

Special Holiday Edition

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Message from the Editor: "The Three G's"

The holiday season is once again upon us. Doesn't time go by so quickly? Personally, I automatically associate the holidays with food. I start thinking about all the homemade dishes I will enjoy and the desserts that I will somehow ingest when I think there is no more room left in my belly. The common sentiment: "There's always room for dessert," is echoed around the dinner table.

All the delicious food we consume with family and friends during the holidays is certainly a treat. As we all know, a hot meal is a luxury for some. I remind myself that Gratitude, Grace and Graciousness are ultimately what the holidays are about. Baring in mind the misfortunes of some and trying to help in some way makes the holidays all the more "bright." At BNL, there are many opportunities to experience the "Three G's." Gratitude—or being grateful—is a state of mind. As a BNL employee of nearly four years, I can see how very fortunate to work in a place that has so many "perks." Just last month, I got a free massage during Healthfest, signed up for Jazzercise classes, had a free and very complete health checkup and blood work, danced all night at the Hispanic Heritage Club dance party, stretched my muscles at free yoga classes, went on a breast cancer walk with co-workers, and enjoyed an excellent music recital at Berkner Hall, just to name a few. I am grateful every day that I can enjoy what BNL has to offer.

When checking my Word thesaurus, several synonyms come up for "Grace." "Kindness;" "charity;" "blessing;" and "thanksgiving" are a few of the synonyms it offered. With the national holiday of Thanksgiving approaching and holidays like Kwanzaa, Christmas and Hanukah soon after, I am reminded to count my blessings. In terms of "charity," the BNL United Way Campaign, which kicked off on November 2nd offers us the chance to give in any way we can, (whether that be monetarily or through volunteerism or both). This year, there are many charitable events happening to raise money for the United Way of Long Island. One that is near and dear to my heart is the *International Food Tasting*, which I'm coordinating with United Way Captains Vera Tanabe and Lynn Chang. It is a popular event that began last year and raised over \$500.00. (See ad on page 5.) Check the United Way Web page for updates and information at: <http://intranet.bnl.gov/unitedway/> I make a point to volunteer at the onsite Red Cross kitchen, located right in the Occupational Medical Clinic. How convenient and what a great cause!

And lastly, "Graciousness." Though the holidays are fun, I also find them to be stressful. Being kind and gentle aren't exactly the attitudes I am feeling when I'm walking around the mall being elbowed by frantic shoppers. Sometimes being gracious takes effort. To me, *tolerance* is one of the greatest forms of graciousness. I have learned through teaching in the English for Speakers Of Other Languages that we might come from all over the world, but we have many commonalities. BNL is such an international community. It's even more critical to be patient and gracious so that our global relations grow.

Happy Holidays! Be safe and "May the 'Three G's' be with you!"

Jennifer Lynch





A Thanksgiving Dinner

from *Newcomer's Almanac*

Thanksgiving is the only day of the year when almost all Americans eat basically the same thing: turkey, stuffing, cranberry sauce, potatoes, and pumpkin pie. Many families add their own favorites; I know a family that adds lasagna and another that adds Chinese dumplings. This holiday is for all religions and all political groups, for newcomers and long-time Americans—everyone who feels thankful for something. Here is how to make a traditional dinner:

How much turkey should I buy?

A guideline is: one pound per person. So for 10 people, buy a 10-pound turkey. On the other hand, it's good the next day, so buy a big one! In general, younger birds are more tender. A fryer-roaster is 4 months old, a young hen (female) or tom (male) is 5-7 months old, and a yearling is 12 months old. If you buy a frozen turkey, allow it to thaw in the refrigerator (3-7 days) or in cold water (5-15 hours), never at room temperature (bacteria might grow).

How do I cook a turkey?

Here are the guidelines for a stuffed turkey, from the National Turkey Federation. Bake at 325°:

"lbs" = pounds.

8-12 lbs ~ 3-3 ½ hours
12-14 lbs ~ 3 ½ -4 hours
14-18 lbs ~ 4-4 ½ hours
18-20 lbs ~ 4 ¼ -4 ¾ hours

Unstuffed turkeys take 15-30 minutes less. A meat thermometer placed in the thigh should reach 180°. I have had good luck with turkeys that come with a "pop-up" thermometer in them. When the turkey is done, a little plastic piece pops up!

Need help?

In November and December, call the Butterball Turkey TalkLine (1-800-288-8372) for information (in English or Spanish) on thawing, stuffing, testing for doneness, and more. Or try www.butterball.com for useful pictures, recipes, and tips.

Note from the Editor of the Community News:

Don't be afraid to make a mistake and feel free to make the dinner "your own." You can mix the traditional American foods with dishes from your own culture if you like. For me, as a vegetarian, I eat most of the traditional things, but eat a turkey substitute from the health food store. (Most health food stores carry a "fake turkey" during Thanksgiving.) I eat them every year and they're quite good! Above all, the point is to enjoy eating *something* together with family and

THE SEASON OF GIVING

December is filled with the message of gift-giving. In its positive light, think of it as a time for generosity, appreciation, and community-building. Many Americans use this season to give a yearly gift or send a yearly card to others. They may do so regardless of the person's religion, by sending a card that says "Season's Greetings" rather than "Merry Christmas," and avoiding red and green paper. Here are some guidelines:

Teachers: Many young children bring a small present to their teachers on the last day of school in December. This is not necessary, and an expensive gift is not appropriate. But if you like, your child could make the teacher a gift. Or give a small craft or some food from your country. Or make a donation to a community charity in the teacher's name. High school and university students usually do not give gifts to their teachers. (*Suggestion:* For the elementary teacher a good gift could be homemade cookies or a gift certificate to an office supply or bookstore.)

Co-Workers: some offices have a "Secret Santa" system: each employee is secretly given the name of one other employee, and buys a gift for him/her only. Others have a "Yankee Swap:" everyone brings a wrapped gift to a party. One person goes first and chooses a gift from the pile. The next person can either take a different gift from the pile or the gift that Person #1 picked. Except for these gift exchanges, you will probably not be expected to give gifts to co-workers, except, perhaps, to people who work *for* you. a small gift to a secretary (like the one for a teacher) might be appropriate. Gifts to superiors are usually not given. Expensive or personal gifts are almost never appropriate. (*Suggestion:* Nothing to peers or the boss; to secretaries: nuts, cookies or a tree ornament if they celebrate Christmas.)

Regular Service Providers: Many people give money to those who give them regular and frequent service through the year, like the mail carrier, the person who delivers the newspaper, the doorman, or the baby-sitter.

Continued on next page.



Holiday Info continued...

Santa Claus



Here is how Santa Claus works in the US. He “lives” at the North Pole, where he and his many *elves* (tiny helpers) work hard all year to make children’s toys. Children write a letter to Santa, asking for the gifts they want. On Christmas Eve (December 24), Santa puts his toys in a sleigh pulled by eight reindeer. He flies from house to house, landing on the roof, but only when all children are asleep. He comes down the chimney with his bag of presents. Children leave milk and cookies for him. If these are gone in the morning, it is “proof” that Santa really came.



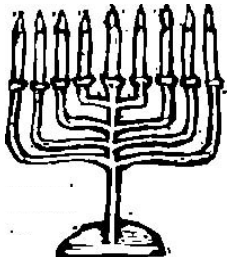
The character of Santa Claus evolved from stories about St. Nicholas, a bishop who lived in the fourth century. He was generous, especially to children and the poor. The name Santa Claus comes from St. Nicholas, or Sinterklaas in Dutch. Some people refer to Santa Claus as Kriss Kringle, from the German Christkindl, or Christ Child. But Santa Claus is not the Christ Child. This is a simple example of a slowly-changing tradition.

At times in US history, people thought of Santa Claus as a small elf. Then in the 1800s, an American cartoonist drew Santa as human-size, fat and jolly, bearded, and dressed in red with white fur trim. This is the Santa you will see in stores and on street corners. These Santas confuse children, who think he should be hard at work at the North Pole.

Season of Giving continued from previous page:

Some of these people may “help you remember” by including an empty envelope with their name on it, with one of their deliveries! How much money to give depends on how long you have known them, the number of other holiday gifts they are likely to get, the size of your weekly payment to them, how good a job they have done, and their (and your) personal financial situation. Ask a friend or a neighbor about what is appropriate. (*Suggestion:* \$10.00 for the mail carrier and also for the newspaper delivery person. For house cleaners and babysitters—one week’s pay.)

Neighbors: This is a good time to meet your neighbors, if you have not done so already. Sweets or traditional food from your country would be a welcome gift. (*Suggestion:* homemade cookies)



A menorah.

Hanukkah

Hanukkah (sometimes spelled Chanukah) is a Jewish festival of lights and dedication. The holiday has its roots in the second century, BCE, when Antiochus Epiphanes became king of the Syrian branch of Alexander the Great’s empire. He made Jewish (and other local) religions illegal and forced people to become Hellenistic (Greek). On the 25th day of the month of Kislev in the Jewish calendar (probably at the time of a pagan sun celebration), he changed the Temple of Jerusalem into a temple of Zeus, a Greek god.

A group of Jews, led by Mattathias and his five sons (called the Maccabees), began to fight against Antiochus. After three years of war, the Maccabees won. They took down the altar in the temple and built a new one. On the anniversary of Antiochus’ actions, they re-dedicated the Temple. They had only one bottle of oil, enough for one day. By a miracle, the oil lasted eight days, through the whole celebration. For this reason, Hanukkah lasts eight days.

This year Hanukkah begins on the evening of December 25. Jewish families gather to light candles, held in a special holder called a *menorah*. On the first night of Hanukkah, families use the middle candle to light one other one. On the second night, the middle candle is used to light two candles, symbolizing the new day and increasing light. This continues through the eighth night. As they light the candles, families say a blessing and may sing songs. Jewish children may receive a gift or money on each of the nights of Hanukkah.

The story of Hanukkah is a story of despair and hope, of dark and light. On the 25th day of Kislev, the moon is always dark, as the Jewish calendar is a moon-based one. The end of Kislev is also usually very near the winter solstice, when the days in the northern hemisphere are the shortest. So Hanukkah always comes at the year’s longest and darkest nights. Jews remember the darkest days of their history when the forces to give up their religion and culture were strong. And they remember their power to resist these forces. They remember the sadness of their people when they lost their temple, but also the joy of the miracle of the lasting oil.

Even if you are not Jewish, you may identify with the struggle to keep one’s own truest beliefs in the face of a new, competing culture.

1st Annual BNL Block Party!

"THANK YOU ALL FOR COMING TO THE BLOCK PARTY, FOR VOLUNTEERING & FOR HAVING A GREAT DAY! THE KIDS HAD A BLAST! GABI'S FACE PAINTING, SHARING DESSERTS, THE KIDS ENJOYING THE BOUNCY HOUSE (AND SOME "BIG KIDS"), COTTON CANDY, HOT DOG STAND AND THE ICE CREAM TRUCK, WERE ALL VERY ENJOYABLE." –Christine Carter, BERA, Quality of Life and ESOL Supervisor. The party took place on October 2 from noon to 4 pm and was sponsored by Quality of Life, the English for Speakers of Other Languages Program and the Hospitality Committee.

Making cotton candy was fun to try! (And even more fun to eat!)



The bouncy house action never stopped! Vera Tanabe (below) was one of the Bouncy House "Guards"— watching the children and making sure they were safe.

"When do I get to bounce?"



The hot dog stand was a big hit! Even BNL Director Dr. Praveen Chaudhari came to enjoy one!



"I love serving hot dogs!"



The DJ kept the music pumpin' and the feet thumpin'!



"Oops! I lost my stick!"



Block Party photos continued on last page.

BNL United Way Campaign

2005 UNITED WAY CAMPAIGN: LEND A HELPING HAND

As this year's United Way campaign chair, I encourage all employees to participate in BNL's 2005 United Way fund drive, "Lend a Helping Hand," which kicked off on November 2 and will run through December 9. A pledge form has been sent to each employee, and contributors may donate in a one-time gift or through payroll deduction over the span of 2006 by completing and returning the form.

I know from my own experience that the BNL community is strong and caring, with tremendous heart. The amount of effort volunteered by many employees in past years to reach the United Way goal is truly inspiring. Since 2000, BNL has contributed over \$600K - which is a remarkable accomplishment.

Giving is personal, and people often prefer to support a charitable cause that is particularly meaningful to them. You may choose to benefit any non-profit 501(c)(3) tax-exempt organization, whether or not it is a member agency of the United Way. Directions for donating are given on the pledge form.

More than 175 large and small agencies receive financial support from the United Way, including some that might not otherwise exist. Every year, thousands of Long Islanders - perhaps our family, neighbors, friends, and coworkers -- are helped by these agencies, which are dependent upon the generosity of people like those in the BNL community. It is personally rewarding to be part of an effort that makes a difference in people's lives.

Other ways that BNLers can contribute to the success of the campaign include volunteering time outside of the Laboratory, or by participating in Lab events like the holiday gift auction, yard sale, 50/50 raffle, the holiday gift-wrapping session or the International Food Tasting. For more information, go to <http://intranet.bnl.gov/unitedway/>

- Doon Gibbs
Associate Laboratory Director for Basic Energy Sciences Directorate, 2005 United Way Chair

There are two new BNL United Way Captains from the ESOL classes. They wrote short introductions below. Feel free to contact them if you would like to volunteer for the United Way International Food Tasting or have ideas for fundraisers in the apartment area. You can purchase tickets for the Food Tasting from Jennifer Lynch. Call 344-4894 or email lynch@bnl.gov.

Lynn Chang

I am an advanced ESOL student from China. I have benefited a lot from the BNL community and would like to contribute to it what I can.

Lynn.Chang@gmail.com
917-566-5459 (cell)



Lynn Chang



Vera Tanabe

Vera Tanabe

My name is Vera Tanabe. I'm Russian. This is my first experience in organizing an International Food Tasting Day. I'd like to do my best. If you would like to help, or have any helpful ideas, please, feel free to contact me! Any advice, ideas and help are welcome! e-mail: vera_tanabe@yahoo.com cell: 338-7774

You Are Invited...

International Food Tasting

**ADVANCE
TICKET
SALES
ONLY!**

**TICKETS
GO
QUICKLY!**

***Come Taste Homemade Culinary Cuisine
from Around the World!***

Recreation Building #317
(in the apartment area)
Friday, December 09, 2005
12:00-1:30 pm

***Proceeds will
go towards
United Way
Campaign!***

**Just \$10.00
Donation Requested!**

(10% or less will go towards supplies, ingredients, etc.)

***For Tickets
call Jennifer Lynch at
extension 4894
or email lynch@bnl.gov.***

***(Tickets will also be sold at
Holiday Auction on Dec. 7th and 8th at
Berkner Hall)***

English for Speakers of Other Languages Program

ESOL students had an assignment to write a paper entitled "My Favorite Room." The three essays below represent three different types of rooms: a bedroom in another country, a living room offsite and a living room onsite.

My Favorite Room

by Tim Grabbe, former ESOL Student



In thinking about my favourite room, I have two possibilities. The room I like most in Germany is my bedroom, but for the four weeks I'm here in the USA, it's the living room. Because we heard a lot of things about the living room in our ESOL class, I have chosen my German bedroom to describe for you:

My bedroom can be found in the basement of our house. This area is warm in the winter and cold in the summer. Just like I prefer it. Everything is very calm und peaceful. You can locate in this room a big closet with a mirror in front on it. Because of this mirror I can easily find out what clothes to dress in. Another big mirror is in the room where I can look at my side. Also of course there is a big bed placed in the corner of the bedroom. It's really hard to get up from there. It's so cuddly. A little bathroom can be entered easily from the bedroom, which has a wonderful shower.

My Favorite Room

by Yang Chen



I live in an on-site apartment. My favorite room in this two-bedroom apartment is the living room. The reason for that is it is very spacious, and most of our daily activities happen there. First of all, it is my two boys' playroom. They can do somersaults, cartwheels, hool-a-hooping and other stuff. They also get all their toys in there. It is fun watching them busy playing with this or that. They are sometimes very quiet in this room; that is because they are watching TV. The room then becomes their TV room.

The living room is not only a fun place for my children but also a study for my husband and I where we have two desks and a computer. Each night, after the two naughty little things are put in bed, we are finally able to get some time to sit in front of the desks and read some books that we like.

The room is sometimes messy, but I like this multi-functional place.

My Favorite Room

by Christina Falter



I'm living in a small and cute upstairs apartment. If you walk in through the front door, there is a small stairway that guides you to the living room -my favourite room, which includes a big eat-in-kitchen.

On the right side you find a sliding door that separates the living room from a small balcony. This window brightens up the room. I like this room, because it's designed as an open-spaced room, with no divisions between the kitchen and the stairway.

My living room is not very big, but multifunctional. I like the design of one big room, especially the design of the loft. You have the possibility to use such a room for everything, for example to sit on the couch and read a book, watch TV, work or eat. I like to invite my family or friends for a party. It's real fun to cook something together. You have the advantage of not being separated from your guests while you and maybe some friends prepare something to eat.

In my opinion a house or an apartment doesn't have to be big to be nice and comfortable. It depends on what you make out of it.

NEW CLASSES IN THE ESOL PROGRAM!

The ESOL Program welcomes two new tutors: Randy Smith, who works in the Light Source and Vera Tanabe, who is the spouse of a BNL scientist and a lawyer from Russia. They join our wonderful ESOL team: Sarah Assamagan, Yang Chen, Helga Guthy, Louise Hanson, and James Higgins and Jouliya Koukhalskaya Kati Petreczky and myself for **A TOTAL OF TEN INSTRUCTORS!**

Go to www.bnl.gov/esol for a full schedule.

English for Speakers of Other Languages



The Hospitality Committee Welcomes You



New EAP Manager Nancy Losinno visited a Hospitality Coffee meeting to introduce herself. She offered to conduct workshops to the Hospitality Committee and all those who gather for their meetings. On 11/22 and 11/29, Nancy will give a workshop entitled "Your Communication Style".



Nancy Losinno (middle) stands between Hospitality Committee Chair Lisa Yang (left) and Co-Chair Gabi Schwender.

BNL HOSPITALITY COMMITTEE PRESENTS: "YOUR COMMUNICATION STYLE"

Tuesday, November 22, 2005
and
Tuesday, November 29, 2005
Time: 10:45 -11:45
Place: Recreation Building, Lounge

The Hospitality Committee invites you to come and listen to **BNL EAP Manager, Nancy D. Losinno, LCSW, CASAC**

She will discuss the following issues:

1. Understanding Misunderstandings
2. How to Communicate from your Heart
3. Understanding Signs of Non-verbal Communication
4. Dealing with Sensitive Issues (Children, Money, Anger, etc.)

For more information, contact Lisa Yang at lisayang@optonline.net or 878-3937



Traditional Thanksgiving Turkey Dinner "Class"

Louise Hanson, ESOL tutor, offered the Hospitality Committee to show the international visitors how to make a traditional Thanksgiving Turkey dinner. It was certainly a delicious "lesson!"

"I would like to thank Louise Hanson who demonstrated the Traditional American Thanksgiving Dinner on November 4. It was a great hit. Her menu included roast turkey, bread stuffing, gravy, cranberry sauce, bake butternut squash and spaghetti squash, cauliflower, yams, mashed potatoes, Jello beet salad, Jello cucumber salad, waldorf salad, homemade baguettes, and pumpkin pie with whipped cream. We had 16 people and 6 kids attended." ~ Lisa Yang, Hospitality Committee Chair.



"Yummy!" L to R: Yang Chen, Christina Falter, Vera Tanabe, Jan Kapitan and Louise Hanson, the Thanksgiving dinner "head chef" and "T-Day coach."



Happy Thanksgiving

Hospitality Committee invites the BNL community to our Annual Thanksgiving Potluck Celebration on Saturday, November 19th at 5:00 pm in the Recreation building, #317. Join us for a traditional Thanksgiving feast, and meet new friends. We will provide the turkey and side dishes, including stuffing, mashed potatoes, and pumpkin pie. Please bring a dish to share with 6 people. All are welcome!

For more information, contact Lisa Yang at lisayang@optonline.net or 878-3937.

Thanksgiving Potluck Celebration
Saturday, November 19th
5:00pm at the Rec Hall



Many delicious dishes were enjoyed!



BERA Celebrates the Holidays!

Fun stuff to do for the holidays. New toys at the BERA store! Great holiday gifts! Go to: <http://www.bnl.gov/bera/> for more info.

- **BERA BUS TRIP TO NYC** excursion- no destination in mind! Enjoy the city's holiday magic; shop, eat, site see on Sunday 12/4/05. \$10 pp round trip. Drop off/Pick up Bryant Park. Depart Brookhaven Center at 9am, Depart NYC at 5pm. <http://bryantpark.org/>
- **RADIO CITY CHRISTMAS SPECTACULAR!!!** Sunday 12/11/05. Enjoy the show, the magical holiday lights of New York City, Rockefeller Center, Macy's windows, and more. 12 noon show for 1st mezzanine seats, 300 section. Tickets are \$84.00 and include a luxury coach bus, which will leave Brookhaven Center at 9:00am and leave NYC at 6:00pm.
- **BERA HOLIDAY PARTY~ Three Village Inn Stony Brook** Friday 12/16/05~ \$50 pp for a full open bar, Hors d'oeuvres, Dinner Buffet, DJ dancing & prizes. Enjoy the holiday party with coworkers, friends & family!

UPCOMING EVENTS

- **BLUE MAN GROUP** You've heard about them- now check them out! Sunday, January 15, 2006 \$60. Depart Brookhaven Center at 9:30 pm, 2pm show, depart at show's conclusion around 4:30pm. <http://www.blue-man.com/> Not recommended for children under 6.
- **American Museum of Natural History Saturday February 11, 2006.** Depart Brookhaven Center at 8:30am & depart the museum at 5pm \$25 adult/child. Includes coach bus, all exhibits, Rose Hall, and Imax. <http://www.amnh.org/>

2006 NY City Opera-DON GIOVANNI, TARZAN, RINGLING BROTHERS CIRCUS, BROOKLYN BOTANIC GARDENS and more- check back often!

COMMUNITY NEWS

EDITOR: JENNIFER LYNCH,
ESOL PROGRAM COORDINATOR
STAFF SERVICES DIVISION

PLEASE SEND SUBMISSIONS TO LYNCH@BNL.GOV. DEADLINE FOR THE JANUARY-FEBRUARY EDITION IS DECEMBER 23.

1st Annual Block Party continued...



Gabi Schwender was the "face painter" but she expanded her business to include arms.

