recently increased its Covid response level (gym and pool are closed). So we will postpone planning for a hybrid in-person/ZOOM meeting hosted at the Lab.

Les Fishbone has physics books to donate. At a past BREA meeting, Linda Feierabend suggested he team with Ketevi Assamagan of BNL's Physics Department to donate the books to the African School of Physics, recently held in South Africa. Assamagan brought the first shipment there himself (photo at right). At our November meeting, BREA authorized up to \$1,500 to support transporting additional books.



Also at that November meeting, Peter Bond gave an enlightening presentation based on the new book "The Leak," by Robert Crease with Bond. He described much of the high-level political machinery at work surrounding the forced closure of the High Flux Beam Reactor in 1998. Interestingly, he noted, a report by Bernie Manowitz back in 1949 foreshadowed potential problems concerning the interaction of the general public with nuclear reactor development. Bond listed what he called "ambushes" – negative publicity and sudden policy moves, with drastic results. These included the firing of AUI, the press conference

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Shall We Dance?

Shall we dance? Yul Brynner says that famous line in the Rogers and Hammerstein musical *The King and I*. BREA members Vinita and Arup Ghosh say it to each other every time they go dancing.

And dance they do!



“We started dancing in 2001 and took lessons mostly at the BERA Ballroom Dance Club,” said Vinita. She recalled that the classes were held in the North Ballroom on Wednesdays after work. They were taught at the beginner and intermediate/advanced levels. The instructor was Giny Rae, a U.S. ballroom dance champion.

Under Rae’s tutelage, the Ghosh’s learned what are called the smooth dances – waltz, foxtrot, quickstep and American tango; the Latin dances – cha cha, mambo/salsa, rumba, bolero, samba; and the uniquely American dances – East Coast swing, West Coast swing, and hustle.

Vinita described Long Island as a great place to dance. “There were many dance studios and many really great dance instructors who had danced competitively early in

their careers. Most instructors started teaching after they stopped competing,” she said. “We were not serious dancers and never danced in competitions. Mostly it was fun and good exercise, both for the mind and body.”

The couple retired in June 2016 and moved to Millbrae, California, in July 2016. They continued dancing. “It was a place to meet new people and make new friends,” said Vinita. “We occasionally do lessons, and we like to go out dancing most weekends.”

California reported its first Covid cases in February 2020. According to Vinita, most ballroom dance venues are indoors, with schools and university gyms having excellent wooden floors. She recalled, “In March 2020 all such venues were closed down, suspending all social dancing and dance lessons. Some dance instructors tried to give free classes over zoom. I tried a few lessons like that but did not really enjoy the experience.”

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Al Chan took the photos of Vinita and Arup Ghosh, this page and on page 1. Vinita took the photo of Sandy and Al Chan above and the photos on the next page.

California relaxed its Covid restrictions in July 2021. Slowly, the dance classes and social dancing started back up, as did gyms and other exercise facilities.

Vinita noted that she and Arup had to upload their vaccination certificates and masks mandates were strict. They had to sign in when they entered a building and provide email and phone contact information for contact tracing.

“Dancing is more strenuous than walking, and it is hard to dance for any length of time with a mask,” she said. “But most of us were glad to be able to go out again.”

The strict precautions put in place paid off. “We did not get Covid nor were there any super-spreader events at any of the venues we went to,” said Vinita. “Some of our dancing friends did get Covid but that was after they had been traveling, not when they were home. Since they were fully vaccinated and boosted they had fairly mild cases with no long-term effects.”

What keeps them dancing? Initially, said Vinita, it was mostly the challenge of learning something new and non-academic. “Dancing combines elements of athletic activity like speed, stamina, balance and flexibility. In addition one needs to respond to the music so it requires a sense of rhythm,” she noted. “All dances have different step patterns which need to be memorized, along with combinations of frequently used patterns. Lastly it is a partner dance, where the man or leader decides which step patterns to follow. These steps have to be communicated to the woman or follower using well defined

non-verbal signs. Learning to communicate is hard in any language including the language of dance, and dancing well together takes time and practice.”

Vinita said that dancing “was really hard” initially. But after many, many lessons and constant encouragement from fellow dancers and dance teachers, it has become easy and fun. “We really enjoy our ‘dancing dates.’ And I have to admit that getting compliments on our dancing is the icing on the cake!”

– Mona S. Rowe

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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 Membership Chair Beth Lin at hellobylin@yahoo.com. *Note: New retirees get one year of BREA membership free.*

PLEASE PRINT & **RETURN FORM TO BETH LIN**

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

In Memoriam

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

- Donald Paul Brown, 92, November 7, 2022
- Mary Lynn (Mikki) Heinrich, 73, November 5, 2022
- William F. Taylor, 88, February 2, 2022
- Joyce Tichler, 83, December 5, 2022
- Josephine Weltz, 91, November 5, 2022

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 mailed to BREA.

President’s Message (continued)

staged by Senator Alfonse D’Amato and Representative Michael Forbes demanding HFBR closure, Alec Baldwin on the Montel Williams Show accusing BNL of causing cancer in children, and DOE Secretary Bill Richardson terminating HFBR operation with no prior notice to BNL. We had a lively discussion following the talk!

Mark Israel, BREA’s representative to BNL’s Community Advisory Council, has asked for a volunteer as an alternate BREA rep to the CAC. The CAC meets six time a year, starting at 6:30 p.m. on the second Thursday of the month. At present, meetings are via ZOOM, so a representative remote from Long Island may be possible. Email me if you are interested.

BNL is seeking volunteers for the in-person, DOE-sponsored middle- and high-school science bowls, coming up on February 2 and 3, 2023. If you are interested, contact Amanda Horn ahorn@bnl.gov.

I hope you are doing well. We wish you good health and invite you to log on to the next BREA meeting, January 10.

– Arnie Moodenbaugh, moodenba@optonline.net

Brookhaven Retired Employees Association

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