BROOKHAVEN RETIRED EMPLOYEES ASSOCIATION

BREA NEWS

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

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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 participate. ***As long as the BNL site continues to be closed to retirees, BREA may arrange an alternate mode of communication. Watch for email notices.***

Meeting Schedule

May 12, 2020 ***via video link, BNL site closed***

June 9, 2020

July 14, 2020

BREA Officers

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Vice President
Lillian Kouchinsky
lkouchin@yahoo.com

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pat@leonhardts.com

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* * *

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Familiar sight? Beth Lin and her daughter Sophia Lin have been sewing face masks to help people during the global pandemic. Read reports from BREA members, pages 2-3.

From the President

by Arnie Moodenbaugh, moodenba@optonline.net

To fellow BREA Members,

Greetings! Most BREA activities, including meetings, are indefinitely suspended during the Covid-19 pandemic. BREA is fortunate to have the ability to distribute an electronic version of the newsletter. Mona Rowe and our BNL contacts, Christine Carter, Renee Warno and Peter Genzer, are key to keeping this and other lines of communication open.

BNL staff are working remotely where possible, retirees are not permitted on the campus, and on-site operations are significantly curtailed. Facilities must be cared for, and some experiments at NSLS-II continue, centering on x-ray biological structure determinations of coronavirus components. To learn more about Covid-19 efforts at Brookhaven Lab, go to https://www.bnl.gov/science/covid19.php.

Science is based on facts, not opinion. Now more than ever, people are turning to science for information they can trust.

On Long Island, we've heard from retirees who have generally tried to maintain social distancing. Given our suburban environment, walks, biking or jogging are generally good exercise. Vice President Lillian Kouchinsky has been a volunteer for Meals on Wheels during the pandemic. We would like to hear from members who are willing to share their experiences with other BREA members. My email address as well those for other BREA officers and appointees are included on page 1 of this newsletter. Please indicate whether or not your name can be used in any correspondence. If you prefer, mail a letter to me, Arnie Moodenbaugh, 2 Sweetgrass Road, Westhampton, NY 11977.

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Covid-19: BREA Members Report

From Joyce and Paul Tichler, New York City, NY
We're ok. Just bored and scared. Keeping fed and going for walks most days – with masks on!!

From Beth Lin and her daughter, Sophia Lin, Long Island, NY
March 10, 2020 – Today we heard about a Shoreham-Wading River School District staff member's spouse being tested positive for Covid-19. The school closed right away to send kids home, clean, etc. Shoreham is very close to us, how can you not be nervous? My mother lives with my brother and his wife in Bellerose, Queens, and I usually go to a Chinese grocery near them. I was there two weeks ago and nothing seemed abnormal. Lately, my brother tells me people are acting crazy, rice is all sold out, churches are closed. Unbelievable. Ever since I retired, I am always on "staycation." I don't mind. But this time worries me. I hope they find the vaccine soon to cure this disease once for all. – Beth

March 21, 2020 – It feels like we've been dealing with this virus for too long. Nanoprobes has closed since Governor Cuomo's mandate that all non-essential workers must stay home (starts tonight at 8). So I will be on "staycation" like my mom! Most of my work is hands-on lab work, and we use the electron microscope at Stony Brook University, which closed over a week ago because of Covid-19. The situation here in New York is very serious, and I hope all BNL retirees are OK and safe. – Sophia

March 23, 2020 – Sophia told me about #millionmaskchallenge, an organization asking for volunteers to donate homemade cotton face masks to healthcare workers. It's a nationwide movement to help. These cloth masks aren't the special N95 ones needed to treat Covid-19 patients. But for essential workers that still need to work with the public, it can provide some protection without depleting already strained resources. Yesterday, we made 15 masks, stopping only because we ran out of elastic. This morning, my other daughter, Samantha, mailed them to Raritan, NJ. Sophia and I are going to continue doing it, using elastic hair bands. At a time like this, if we can give any little help it is so rewarding. Together, we can do it! – Beth

April 6, 2020 – Yesterday we made another dozen for a local restaurant that a friend manages. Since they work with the public, we think it's a good idea. – Beth

April 13, 2020 – In the morning, I do the things I have to do, including my cardio workout. Around 10 a.m. to 1 p.m., I listen to Mayor de Blasio and Governor Cuomo's updates. After lunch, if it's a nice day, I go outdoors to get some free sunlight, Sophia does the food shopping, I clean the kitchen. In our spare time, we make face masks to send to people who need them. Our friends who work at the hospital say they really use the masks we sew. That makes me feel so good. I feel grateful each morning for another healthy day! – Beth

Editor's note: Nanoprobes is a nanoparticle research collaborative dedicated to finding cures for cancer and other diseases. It was founded in 1991 by James Hainfeld, who worked at Brookhaven Lab from 1976 to 2009. Hainfeld and Joseph Wall, now Senior Scientist Emeritus at the Lab, were co -principal investigators of BNL's Scanning Transmission Electron Microscope STEM Facility. Beth Lin worked at STEM before retiring.

From Peter Takacs, Minneapolis, MN
We both retired at the end of August 2017, I from the Instrumentation Division and MaryPat from her librarian position at Suffolk County Community College in Riverhead. She has family in Minneapolis, siblings and lots of cousins, whom we have visited often over the years, so we were very familiar with the area. We wanted to retire to an urban community where we would not be so dependent on driving. We were lucky to find a two-bedroom condo in the same building where her sister lives and finalized our move this past September when we finally sold the house in New York.

Our location in downtown Minneapolis is ideal. We are one block from the river, the mighty Mississippi; there are parks and walking and biking trails all along the river. There is a trail loop that surrounds St. Anthony Falls

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for walking and biking. Lake Harriet has a bandshell with free concerts all summer. We can walk to the State Theater downtown where we saw "Hamilton" last year. We can walk to the Guthrie Theater to see serious theater performances. There are three supermarkets within walking distance. MP's family has a cabin on a lake in Wisconsin that we frequent in the summer. The bald eagles are a spectacular sight, and the loons are fun to hear and watch as they dive and swim by, trailing their families.

Out for a walk along the river. View of the iconic Stone Arch Bridge, with spray from the upper falls visible in the background.

Of course, most of this is on hold now with the Great Distancing. We can still walk on the river trails but we can't use the skyways. There are 11 miles of skyways that connect most of the buildings in downtown that are great for getting around in the winter. When it is too cold (below 0˚F) to walk outside, we can get into the skyways thru the building across the street and walk all day in our shirtsleeves. Hopefully, when we are immunized against Covid-19, we can take advantage of the skyways again next winter. One other big advantage of living downtown is that we can take the light rail to the airport for $1.50 (senior discount). But right now, no one is going anywhere. When it is safe to travel again, we are planning to take a trip "up north" (they don't say "up state" here) to the headwaters of the Mississippi at Lake Itasca. For now, all we can do is trace the river on Google Earth up to its source, which is actually an interesting thing to do.

Working on the puzzle in our condo.

We are managing to keep occupied in our condo during the Great Confinement. We are currently working on a 2,000-piece jigsaw puzzle. We joined the local YMCA and were going to exercise classes over the winter. That is on hold now, but MP connected with her former Zumba instructor from Riverhead who contacted her group that met at the Senior Center and is now leading the classes via Zoom every morning. "Zoom Zumba" – a new trend. I

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President's Message (continued)

Finally, I'd like to briefly address the economic turmoil. Regarding the effect on the wider community, there is increased patronage of food banks by families in need. In light of this situation, and because BREA has adequate funds available, the officers of BREA propose making a contribution to a Long Island food bank. We feel that a good choice is Long Island Cares (https://www.licares.org/get-to-know-us/). This organization is highly rated by Charity Navigator (https://www.charitynavigator.org). We suggest a contribution of as much as $5,000, which would not negatively affect any BREA program in prospect. We seek your opinion concerning this, both about the organization and the amount. Taking account of opinions submitted, we plan to make a decision on this by mid-May.

BNL retirees might also consider discussing their financial situation with a TIAA or other advisor. Note that the federal government has suspended required minimum distributions (RMDs) for 2020; the TIAA website can be used to suspend RMDs in some cases. I hope you are doing well, given the constraints. We should all try to be careful and patient, for ourselves as well as for others.

Best wishes. – Arnie Moodenbaugh, moodenba@optonline.net

Correction: An earlier version of the president's message incorrectly named the BREA member who volunteers for Meals on Wheels. She is Lillian Kouchinsky, not Les Fishbone.

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.

William J. Brynda, 83, December 5, 2019
Kelvin Gideon Lynn, 71, January 2, 2020

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, email information to msrowe.hi@gmail.com or mail it to BREA (see the panel below for BREA's address).

Missive from Minneapolis (cont'd)

even joined in. I can manage the footwork pretty well, but I still need a lot of work on the hip action!

I am keeping busy doing some consulting work for the ALS at Berkeley Lab and the APS at Argonne. I was a volunteer judge for the Minnesota State Science Fair for middle and high school students last month. My professional society, SPIE, sponsored a special award for projects related to optics and photonics and was looking for volunteers to help with the judging.

Having mentored many summer students over the years at BNL, I was looking forward to interacting with budding scientists and engineers, but because of the social distancing policies, the format was changed at the last minute to eliminate direct contact. Students made video presentations of their projects, and we had to judge based on the video content. It all worked out in the end, but I hope we can do the judging in person next year.

– Peter Takacs

Brookhaven Retired Employees Association

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