

At PPPL THIS WEEK

MONDAY, NOV. 11

"Offshore Wind and Vehicle to Grid Power"

4:30 a.m. - 6 p.m. ♦ PU, Computer Science Auditorium 104

William Kempton, University of Delaware

55th Annual Meeting of the APS Division of Plasma Physics Denver

Mon., Nov. 11 - Fri., Nov. 15

THURSDAY, NOV. 14

America Recycles Day at PPPL

10 a.m. - 1:30 p.m.

Electronics Recycling

7:30 a.m. - 10 a.m. ♦ C Site Lower End Parking Lot

FRIDAY, NOV. 15

Open Enrollment Ends

UPCOMING EVENTS

November 20

PPPL Colloquium

4:15 p.m. ♦ MBG Auditorium

Cybersecurity

Ed Felten, Princeton University

November 21

PPPL United Way Bake Sale

8 a.m. ♦ LSB Lobby

November 21

PPPL United Way Presentation

9:30 a.m. ♦ MBG Auditorium

November 28-29

Lab closed

Thanksgiving Holiday

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PPPL's Boy Scouts STEM Merit Badge Fair is a hit and may be first of many



Boy Scouts filled the MBG Auditorium when PPPL hosted 250 Boy Scouts for the STEM Merit Badge Fair on Oct. 26.

When PPPL hosted some 250 Boy Scouts for the STEM Merit Badge Fair on Oct. 26, there were Boy Scouts all over the Laboratory: creating robotic cars, doing chemistry experiments, sending messages on Ham radios and using sophisticated CAD programs.

Daniel Schleif, 11, of Metuchen, said he enjoyed the classes at PPPL. "Everything was really fun," he said. "I liked using CAD for drafting and I liked learning about things in chemistry."

Organizer Robert Sheneman, the head of the Environmental Service Division, who is an Eagle Scout himself and a Scoutmaster, was enthusiastic about the event. "What a great event!" he said. "I think the big take-away for me was that the Scouting community overwhelmingly was positive about the experience and appreciated the Laboratory opening up for them. They appreciated it so much to come and see a world-class research institution. And to learn from our scientists and engineers was a great experience."

A 97 percent approval rating

In fact, 97 percent of the 318 Scouts and Scout volunteers from New Jersey, New York and Pennsylvania who filled out surveys about the event said they would recommend the event to a friend.

Some 25 physicists and engineers at PPPL served as technical experts along with Boy Scout volunteers for hands-on activities in 17 different subjects, including robotics, engineering, electronics, sustainability, fire safety, energy and nuclear science. Another 20 PPPL staff members volunteered for the event.

The surveys found that 98 percent of Boy Scout and PPPL volunteers said they would do it again and over 90 percent of the volunteers from PPPL said PPPL should host the event again. The surveys showed 60 percent recommended the Lab host the event annually.

Hands-on activities are most popular

The Boy Scouts most enjoyed the classes that involved the most hands-on activities, Sheneman said. They were all smiles while they were building and racing small robots, watching plasma demonstrations or putting out fires.

"They were all interested and engaged," said Steve Raftopoulos, who was the technical expert for the engineering classes. "They wanted to be here and they

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Responses wanted on commuting survey



By Robert Sheneman, head of the Environmental Services Division

For the next two weeks, PPPL will be conducting our annual employee commuting survey. The survey, which takes about five minutes to complete, collects information about how you commute to and from work. Remember - there are no right or wrong answers to the survey, and it is completely anonymous. We ask some brief questions about how often you commute to the Lab, work from home, and travel on Laboratory business. We also ask about whether you carpool, walk, or bicycle to work and your commuting distance. Your participation in the survey is important because it helps the Laboratory better understand our greenhouse gas emissions and how we can mitigate them. If more employees complete the survey, we will have a better understanding of the Laboratory's emissions and will be able to make better decisions on how to reduce them.

Please complete the FY2012 Employee Commuting Survey at <https://www.surveymonkey.com/s/CGMC2KG> by Friday, Nov. 22.

The information you submit helps the Laboratory estimate indirect greenhouse gas emissions, known as "Scope 3" emissions. In addition to employee commuting, Scope 3 emissions include greenhouse gases result-

ing from business travel, electricity transmission losses, and the waste generated by Laboratory Operations. Approximately one-third of PPPL's Scope 3 emissions are attributable to employee commuting. Over the past four years, PPPL's Scope 3 greenhouse gas emissions have increased slightly as increased business travel emissions are offset by electrical energy savings.

Scope 1 emissions are the greenhouse gases resulting from fuels we use on-site, such as natural gas for the boilers and B20 fuel for our trucks. Scope 2 emissions are greenhouse gases resulting from the electricity we use. Presidential executive orders and DOE orders require DOE laboratories to calculate and manage greenhouse gas emissions, including Scope 1, 2 and 3 emissions.

PPPL's overall greenhouse gas emissions have been significantly lower over the past five years, mostly as a result of our energy efficiency efforts and aggressive management of sulfur hexafluoride (SF6), which is among the most potent greenhouse gases.

If you have questions about the survey or about PPPL's greenhouse gas management efforts, please contact the Environmental Service Division at x3380. ☎

PPPL wins New Jersey recycling award

PPPL was named as one of the state's recycling leaders when it received the New Jersey Department of Environmental Protection's recycling award for reducing the amount of municipal waste sent to landfills to 69 percent in Fiscal Year 2012.

"I think it's another recognition that the program we have in place is robust and comprehensive," said Robert Sheneman, head of the Environmental Services Division. "It's a tribute to everyone at the Laboratory for doing their part and pitching in. We know we could do better always, we could divert more waste but people are trying to make that happen."

PPPL was able to reduce the waste it sends to landfills through a strong recycling program. That increased the percentage of waste that is kept out of landfills by 19 percent between Fiscal Year 2010 and Fiscal Year 2012.

The Laboratory also reduced its carbon footprint by requiring the cafeteria to purchase compostable items, thereby increasing the amount of food waste that was composted in FY 2012. That effort amounted to nearly 16 tons of compost in 2012, up from nearly 11 tons in FY 2011. Paper towels in restrooms are also composted.

Earlier this year, the federal Environmental Protection Agency named PPPL as the 2012 EPA WasteWise Program's Federal Partner of the Year for its achievements in reducing solid waste. ☎



Mark Hughes, left, accepts the award from Guy Watson, Chief of the New Jersey Department of Environmental Protection's Bureau of Recycling and Planning at the New Jersey Recycling Symposium and Awards Luncheon, sponsored by the DEP and the Association of New Jersey Recyclers.

(Photo courtesy of the N.J. DEP).

PPPL's Boy Scouts STEM Merit Badge fair

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behaved like they wanted to be here.”

Sheneman said he would recommend the Laboratory host the event again in two years but does not want it to grow too large due to space constraints.

Girl Scouts event planned for the spring

PPPL has committed to a comparable event for the Girl Scouts in the spring of 2014. Theresa Gillars, a senior

staff accountant at PPPL who is a Girl Scout troop leader, and Kerry Camerer, a Girl Scout Official from the Girl Scouts of Central and Southern New Jersey, attended the Boy Scout event to get ideas.

“We think it would be a great idea for the Girl Scouts to do something similar because we’re trying to enhance the STEM program for the Girl Scouts,” Gillars said. “It would be good for the Lab and good for the Girl Scouts.”



Engineer Steve Raftopoulos gives Boy Scouts a tour of the QUASAR/coil winding area.



Organizer Robert Sheneman, an Eagle Scout and volunteer Scouter, speaks to the Scouts in the MBG auditorium where they watched PPPL's "Star Power" video.



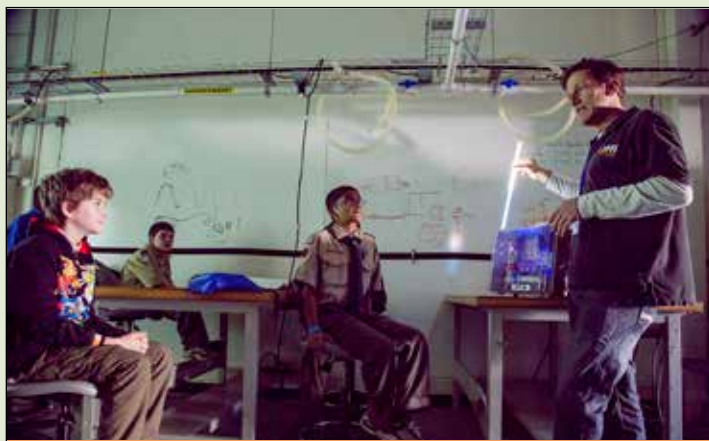
A Scout puts out a fire under the guidance of ESU Officer Jon Bain.



A Boy Scout is fascinated by a demonstration of a fluorescent bulb being lit by a plasma ball in the LSB lobby during the STEM Merit Badge Fair on Oct. 26.



A group of Scouts concentrates intently on constructing their robotic vehicle made from a Lego® Mindstorm kit.



Andrew Zwicker, head of Science Education, right, who led sessions on energy, demonstrates how a plasma speaker can light up a fluorescent bulb.

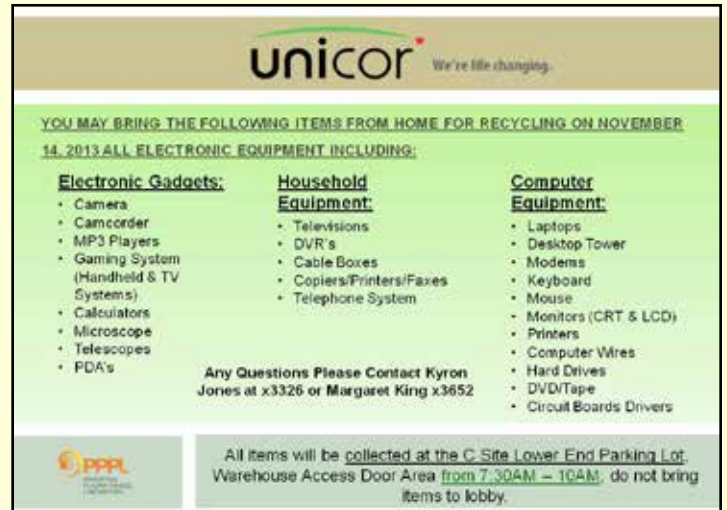
America Recycles Day Features Fashion Show & Displays

PPPL's America Recycles Day celebration on Thursday, Nov. 14 will feature a fashion show of dresses made out of recyclable or compostable materials and tables with recycling information in the LSB Lobby from 10:30 a.m. to 1 p.m.

Staff members can "Show Your Recycling Spirit" by creating their own dresses made out of recyclable materials that can be found at PPPL and bringing them to the LSB

lobby on Nov. 14 at 9 a.m. Staff members will vote on their favorite dress and the winner will receive a \$20 gift certificate.

There will also be an electronics collection in the C Site Lower End Parking Lot Warehouse Access Door from 7:30 a.m. to 10 a.m. for collection by Unicorn. Please contact Kyron Jones at ext. 3326 or Margaret Kevin-King at ext. 3653 for more information. ☺



Free training sessions at Princeton University



(Photo courtesy of Princeton University, Office of Communications)

Princeton University offers training sessions on main campus that are open to PPPL staff. The schedule includes:

- Delegating For Results • Tuesday, Nov. 5, 1 to 5 p.m.
- Making Meetings Work • Tuesday, Nov. 12, 8:30 a.m. to 12:30 p.m.
- Communicating With Others • Thursday, Nov. 14, 8:30 a.m. to 12:30 p.m.

Performance Management • (2 dates) Tuesday, Nov. 19, 1 to 5 p.m. Tuesday, Dec. 3, 1 to 5 p.m.

Strength Deployment Inventory • Wednesday, Nov. 20, 1 to 5 p.m.

Write or Wrong: Improving Written Communication • Thursday, Nov. 21, 9 a.m. to noon

Networking for Enhanced Collaborations • Thursday, Dec. 5, 9 a.m. to noon

Legal Aspects of Supervision • Tuesday, Dec. 10, 9 a.m. to 1 p.m.

Coaching Others Toward Improvement • Wednesday, Dec. 11, 8:30 a.m. to 12:30 p.m.

Enhancing Feedback and Listening Skills • Thursday, Dec. 12, 8:30 a.m. to 12:30 p.m.

Class descriptions can be viewed on the University HR homepage: <http://www.princeton.edu/hr/learning/curriculum/descrip/>. ☺

Deadline for Open Enrollment is Nov.15

There are changes this year in the life insurance contribution and the retirement savings plan for full-time benefits eligible employees.

Open Enrollment for health benefits ends on Nov. 15. Changes to the life insurance plans and the retirement savings plans will take effect Jan. 1, 2014.

Life Insurance: The Basic Life Insurance and Accidental Death and Dismemberment (AD&D) Plan through Prudential will decrease from 1.5 times base salary to 1 times base salary. Employees have a one-time only opportunity to elect or increase their life insurance by .5 times their base salary without evidence of insurability, up to a maximum of 6.5 times base salary.

Retirement Savings Plan: (Supplemental Retirement Plan) All benefits-eligible employees must elect to save at least 2 percent of their pay level in the Retirement Savings Plan. You will be automatically enrolled at the 2 percent minimum on Jan. 1 if you do not enroll in the plan yourself.

Expense Accounts: You must re-enroll in a Health Benefits Expense Account (HBEA) or Dependent Care Expense Account by the Nov. 15 deadline. The accounts do not automatically carry over into 2015.

Whether or not you make changes to your plan, you should log in to HR Self Service to review your Benefits Summary Screen and make any revisions by the Nov. 15 deadline. ☺

COLLOQUIUM



Cybersnooping: The Collection and Analysis of Metadata

DR. ED FELTEN
Princeton University

Wednesday, Nov. 20

4:00 p.m. to 5:15 p.m. • MBG Auditorium



Contribute to the United Way Campaign & Bake Sales

The United Way presentation at PPPL is scheduled for Nov. 21 at 9:30 a.m. in the MBG auditorium with speakers, a parking space raffle, and a bake sale at 8 a.m.

Please come to the presentation to hear about the United Way and enter a raffle to win one of 16 parking spaces for three months. Coffee will be served.

There will be a bake sale in the lobby during America Recycles Day on Nov. 14 at 10 a.m. and on Nov. 21 starting at 8 a.m. with baked goods available for \$1. Please volunteer by bringing in home-baked goodies for the two sales. Contact Kim Mastromarino (kmastrom@pppl.gov) and let her know what you would like to donate.

The University will contribute 15 cents per dollar on top of donations made through payroll deductions and 10 cents per dollar on top of other gifts, including bake sale proceeds.

University Medical Center Course:

Live webinars offer free health advice

University Medical Center of Princeton at Plainsboro is offering a series of live web chats in which physicians will discuss heel and ankle pain, hip replacement, knee replacement, memory loss and MRIs and answer your questions. To participate, go to the hospital's UStream Channel www.ustream.tv/princetonhealth on your computer, smartphone or tablet. You can also send questions in advance to PrincetonHealth@gmail.com.

If you RSVP in advance for the talks, you will be eligible to win one of several \$25 gift cards. Call 1-888-897-8979 to RSVP or submit questions. For a complete list of community events, go to :

www.princetonhcs.org/phcs-home/who-we-serve/community/community-education-amp-outreach/whats-happening.aspx.

The upcoming web seminars are:

Nov. 14, 12 to 12:30 p.m.: "Reclaim Your Life: All About Hip Replacement"

Nov. 18, 7 to 7:30 p.m.: "Reclaim Your Life: All About Knee Replacement"

Dec. 2, 12 to 12:30 p.m.: "Understanding Behaviors in Individuals with Memory Loss"

Café Menu

BREAKFAST 7 a.m. • 10 a.m.
CONTINENTAL BREAKFAST 10 a.m. • 11:30 a.m.
LUNCH 11:30 a.m. • 1:30 p.m.
SNACK SERVICE until 2:30 p.m.

— MARK GAZO, Chef Manager

COMMAND PERFORMANCE
CHEF'S FEATURE

MON. 11
NOV.



Autumn Chicken Pot Pie

Spanish Omelet with Grilled Onions, Peppers, Mushroom, Cheddar

Hearty Cheese & Vegetable

Classic Corned Beef Reuben served with Coleslaw

Roasted Sweet Potato Wraps with Mushrooms, Caramelized Onions & Pesto

Ham, Bacon, Cheddar Cheese & Tomato Flatbread Griller

Crispy Chicken Wraps with Housemade Chips & 12 oz. Beverage

TUE. 12
NOV.



Baked Spinach & Mushroom 3 Cheese Lasagna served with Tossed Caesar Salad

Baked Oatmeal with Blueberries & Bananas

Chicken Noodle

Breakfast at Lunch Western Omelet on French Bread with Hash Browns

Roast Beef, Provolone, Coleslaw & Russian Dressing on Rye

Mediterranean Tuna Melt with Feta Cheese, Red Pepper, Spinach & Onions on Rye

Cheddar & Grilled Onion Turkey Burger with Fries & 12 oz. Beverage

WED. 13
NOV.



Spinach Salad with Grilled Chicken & Sliced Apples

Craisin Pancakes with Turkey Sausage

Tomato, Spinach & Lentil Soup

Roast Turkey with Cheddar, Caramelized Onion, Spinach & Red Pepper Aioli with Pasta Salad

Sliced Pork Club Sandwich

Southwest Mushroom & Pepper Quesadilla with Cilantro & Cheddar Cheese

Bacon, Egg & Cheese Sandwich with Hash Browns & 12 oz. Beverage

THU. 14
NOV.



Baked Breaded Pork Chops with au Gratin Potatoes

Sausage Gravy served over Warm Cheddar Scallion Biscuit

Sweet Potato Carrot Soup

Alfredo Chicken Florentine with Provolone & Tomato on French Bread served with Housemade Chips

Grilled Shrimp Taco Pocket with Cilantro & Feta Cheese served with Coleslaw

Grilled Eggplant with Fresh Mozzarella, Spinach, Roasted Pepper and Hummus

2 Value Menu Hamburgers with Chips & 12 oz. Beverage

FRI. 15
NOV.



Cilantro Lime Bay Scallops Tacos served with Wild Rice Blend

Apple French Toast Casserole

Navy Bean Vegetable

Parmesan Crusted Spinach & Tomato Grilled Cheese with Swiss & Cheddar served with French Fries

Cranberry Orange Chicken Salad with Toasted Almonds, Mandarin Oranges, Lettuce & Tomato on French Bread

Hot Roast Beef with Provolone, Crispy Onion Straws, Tomato & Horseradish

2 Hot Dogs, French Fries & 12 oz. Beverage

MENU SUBJECT TO CHANGE WITHOUT NOTICE

VEGETARIAN OPTION

CLICK HERE FOR A PRINTABLE WEEKLY MENU

WEEKLY

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