HOTLINE

PRINCETON PLASMA PHYSICS LABORATORY

Vol. 2, No. 5 December 9, 1980

ERC COMMITTEES FORMED

The Employee Representatives Committee has formed a number of sub-committees to study various employee concerns throughout the laboratory. Sub-committees and their members are listed with the committee chairman first.

Adequacy of Representation: Sam Pellitteri, John Anastasio, Sally and Bob Popp; Communications: Marilee Thompson, Don Muschal and Mary Ann McBride; Safety: Dave Maruso, Mary Ann McBride, Hector Morales and Alan Upperco; Benefits: Greg Schmidt, Larry Michaels and Sam Pellitteri; Agenda: Pam Csira, Mike Capone, Dan Huttar, Leon Jackson, Greg Rewoldt and Alan Upperco; Transportation: Greg Schmidt, Mary Ann McBride, Len Thomas and Marilee Thompson; and Morale: John Anastasio, Pam Csira, Leon Jackson, Mary Ann McBride and Dave Maruso.

The ERC was instrumental in convincing the Executive Council to vote a special adjustment so that bi-weekly employees benefitted fully from the October 4.5% pay raise. It was also involved in getting the laboratory to increase the allowance for safety shoes to $25.

The committee is currently concentrating on trying to improve the benefits package, as well as reviewing sections of the new employee handbooks being prepared by the Personnel Office. The committee is also working with Len Thomas, Employee Relations Manager and a permanent member of the ERC, in trying to form a van pooling system. Committee members termed his participation a valuable asset.

Employees are urged to contact their ERC representatives regarding any matters they feel should be discussed by the committee, or to find out what topics are under discussion.

Convervation Kudos

Energy conservation does pay off at PPL!

As a result of concentrated efforts by many people, the laboratory has made major reductions in its energy consumption. While building square footage at C-Site increased by 205,000 square feet between 1975 and 1979, the fuel oil used dropped from 446,000 gallons in 1975 to 342,000 gallons in 1979. This year's consumption is expected to be under 320,000 gallons; when compared to old consumption rates, PPL is now saving over $425,000 per year on C-Site fuel oil alone.

Plant Engineering realizes that many buildings have poor temperature controls and may be drafty. The

division is doing the best it can, with severely limited resources, to solve these problems.

Please bear with them; the payback to PPL is considerable.

Benefit Seminars

Benefit seminars for all monthly employees were held the week of December 1. Roberta Gernhardt explained the laboratory's benefit program, and answered employee questions about it.

Due to a mixup, many monthly employees were unaware of the seminars and did not attend them. Employee Relations Manager Len Thomas apologized for the omissions, and pointed out that similar seminars for those who missed the recent ones will be held in January.

Dispensary Hours

Due to her attendance at health care-related meetings on Tuesday and Thursday mornings, the PPL dispensary nurse may not be available to treat employees during those hours.

The nurse will be on duty in the dispensary from 9 a.m. to noon and from 1:30 to 4 pm. Monday, Wednesday and Friday. Her Tuesday hours are from 10:30 a.m. to noon and from 1 to 4 p.m., with her Thusday hours running from 1 to 4:30 p.m.

Employees are advised to call the dispensary at ext. 3200 prior to arriving for treatment, since the nurse may have been called to treat an on-site emergency. If immediate treatment is needed and the nurse is unavailable, report directly to the McCosh Infirmary on Washington Road or call the Health and Safety Office at ext. 2526.

If you call the nurse and Health and Safety answers, don't hang up; the nurse has put her phone on call forwarding.

Glasses Found

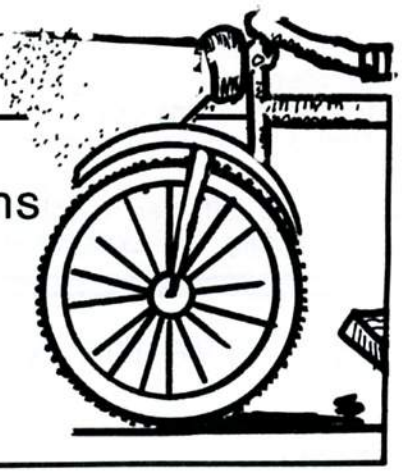
A pair of glasses has been found on the grounds near the B-Site Print Shop. They are salmon-colored clear plastic, and the maker is Oscar de la Renta No. 103. To claim them, contact Barbara Norton in Personnel at ext. 2050.

Recreation Register

The following people are in charge of sports activities for the laboratory. Anyone interested in the sports listed should contact the appropriate person for further information.

Archery: Joe Ignas, ext. 3279; softball, Sylvester Vinson, ext. 3028 or Ray Pressberger Jr., ext. 3263; volleyball, Anne Golden, ext. 2444; tennis Marilee Thompson, ext. 3422; basketball, John Edwards, ext. 3305; canoeing, Lewis Meixler, ext. 3764; and soccer, Charles Daughney, ext. 3156.

Biking Regulations



Bicyclists are reminded that under state law they are required to have a white light in the front of their bicycles and a red light in the rear when riding after dark. The lights increase the rider's visibility to oncoming motorists.

Hosts Needed

The International Center of Princeton University is seeking "hosts" or "host families" for many of the foreign graduate students, visiting fellows and faculty at the university this year. Hosts are not required to house the foreign guests; rather, they provide friendship by inviting their guest to their home on a regular basis.

For further information on the host family program, or to volunteer as a host, contact Mrs. Peter Grosz at 924-6019 or Caroline Phinney at 924-7428 after 1 p.m.

Bulletin Board Distribution

The following roster of people and places comprises the Personnel Department's list of "official" bulletin boards throughout the laboratory. Only official notices should be posted on these boards, and all items must be approved by Len Thomas in Personnel prior to posting.

Attendant	Location
Edna Willis	1-K
Roseanne Wurst	Data Acquisition, C-Site
Rose Zinetti	LOB East Wing
Virginia Arnesen	Aero Lab
Muriel Strohl	LOB-E-319
Sara Paterson	Module 2
Barbara Baker	1-N
Stella Reid	Rec. #4 Warehouse
Joseph Hengeli	1-F
Dottie Pulyer	1-P
Jean Hurley	Gas Dynamics
Pat Pugliesi	Matterhorn
George Beauregard	1-K, Rm. 204
Lilly Olson	Theory
Letty Wohar	Guggenheim
Joyce Lawton	1A West
Sharon Berson	Sayre Hall
John Pacuta	Main. Bldg., Boiler Rm.
Athene Kan	Rec.#3, Warehouse
Helen Livernoche	Accounting, I-E
Kim Prutky	Experimental, C-Site
Pat Zeedyk	Motor Pool
Pat Melsky	LOB East Wing, 2nd fl.
Linda Marcinano	C-Site
Millie Willerton	LOB 2nd fl.
Ann O'Day	Plant Eng'g, C-Site
Mary Alice Eubank	C-Site
Ben Velivis	MG ROOM, C-Site
Paula Greenberg	C-Site, RF Balcony
Bob Majeski	Coil Shop, 1-K
Verna Weyman	Chem. Science
Helen Quinn	1-E
Nina Byron	1-O
Joyce Bitzer	Forr. Bldg. 1-A 207

ppl people

Skiing's the Sport for Dr. Suckewer

The exhilaration of a downhill ski run, or the idyllic peace of a cross-country skiing excursion. Dr. Szymon Suckewer has known both feelings, and has introduced others to those experiences during his days as a ski instructor.

Dr. Suckewer came to this country in March 1975 from Poland, where he received his Ph.D. in 1966 and his associate professor's degree in 1971 from Warsaw University. He joined the PPL staff in 1975, initially working on FM-1 and following that with work on ATC, PLT and PDX. A member of the spectroscopy department, he is currently involved in preparing various spectroscopy diagnostics for TFTR. He is also conducting an X-ray laser development experiment.

He became interested in skiing as a child in his native Poland. "Every child went outside and did something," he recalled. "Some went out and made forts in the snow, and others went skating. But I found skiing the most enjoyable winter sport."

"If someone lived in the mountains, he did downhill skiing," he continued. "Otherwise you learned

cross-country skiing, as I did. There were several competitions held at my school, and I began skiing in them when I was in high school in Poland. I also competed in skiing at Moscow University, where I studied physics and later plasma physics under Professor L. A. Artsimovich." Dr. Suckewer skied competitively for a few years, but "as I got too lazy and too old" he decided to switch to downhill skiing.

Although such a transition might sound easy, it was far from it. "To learn to ski downhill, I had to start from the beginning again," Dr. Suckewer explained. "I always tried to understand why you should move your body a certain way during a complicated turn. I had a very good instructor, a man who was also a biophysicist. Although he wasn't a very advanced skier, he understood the 'why' about downhill skiing very well. Once he explained it to me, it made it much easier for me to improve my downhill skiing immediately."

Despite that insight, there was still a lot of simple drudgery in those early lessons. "To learn to ski well, you have to work on one turn in one direction dozens of times, for example. The next day, you have to practice the same turn dozens of times in the other direction. You must keep working until you feel the combination of turns you have to put together on the slopes is perfect. It's hard work at the beginning, but as you improve you begin enjoying what you're doing."

Through the boredom, Dr. Suckewer perservered. "If you want to play a violin, you have to learn a lot of very elementary procedures first. You can't start off playing a Mendelssohn concert on violin. You have to spend many hours practicing first. It isn't pleasant to watch everyone skiing while you practice turns, but it's the only way you can improve."

In fact, Dr. Suckewer was such an apt pupil that he became a teacher himself. "I was practicing the skiing elements my teacher taught me. I was working very hard, because most downhill skiers start as children, and I was starting out at age 26. But I kept improving, and one year I was helping the instructor when I suddenly found myself instructing classes on my own."

To progress to that level took quite a bit of intense skiing for about six years. Dr. Suckewer remembered that while working on theoretical plasma physics at Warsaw University, he often took his theoretical papers to a small cottage on a mountain. There he skied during the day and worked on his physics during the evenings, skiing about six weeks per season.

For a thumbnail description of the differences between downhill and cross-country skiing, listen to Dr. Suckewer. "For downhill skiing, the equipment can be compared to a knight in armor. Conversely, cross-country skiing equipment is like that used by a running soldier -- very light. In downhill skiing, you have to have heavy boots and skis to provide stability. In cross-country, you have to be as light as possible, because you're essentially running on skis. In downhill, you're just using electricity to get you up the hill and gravity to get you down."

> "At a scenic place you can really enjoy cross-country skiing. For example, just to relax I began going skiing in the mountains in the evening. It's very romantic there, and very peaceful."

Downhill or cross-country makes no difference to Dr. Suckewer, who enjoys both types of skiing simply for the beauty of the sport. What could engender such steadfast devotion? "The problem with other sports, like sailing for example, is that you have time to think about your work. Even after work, you're still thinking about what you're doing; about physics, about

everything. With skiing, especially downhill skiing, you haven't the time for that. You have to concentrate on different turns, or on avoiding obstacles, so fast that it becomes very relaxing. It is especially good for physicists and mathematicians. And it's a very beautiful sport."

Some of those skiing physicists and engineers are right here at PPL. Dr. Suckewer cited Hironori Takahashi, Tom Stix, Masaaki Yamada, Hans Hendel, Francis Perkins, Charlie Daughney and Ed Meservey as very enthusiastic skiers. Meservey, in fact, was a member of the U.S. national ski team in 1940.

"Skiing is a very active sport," Dr. Suckewer contends, "very good for relaxing. You are outside from five to eight hours, and active for that entire time. The fresh air of the mountains makes the sport very profitable from the health standpoint. You get a lot of pleasure from going up, looking at a beautiful view and traveling the trails or slopes with good ski control. Of course, you're also skiing on difficult (and sometimes very difficult) slopes, where your skills are constantly being tested. It's the same impetus that makes people climb mountains; there's some kind of challenge."

Due to the increasing popularity of downhill skiing, Dr. Suckewer finds himself turning more and more to his first 'love' -- cross-country skiing. "Down-hill skiing has become very popular, very crowded and very expensive. It's so popular that when you get some vacation time, all the pleasure you gain from skiing is ruined by having to stand in line for a chair lift. And I hate having to stand in line!"

Nowadays, when it's snowy you'll find Dr. Suckewer doing cross-country skiing at Vernon Valley-Great Gorge, at the Institute for Advanced Study grounds, at Washington Crossing State Park -- or even on a frozen Lake Carnegie. "Three years ago, Carnegie Lake was frozen and covered with snow for a month. For an hour before work every morning, I skied from here to Kingston and back!"

Dr. Suckewer has skied in the Tatra Mountains in Poland and in Russia. In America, he's tried the slopes at Stowe, Sugarbush, Killington, Mount Snow, Vail, Snowbird and various places in New Hampshire and Colorado. He enjoys skiing in the United States, "because here you can go to various parts of the country and find different kinds of skiing or conditions."

His favorite place? Taos, a town on the New Mexico-Colorado border. Why? "Because it's not yet commercialized, so people go there because they love skiing. And there's usually a small line for the lift!"