



# INSIGHT

Newsletter of the Stony Brook Chapter of United University Professions

UUP@ STONY BROOK UNIVERSITY • WEST CAMPUS CHAPTER • SOUTHAMPTON

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## Welcome Back!

by Arty Shertzer, UUP Chapter President

And so begins another year at Stony Brook University. As it begins, we are faced with much uncertainty and concern. We are now fully engaged in contract negotiations. We are facing the implementation of shared service centers and we are seeing a major shift in our campus work force. Departures, retirements and (sadly) deaths are drastically changing who is who and how we conduct business on campus. Let me make note of the passings of several UUP members, Sal Lentini, Donnie George, Michael Marx, Florence Boronson as well as Former CIO Rich Reeder and former Presidents Toll and Marburger. Please keep these good men and women and their families in your thoughts. We have seen major changes in the Administrative ranks: Eric Kaler has moved on to the Presidency of the University of Minnesota. He will be replaced by Dennis Assanis. Karol Grey will be leaving at the end of this month. We finally have a Vice President of External Affairs, Elaine Crosson. Dexter Bailer Jr. has been named as the VP for University Advancement and last year Ken Koshansky became the VP at the HSC and Dean of the Medical School. Lastly, Vanessa Herman, our long time advocate in Washington DC has announced her departure.

With all this change and uncertainty, we must now, more than any other time I can think of, work together with not just our own membership, but with the other unions on campus, the Faculty Senate, our representatives in the NY State Senate and Assembly and in Washington as well as our campus administrative leadership to get us through this very difficult time. To that end, we have spent many hours working with Fred Walter from the Faculty Senate. We have worked with the other unions: George Bloom from CWA and Carlos Sprecht from CSEA, PEF and Council 82. We continue to meet and talk

with Senators LaValle and Flanagan, with Assemblymen Engelbright and Thiele, bringing our message to them, advocating for our campus and for a reasonable wage and benefit structure that recognizes the important work we all do here at Stony Brook.

Unfortunately, the weak link continues to be with President Stanley. For whatever reason, he remains reluctant to include us in hiring matters or in any form of joint advocacy effort. Working in different directions, or even working towards the same goals but separately strains already weakened resources and causes us to appear disjointed. We may not always agree, but through active dialogue trust can develop and a better Stony Brook can ensue. I hope that our President will hear what I am saying.

Negotiations are in full swing and I can tell you that our team is spending huge amounts of time and effort to bring us back a reasonable contract. Please look to the website for updates. Shared services, an outcome of the Bain visit are becoming realities. While the idea is sensible, I have been made aware that timing, planning and the "niceties" are being overlooked. One group left Old Chemistry, moved to the Library, spent weeks setting up and then had to move again. Another group wound up having to move during the opening of classes and to make matters worse, during hurricane Irene the office flooded!

These types of "snafu's" can be avoided with more consultation, planning and discussion ...seems as though that's becoming a theme here at Stony Brook.

We all want Stony Brook to be the best and we all want to be able to work in a healthy and respectful workplace. While we shoot for the stars, lets not forget to tend to the heart and soul of our campus...that being its faculty and staff. While times are difficult, our work-life need not be made more difficult. Times will improve and we will remember those who took the lead to get us through, and we will remember those who just took advantage.+

• Senator Kenneth P. LaValle and UUP Chapter President Arthur Shertzer at a meeting during the summer. Senator LaValle discussed the past legislative session, what we might expect for the future and his gratitude and appreciation for our support and friendship.



PHOTO BY CORINE BURNS

## UUP Contract Negotiations Began August 25

UUP began contract talks with state officials Aug. 25.

UUP's 16-member Negotiations Team met with the state to negotiate a new contract to replace the 2007-2011 Agreement between the State of New York and UUP, which expired July 1, 2011.

An official exchange of contract proposals was among the first steps taken at the start of contract talks. Now that the state has received UUP's proposals, they have been posted on the UUP website.

As negotiations proceed, provisions in the 2007-11 Agreement will remain in effect. Under the Triborough Amendment to the Public Employees Fair Employment Act (the "Taylor Law"), all contract articles in the expired agreement continue until a new agreement is negotiated, except for provisions that end ("sunset") upon expiration of the contract.

Members will continue to receive their current salaries. There will be no across-the-board salary increases until there is a new contract, but another round of Discretionary Salary Increases (DSI) will be distributed by Dec. 31, 2011. Existing health, vision and dental benefits will continue at their current levels.

As negotiations proceed, UUP members will be kept informed through regular website postings, mailings from President Phil Smith, and articles in *The Voice*.

Periodic updates and other information will be sent to chapter presidents for distribution via chapter websites, newsletters, fliers, and meetings.

Members are encouraged to periodically check the UUP website ([www.uupinfo.org](http://www.uupinfo.org)) for postings at the "2011 Negotiations Information" link under Latest Information on the right hand side of the home page.

Feel free to contact UUP Chief Negotiator Jamie Dangler at [contract@uupmail.org](mailto:contract@uupmail.org) for further information or to submit questions or comments.✦

## Professional's Vice Presidential Greetings

by Charlie McAteer

I would like to thank my fellow chapter professionals for re-electing me their Vice President. I am looking forward to working with our new delegates to develop programs for the coming year. During the summer the Professional Council Steering group worked on the programs we will be presenting, such as the lunchtime professional workshops. Last year,

for example, there were the Leadership Series Workshops and "All Hands on Deck." This year we plan to continue lunch time meetings to discuss and address collective issues and concerns. Please check our website calendar or Happy Pay Day for the dates, times and locations of these informative workshops & meetings. Read Happy PayDay to keep up to date with your UUP chapter's events and for informative items about programs that should be of interest to you. If you are not receiving this biweekly fact sheet of chapter events and benefits please email me.

I work closely with all of our Officers and Chairs in order to hear the concerns that the Professional staff have, as well as keeping the professionals informed and to improve our chapter. Working with my fellow officers, we all try to maintain a free flow of communication on matters of concern. The newly reopened Southampton campus is a case in point. We need to help our professionals colleagues develop their leadership potential and bring chapter programming and events to Southampton.

This will be a year where we will need to continue to advocate for our careers and for Stony Brook. The new census may mean major changes in redistricting at the state and national level which may affect the budget and our new contract. The contract negotiations period will be tough, but that is only part of the mission. We all should continue to be heard as UUP professional members and as an individuals, with our hometown NYS elected leaders. Such an approach will help to keep our local representatives more closely focused on proper funding for SUNY and creating change we can live with.

Finally remember that communication is a two-way street - in difficult times we need to know what is happening to you. On Professional issues we need your front line information so that we can continue to serve your best interests. I hope you will say hello to me at an upcoming UUP event or contact me directly with your thoughts or questions via phone or email. My email is [cmcateer@uupmail.org](mailto:cmcateer@uupmail.org) phone #631-632-6445. Together we can make a difference, helping each other at Stony Brook University.✦



**While negotiations are under way...**

- **Location pay will remain at the current level**
- **Our last discretionary pay (as per our expiring contract) will be this December.**

## CONTRACT UPDATES

For the latest and most up-to-date information about the contract negotiations, go to [www.uupinfo.org](http://www.uupinfo.org)

## The Future of Social Security

by Judith Wishnia

The recent debt limit debate which resulted in spending cuts to vital federal programs, and the rhetoric of “fixing” the so-called “entitlement” programs, has led many of you to ask: Will Social Security be there when I retire? So perhaps it is time to consider what possible changes in the system would mean to the nearly 60 million Americans who currently receive benefits and to those of you who will retire in the future.

Seventy-six years ago (August 14, 1935) President Franklin Roosevelt signed the law creating Social Security. The law, part of the New Deal, came in the depths of the depression when more than one-half of America’s elderly lived in dire poverty. Most business leaders and the Republican party thought that if the government took responsibility for aiding senior citizens, it would be “a dangerous trampling of individual liberty and was likely to bankrupt the government,” and the U.S. Chamber of Commerce said it was Roosevelt’s attempt to “socialize” America. (Sound familiar?) Roosevelt appealed to the public in his famous radio fireside chats and the public responded by re-electing him in 1936 with an overwhelming majority.

Today, Social Security is one of the government’s most popular programs, providing over \$600 billions in benefits to seniors and families with disabled or deceased breadwinners. The average monthly benefit is \$1,067 and for 64% of seniors, Social Security is their primary source of income. (Newsday, October 11, 2010). Every year, Social Security payments go to over 2½ million seniors, widows, dependent children and disabled New Yorkers, pumping over 36 billion dollars into the New York economy. (NYSUT, NYS Alliance for Retired Americans) But even these benefits are far lower than what retirees get in other industrialized countries. In the U.S., Social Security pays only 42% of the median salary. Luxembourg and the Netherlands replace 90% of salary. (Joshua Holland, Alternet, June 15, 2011)

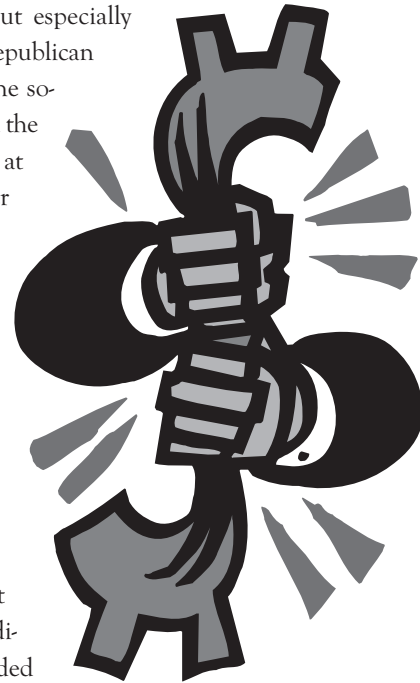
But after running a surplus for years and building up a sizable trust fund, Social Security is now dispensing more money than it is taking in. Although there is no immediate danger, it is projected that

within 30 years, the system will be in serious trouble. Clearly something has to be done, but what? Even though until recently, President Obama has stated that he will not change Social Security, politicians from both parties, but especially from the Tea Party wing of the Republican Party, determined to eliminate the social programs of the New Deal and the Great Society, are looking at Medicare and Social Security. After all, as the famous bank robber, Willie Sutton, said, “that’s where the money is.”

Benefits from Social Security have already been eroded. In 1983, changes were made to the retirement age which mandated a gradual rise until the age of retirement would go from 65 to 67 by 2022. The result is a 13% decline in benefits if the retirement age had remained at 65. In addition, the 1983 “reforms” also added new taxes on Social Security benefits and a small delay in cost-of-living adjustments, another cut of 20%. (Mark Miller column - Newsday, June 25, 2011)

So what are the current threats? First, there are the proposals of Congressman Ryan who would not only privatize Medicare with a voucher system but would also return to the George Bush proposal to privatize Social Security, a plan which was rejected by the majority of Americans who did not want to expose their money to the wolves on Wall Street. Representative John Boehner, Speaker of the House, wants to raise the retirement age to 70 and some have gone as far as to suggest 75. But according to Dean Baker of the Center for Economic Policy Research, unlike the sedentary members of Congress, 45% of workers over the age of 58, hold physically demanding jobs and have a hard time waiting until 65, let alone something higher. (Washington Independent, August 26, 2010)

So what can be done to insure that Social Security will be there for you and our children and grandchildren? First, let’s make it clear that Social Security did NOT add to the federal government deficit. In fact, Social Security is owed 2.6 trillion



**Say goodbye to paper paystubs!**  
If you have direct deposit, you might have noticed that you no longer are receiving a paper pay stub. With greenness in mind, Human Resources has placed your paystub on Solar. You will find it to be more convenient and detailed. We think it's a good idea and hope you find it to be as well!

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## Senior Lecturer Award Title Recognizes Significant Contributions of Full-time Stony Brook Lecturers

by *Hugh J. Silverman, Chair, Arts and Sciences Senate Faculty Rights and Responsibilities Policy Committee, and Professor of Philosophy and Comparative Literary & Cultural Studies*

Stony Brook University now provides the opportunity for selected full-time Lecturers (renewable maximum three year appointments) to receive the local award title of Senior Lecturer. The Award Title of Senior Lecturer recognizes significant contribution in the areas of quality teaching, professional development, and university service.

Departments, Programs, and Interdisciplinary Programs (DPI) will determine eligibility of candidates for the Senior Lecturer title on the basis of an evaluation of documentation by a DPI committee that includes a Job Profile outlining the Lecturer's job duties and expectations as established at the time of initial appointment (or as soon as possible thereafter).

Recommendations for the Award Title of Senior Lecturer must be submitted to the appropriate Dean who must then transmit his / her recommendation to the Joint Senate-Provostial "Senior Lecturer Promotion Review Committee" [SLPRC] (including three staggered term tenured faculty or senior lecturers elected through the Arts and Sciences Senate processes plus two additional Provostial appointees). The selection committee will make its recommendation to the University Provost who will make the final decision.

Recommendations for the Senior Lecturer Award Title must be submitted to the appropriate Dean (with a copy to the SLPRC) by November 1st each year. The Dean must then make his/her recommendation to the SLPRC no later than February 15th. The SLPRC must then make its recommendation to the Provost by March 15th. Results will be announced no later than April 15th.

Although no quotas have been set for these award titles, it is hoped that DPI review committees and chairs/directors will recommend only those who are highly meritorious of this special title. New recommendations can of course be made in subsequent years. The university administration will need to determine how much it can allocate for any promotional increases associated with the award title. Senior Lecturer renewal reviews and recommendations will take place in the first year of each new contract renewal period.

The Senior Lecturer Award Title results from more than a decade of recommendations, formulations, and governance articulations. A series of task forces, including an ad hoc Arts and Sciences Senate committee, an Arts and Sciences Dean's committee, and the Stony Brook UUP Chapter, all recommended the establishment of the Senior Lecturer title. Finally the Arts and Sciences Senate Faculty Rights and Responsibilities Policy Committee (Hugh J. Silverman, Chair, along with Philip Allen, Cynthia Davidson, Norman Goodman, Joan Kuchner, Andreas Mayr, and Mel Pekarsky) devised a detailed set of Guidelines that were approved by the Arts and Sciences Senate. Following detailed negotiations with Provost Eric Kaler, and with the support of CAS Dean Nancy Squires (who had chaired an earlier CAS Dean's ad hoc committee years ago) and with the agreement of Human Resources, the Provost's idea of making this an "award title" (since it is important to distinguish this kind of appointment from tenure or "continuing appointments" that are unavailable to these kinds of maximum three year renewable appointments) paved the way to realizing this valuable new local title.

Stony Brook University can now take pride in having established such an important and long awaited recognition of the most outstanding of the approximately one hundred full-time Lecturers on campus who devote so much of their time and energies to the well-being and success of the teaching and service missions of our highly visible research university in the arts, humanities, social and natural sciences, business, engineering, and medical areas.+

W•O•R•K•S•H•O•P

**Wellness QPR..  
Ask a Question..  
Save a Life**

**12:00 noon  
October 13, 2011  
Wang • Room 201**

To RSVP go to  
[www.uupsbu.org](http://www.uupsbu.org) and  
click on the event page.

**Campaign for  
the Future of  
Higher  
Education**

*October 5  
12:00 noon  
Wang Chapel*

*Open to all!  
Please RSVP at  
[www.uupusb.org](http://www.uupusb.org) and  
click on the event page.*

## Charles C. Hansen Chapter Award

The Charles C. Hansen award will be given annually to a professional who has served the Stony Brook West and Southampton chapter with distinction. The service of the recipient needs to reflect extensive and significant contributions to UUP at the chapter and statewide level. Deadline for nominations is November 1. Current chapter elected officers will not be eligible for the award. To nominate someone, please go to [www.uupusb.org](http://www.uupusb.org) where you will find submission instructions.✦

## Campaign for the Future of Higher Education

by Daniel Kinney



The mission of the State University of New York is “to provide to the people of New York educational services of the highest quality, with the broadest possible access, fully representative of all segments of the population in a complete range

of academic, professional and vocational postsecondary programs including such additional activities in pursuit of these objectives as are necessary or customary.” Access to higher education is a great tradition in New York State dating back to the nineteenth century. It remains as important to the future of our state and nation—perhaps more so now— as it was in 1847 when the City College of New York, known then as the Free Academy of the City of New York, was founded. Even today, CCNY includes the words of its founder Townsend Harris as part of its vision statement: “Open the doors to all. Let the children of the rich and poor take their seats together and know of no distinction save that of good industry, good conduct, and intellect.”

It is a commonly held belief that America needs a vibrant and healthy system of higher education to remain competitive in the global economy. Our country’s diverse population provides it with a competitive edge on the international front, but we will lose this advantage unless we ensure that more of America’s students are able to attend college and succeed in obtaining a quality education. CUNY Chancellor Matthew Goldstein warned in a speech last January, “With funding decreasing and tuition rising, public higher education is in crisis mode. And let’s not forget that the vast majority of college students—nearly 80 percent—attend public institutions. It is imperative that we prioritize the crisis in public higher education.”

The Campaign for the Future of Higher Education was launched by faculty organizations in 21 states to address the crisis in higher education by providing a framework in which to discuss change. The campaign kickoff took place at the National Press Club in Washington on May 17, 2011. UUP President Phil Smith and Professional Staff Congress/CUNY President Barbara Bowen participated in the event.

The campaign puts forth seven core principles, the first of which echoes SUNY’s mission: “Higher Education in the 21st Century must be inclusive; it should be available to and affordable for all who can benefit from and want a college education.” The six remaining principles define the elements of quality higher education in terms of the curriculum, investing in faculty, technology, and how to assess educational success. Two of the core principles deal with the issues of public investment in higher education and the avoidance of false economies. The seven principles intended to guide the discussion about change in American higher education are available on the Web site of the Campaign for the Future of Higher Education: [www.futureofhighered.org/index\\_HEUK.html](http://www.futureofhighered.org/index_HEUK.html).

One focus of the campaign is to unify faculty and give them a voice in the debate about higher education and the priorities needed to preserve our nation’s system of higher education. This past year has brought rancorous attacks on collective bargaining rights for faculty, academic freedom, and faculty governance. The campaign seeks to counter these attacks on both faculty and higher education by establishing a common defense rooted in faculty unity. In addition to UUP and PSC/CUNY, supporting organizations include AFT, NEA, AAUP, Association of American Colleges and Universities, California Faculty Association, Council for Opportunity in Education, New Faculty Majority, United States Student Association, and other higher education organizations and allies.

On Wednesday, October 5, 2011 at 12:30 in the Wang Center Chapel, Eileen Landy, statewide UUP secretary, will discuss the campaign and UUP’s involvement in this initiative. UUP has been a strong supporter of SUNY’s mission because access to affordable quality public higher education is the real power of SUNY. Chancellor Zimpher writes in the welcome message on her Web site, “a SUNY education opens the door to opportunity.” This is possible because SUNY also opens the doors to all and must continue to do so if New York is to remain the Empire State.+



### DEFENSIVE DRIVING IS NOW ON-LINE

UUP will NOT be offering classroom Defensive Driving Courses this year. Instead we urge you to take the on-line class offered by NYSUT (New York State United Teachers). Here are the instructions for taking the on-line course:

- Go to [www.memberbenefits.nysut.org](http://www.memberbenefits.nysut.org).
- On left hand side click on "Discounts & Travel - Members"
- Click on Defensive Driving
- Scroll down to the paragraph that asks if you already have the access code. Click here.
- Click on "New Student"- The access code is NYSUTDDC

This will link you to the National Safety Council.

The cost for NYSUT members and their families is \$21.95.

# 6 UUP Calendar of Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
september 2011				1	2	3
4	5 Labor Day	6	7 Academic Council Meeting 12:00 College of Arts & Sciences	8	9	10
11	12	13 Welcome Back Event!! 12:00 SAC	14	15	16	17
18	19	20 Executive Board Meeting 12:00 Library Javits Room	21	22	23 UUP Delegate Assembly Albany	24 UUP Delegate Assembly Albany
25	26	27	28	29	30	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
october 2011						1
2	3	4 Professional Workshop- Permanent Appt. 12:00 Wang 301	5 Campaign for the Future of Higher Ed 12:00 Wang Room 301	6	7	8
9	10 Columbus Day	11	12	13 H&S Workshop Wellness 12:00 Wang Room 201	14	15
16	17	18 AFLAC in the UUP Office for open enrollment 9:00-3:00	19 Employee Benefits & Services Fair John Weeks Front Page Discussion 12:00 Book Talk 4:00 Both events Wang 301	20 AFLAC in the UUP Office for open enrollment 9:00-3:00	21	22
23/30	24/31	25 General Membership Meeting 12:00 SAC Ballroom B	26	27 Executive Board Meeting 12:00 Wang Room 201	28	29

To R.S.V.P. to any of the meetings or workshops go to [www.uupsbu.org](http://www.uupsbu.org)

**Social Security** *continued from page 3*

dollars, previously LOANED to the federal government when Social Security surpluses were routinely used to help balance the budget. We could ask for the return of this money! But a more secure way is to bring in more revenue: to raise the tax cap. Under the current law, contributions are based on earnings that fall below an annual cap, which is currently \$106,000. In the past, this covered 90% of contributors.

Today that figure is only 83%, primarily because the highest paid 6% of contributors have been rising faster than the vast majority who earn less than the cap. A possible solution would be to eliminate the cap so that the richest earners would pay their fair share (Where have we heard that before?) Christine Weller of the Center for American Progress calculates that eliminating the cap would get very close to eliminating the entire Social Security deficit for the next 75 years. (Ibid) Today, 77% of Americans—even 68% of Republicans—believe that Washington politicians should leave Social Security alone. (They also want to tax the rich) In fact a poll from last year found that 75% of tea party supporters are happy with Social Security and Medicare (NY Times/CBS poll, April 2010) Funny how the dislike of BIG government doesn't make them want to give up their senior benefits.

Working Americans of all ages contribute to Social Security and that money belongs to them (us!) and should not be used to solve the fiscal crisis brought on by the greed and bad fiscal policies of the past. Let's make sure that the enemies of Social Security hear our voices. Let's make sure that you and your children will have these benefits when it comes time to retire.+

**Part-Time Concerns – Full-Time Interests**

*by Warren Randall*

The co-author of this article was the late Sal Lentini who strongly believed that his colleagues, the part-time faculty, possessed the ability to orchestrate their efforts that would carry so much more weight, in bringing a greater recognition to part time academics from all at Stony Brook University.

Beneath the shadows of the early evening sun, descends a majority of our part time faculty. As

nomadic travelers, possessing no common place to assemble, the part time faculty are professionals “without a country,” searching for some resemblance of recognition, common sense and equality.

Part time faculty at Stony Brook University are deserving, dedicated professionals, but divorced from the campus learning environment. Instead they find they forced to prepare to teach in random, noisy, and often shared common areas. If part time teachers are an integrated part of the campus learning community, then they should be part of the institutional commitment and have basic support services.

At SBU, the part time academic members represent a substantial portion of the total academic members of the Stony Brook Chapter. These part time faculty members are seasoned, underpaid, overworked academic professionals; possessing little time to meet with students; lacking a place to reflect and foster rich interaction. The current system provides few if any rewards or support to improve academic intercourse and as a result it undermines a true learning environment for a large part of the campus.

So how does the part time faculty develop a sense of loyalty, embrace new pedagogy, support and develop the university's educational atmosphere, when they are surrounded by the uncertainty of future employment and a lack of communication. The answer is simple-make your voices heard. What is needed is for you to write, call, e-mail, or even go so far to attend a UUP meeting and be heard.

As a true professional, we should never settle for less than the best. We hold our students accountable to high standards; why not extend these higher standards to the administration. I cordially invite you to attend one of our UUP member meetings, and if you cannot attend- then let your voice be heard via one of the e-mail address below.

P. S. Several years ago we sent a survey to all Part-Time Faculty members to garner data relating to various support services the University encouraged campuses to make available to part-time faculty (Contract Appendix A-30).

If you have any suggestions on any part-time concerns, please send them to: [WRandall@uupmail.org](mailto:WRandall@uupmail.org) +



**GO SEAWOLVES!**



**Seawolves 2011 Home Football Schedule**

- September 17th vs. Brown @ 6PM
- September 24th vs. Lafayette @ 6PM
- Wolfstock 2011 (Homecoming)
- October 8th vs. Presbyterian @ 6PM
- October 15th vs. Saint Anselm @ 6PM
- October 29th vs. Coastal Carolina @ 4PM
- November 19th vs. Liberty @ TBA

**Results of the Part Time Survey**

Do you have?	Yes	No
An office	41%	59%
A desk	38%	62%
Dep't mail box	33%	66%
A telephone	60%	40%
A copy machine	33%	66%
Secretarial services	51%	49%
Campus email	31%	69%
Campus phone mail	75%	25%

Part-Time Survey Results

Dana Antonucci-Durgan accepted an award from the Special Libraries Association on behalf of the Stony Brook library faculty at the association's annual conference. The Library Faculty won the award for placing in the top 50 most productive library staffs with regard to the number of scholarly publications. Stony Brook placed higher than Columbia, the University of Oregon and the University of Virginia.



PHOTO BY THERESA KIST

## Cool, Clean Water - Stony Brook Water Brigadiers take Guaricayan by Storm

Nearly one billion people lack access to safe water. With this in mind UUPer Malcolm Bowman of the School of Marine and Atmospheric Sciences, last January during intersession, led a group of 11 students forming the Stony Brook chapter of Global Water Brigades to the isolated mountain village of Guaricayan in the mountains of Honduras, a place suffering from a totally inadequate public water supply. Guaricayan is a subsistence agricultural community, identified as being threatened by many health issues, mostly from parasites ingested via untreated drinking water. The impact of drinking untreated water is huge; a healthy water supply system could lead to a drop in the village's dreadful infant mortality rate by at least 50%.

Located a few hours from the Honduran capital city of Tegucigalpa, Guaricayan is a village of about 125 residents with no or little access to public health or hospital facilities, an isolated community where the government doesn't know or care about their welfare. Working together with peers from Johns Hopkins University, SB's Water Brigadiers took up shovels and pick axes, dug trenches in the hot tropical sun, experiencing first hand what it was to be part of a small-scale public health/infrastructure project.

The goal was to work toward completion of an all gravity-driven water system, replacing a poorly constructed and totally inadequate government installation built for the community in 1987. Brigadiers from other universities had previously installed the dam and plumbing high above the village. We worked with the individual families who were responsible for digging the trenches up to their own house for the connections to the water main we were installing. Teenaged boys worked alongside the men and us to earn "sweat equity credits" for the right to have water laid on for their own future families.

In addition we also provided community education to school children and their mothers on hygiene: how to protect the watershed, how to keep domestic animals out. We interacted also with the women in the community who brought the kids. Many of the children never had adequate access to water, delivered from a pipe. They might have heard you're supposed to wash their hands but never had the water to do so. We taught them about germs. Where do they come from? Why is it important to clean? Some of our stu-

continued



dents felt it strange to be teaching 14 year old kids how to wash their hands. By playing soccer for fun, and giving lessons on hygiene and public health practices, children learned good lessons through songs & “microbe tag” games.

Only a few of our group spoke Spanish. But connecting with people doesn’t require words, doesn’t require a conversation. A smiling faces, joking without words, and making eye contact gets the message across; a humbling experience. The people we met were so grateful... In one of the houses, one of the women kept saying “thank you thank you thank you.” She gave cookies that she had made and prayed over us.

The week of volunteering hard physical labor (no mechanical equipment was available) culminated in a community-service day where SB students interacted with many of the village children.

Clean, potable water is a huge benefit for the community, not just for the knowledge that villagers won’t be getting ill from cooking, cleaning, & drinking – but also new opportunities to develop the community then arise. We witnessed construction beginning on a house that hadn’t been touched in months. All of a sudden, once there is the promise of water, the house construction restarted. Hope brings renewal.

Previously, the residents of Guaricayan suffered days without any running water. Faucets were left open 24 hours a day, 7 days a week, in the event that a few drops of water might trickle out. Every container available was filled with water. The system stopped working properly over 10 years ago – so the community members have been drinking untreated water. The people in the community get sick, miss days of work, kids can’t go to school, and the nearest health center is a two hour-walk away.

One quickly learns how everything is connected. Access to clean water affects whether or not some of these communities can live on or die out. If they don’t have access to water, then they can’t tend to their crops, and they have a really high infant mortality rate... It’s all connected to water. The water system we worked on was designed with efficient methods of chlorination. The idea is that in the future when the villagers go to visit our companion Global Medical Brigadiers, they can focus on diagnosing more serious illnesses; other illnesses and diseases not connected to water quality.

Participants Brittany Kalosza and Anna Veit, RA’s on campus remarked how the first time they walked into the SAC after coming home, they started tearing



Malcom Bowman with the Stony Brook University Global Water Brigadiers in Honduras.

up. Remembering how in Honduras, people labored all day long, tending to their crops. “If the dry season was too dry, and they can’t water the crops, then they don’t eat. On campus we just walk across the street and we have all the food we want. We take ten minute-long showers. Coming back, turning on the faucet, being able to flush the toilet...we almost felt guilty just being here. What makes me different? Just that I was born here and so I have all these things?”

“Some of us decided then and there that we wanted to work in development fields and with public health. You can talk about the trip as much as you want. But to really understand what we learned and what we took from that experience, you have to go down there and do it. Which is why, for next year, and years after...we’re trying to get more and more students to be able to go on the GWB trips. What we’re bringing back to the Stony Brook community is so much bigger than what we brought down there. The outlook and the new look on life that we’re bringing back is such a part of it. You come back feeling so renewed. It really puts everything in perspective”.

Anna reported “I felt like I got more from the community members at Guaricayan than I gave them. My life is forever changed!”

Brittany replied “Absolutely! It was the best few days of my life. It’s one of those experiences that rub your soul raw. I feel like we took a lot more from them and their community than they did from our physical labor. It was really one of the most amazing experiences I could have ever had!”

*Malcolm Bowman is Professor of Oceanography and Distinguished Service Professor at the School of Marine & Atmospheric Sciences and Faculty Advisor to the SBU GWB. Parts of this story are excerpted from an interview of URECA Director Karen Kernan with brigadiers Brittany Kalosza and Anna Veit. Brittany is now the President of the Stony Brook chapter of the Brigades. Anna has graduated and is now working in Michigan.....The group plans to return to Honduras in January.+*

**Do you have a special project or interest you are working on?**

Let us know. We would be glad to share it in our newsletter.

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# An Ancient Wellness Tool Red Dragon Labyrinth Walking

by Edward J. O'Connell

Opinions differ on the importance of worker characteristics versus working conditions as the primary cause of job stress. But, as the following chart illustrates, the message is clear. Stress in the workplace significantly impacts on employee productivity.

Source: EAP Provider ComPsych First Half of 2006 Stress Pulse Survey	
<b>51%</b>	of employees say they have "high levels of stress, with extreme fatigue/feeling out of control."
<b>50%</b>	of employees miss one to two days of work per year due to stress.
<b>46%</b>	of employees surveyed say they come to work one to four days a year when they are too stressed to be effective.

An increased understanding of the mind/body connection has led to a renaissance in "labyrinth walking" for stress management and spiritual wellness. Over 3,500 years old, the labyrinth is an ancient symbol representing wholeness. When this symbol is transferred to the ground and walked with purpose, labyrinth walking provides an opportunity to slow down and turn attention inward, then return to the outside world feeling renewed and rejuvenated.

Because labyrinths provide many of the same benefits as meditation, i.e., stress reduction, relaxation, inner stillness, and emotional healing, labyrinth walking is sometimes called a "walking meditation." Labyrinths are thought to enhance right brain activity, allowing the walker to tap into his/her natural intuition and creativity. More recently, its value in the workplace for team-building, raising morale, conflict resolution, and problem-solving has become recognized.

Although there are many variations and designs, the traditional labyrinth has a one-path design consisting of intertwining paths leading to a center point (or goal).

The diagram below is a classic 7 circuit pattern that I built into the Red Dragon labyrinth along with Franciscan Brother Clark Berge over 6 years ago.

The "walker" moves through the labyrinth at a pace that suits his/her mood or goal. The trip may be slow, skipping, energetic, celebratory, and even playful. On average a labyrinth walk can take between 10 to 20 minutes, but it is truly a question of what is right for the individual.

After traveling through all the paths and windings, the walker comes into the center goal. After spending time there in contemplation, the walker returns via the same path. Total distance traveled averages about one-third mile, depending on the size of the labyrinth.

Whether it is a personal journey or a team walk, there are three stages to labyrinth walking:

1. Going in to the labyrinth and walking towards the goal requires laying aside everything troubling the participant in order to focus on a problem or question...allowing himself to be present in the body.
2. At the center, the walker contemplates what she learned about herself and how problems or issues relate to her.
3. Going out of the labyrinth is where the walker applies what he learned in the labyrinth to real life.

After leaving the labyrinth walkers may want to spend time in quiet reflection. Everyone's experience of the labyrinth is different. For some it may be immediate or emotional. Others may find hours or days pass before the energy moves through them to a point of recognition/insight. The important key to remember is that there is no right or wrong way to walk a Labyrinth.

As a medical health physicist, teacher, and father, the tranquility and flowing movement of the labyrinth allows me a few minutes just for myself. I can get centered, rooted, and reconnect with Nature. It's just a great way to be in the moment and be grateful for all

that I have in my life. I do it every day and it is a passion of mine to introduce others on campus to Red Dragon labyrinth walking as well.

Please join me for a labyrinth walk at noon on the dates listed to the left.+

## LABYRINTH WALKS

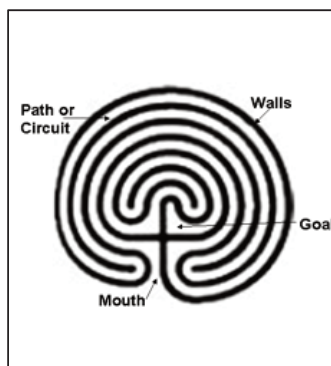
12:00 NOON

- September 30
- October 27
- November 17
- December 15

The Red Dragon located east of the Student Union between Irvin and Gray.



PHOTO BY ED O'CONNELL



## Community Service is a Two-way Street

by Arthur Shertzer

Recently, our island and the Northeast was hit by Hurricane Irene and subsequently the remnants of tropical storm Lee. SUNY Oneonta UUP President Bill Simons asked for volunteers to aide in the relief work in areas of Upstate New York which experienced devastating flooding. Chapter President Arty Shertzer joined 30 other UUP members to help.

The Schoharie Creek is most often a shallow, rocky waterway barely passable by canoe in some spots, however, due to the storm, the creek raged through the village of Schoharie and the home of Cindy Mitteager and Bryce Nelson. Nothing was left untouched, and most of their belongings were swept away by the torrent. Cindy's sister Wendy is a SUNY Oneonta UUP member. The creek devastated towns along its path, from Hunter in Greene County to Fort Hunter at the creek's confluence with the Mohawk River. Hundreds of homes and businesses were damaged or destroyed. Irene's fury left a water line 5 feet 8 inches high inside the couple's home. Outside, the water reached seven feet. When the rains and flooding stopped, the same scenario played out throughout the village, where piles of debris were seen in front of dozens of homes along Fair and Orchard streets. We spent the day gutting the entire interior of the house while some of our crew retrieved salvageable belongings and debris from outside the house. The stench of river silt pervaded our air as we ripped out sodden walls, ceilings and woodwork. I recall at a meeting some few years ago, that someone said we need not care about upstate campuses. Let me tell you that the destruction faced by our upstate friends and colleagues steeled my feeling that all of us are critical members of our SUNY community and the greater community of New York. I was suddenly most grateful that all I had lost was electricity and a few tree limbs. As we toiled through the day, people would come by the house, one car offering dry ice if needed, another couple came by with freshly baked muffins. At one point, we heard and saw an ambulance with sirens and lights blaring. The "ambulance" turned out to be the Salvation Army Disaster Relief Truck. These wonderful people had food and drink for us all...a most welcome sight indeed!

Schoharie got hit again when the remnants of Lee passed through this past Friday. I can't imagine that things could get worse, but they did. Going to Schoharie allowed us to offer some time and kindness to our neighbors. As we begin this new semester, with the difficulties we have faced and will continue to face from budget issues and contract negotiations, let's keep in mind that we can, by offering our time and effort, make our neighbors lives better. Whether they be neighbors in Upstate New York, Wisconsin, Florida or other countries, we must make the effort to lend our time and resources when there is need. Our chapter, through the leadership of Nancy Gaugler and the Community Concerns Committee, will once again be offering opportunities for you to do help.

Make a donation, lend a hand, bring a can of food, bring us your ideas and let us know where the needs are. As we packed up our mud caked tools and clothing, we took a group picture and then, one by one we said good bye to Cindy and Bryce. At one point, there was nothing left to say but good luck and then sharing a hug. These people who had been anonymous strangers just hours before, are now woven into our fabric of Union family and we in theirs. We are a union! We protect rights, we advocate for better salaries and benefits and we care and strive for the betterment of our neighbors and those with less. I urge you to keep these thoughts in mind as we live through these difficult times. Please work with our chapter as we try to lend our help and assistance to those in need.+

## FOOD DRIVE Let's Fight Hunger - Second Annual October Food Drive

Stony Brook University, UUP Community Services Committee and Long Island Cares are again joining together to help fight hunger this October. With increased demand for food after tropical storm Irene and with hurricane season just beginning we need to help each other more than ever. Let's make this food drive even bigger and better than last year! So please bring non-perishable boxed and canned food items to one of the L.I. Cares Food Donation Bins that will be located throughout West and East Campus. Please check expiration dates and no glass items. Locations will be announced before the beginning of October. You can bring nonperishable items to the General Membership meeting on 10/25/11 and deposit in one of the L.I. Cares food donation bins. Contact the UUP Office at 632-6570 or Nancy Gaugler at 632-6241 if you have any questions or for a more detailed list of food items.



PHOTOS BY JANIE FORREST GLOTZER

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**The Chapter office is open Monday through Friday, 9:00 am to 3:00 pm.**

The Executive Board meets on the third Tuesday of the month at noon. All members are encouraged to attend. Please contact the Chapter office for exact meeting date and location. INSIGHT is published by the Stony Brook Chapter of United University Professions. Items for inclusion should be sent to the UUP office - S-5415 Melville Library, Stony Brook, NY 11794-3388 or email [theresa.kist@stonybrook.edu](mailto:theresa.kist@stonybrook.edu).

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