

# THE OUTLOOK

Newsletter of the Retiree Council 12

A NYSUT-NEA-AFT Affiliate

March 2015



**Charlie and Camille Ruggeri and Bryan and Kitty Smith in front of the Rock and Roll Hall of Fame in Cleveland.**



**Janet Garafalo in Branson Missouri**

## Spotlight on the RC 12 Social Committee

*By Kathy Lyman, Secretary of RC12*

Your NYSUT RC 12 Social Committee consists of ten volunteers whose mission it is to plan and supervise interesting and reasonably priced trips for RC 12 members and their guests. Current committee members include Kathy Lyman, Linda Zilka, Gloria Kimball, Wendy Wilson, Pat Donovan, Phyllis Nicollella, Patricia Michalski, Dave Sammons, and ex officio members, Dolores Talmadge and Jeanne Williams-Bennett.

Committee meetings are held four to six times each year, and trips are planned with input from RC 12 member suggestions. Committee members do the research, plan the trip, accept and organize registration forms, and act as guides on the trip. Originally, most trips were day trips, but recently, multi-day trips have been offered, such as Branson, MO and Nashville, TN.

Pricing policies offer no profit to RC 12 or the committee. The cost of the trip, transportation, entrance fees, etc. is divided equally among the participants. Every effort is made to provide the best experience for the price. Those who have been on some of the trips know that often a cash refund is given on the trip if the estimate was more than the actual cost.

When possible, trips are first announced at RC 12 General Membership meetings, such as at the Otesaga. Second, and when the above is not possible, an email is sent to all RC 12 members who have provided an email and all people who have ever traveled with us. It is very important that the Social Committee has your correct email if you wish to get these notices. Third, the information is put into *The Outlook* and onto the website. *The Outlook* is a bulk mailing and receipt of it depends on your post office and the printing line at NYSUT.

Trip registration deadlines are important. Pay attention to them as some trips fill up fast. The policy is "first come, first served". Don't wait until near the deadline.

Trips being investigated include: 9-11 Memorial Site and Museum, NYC Talk Shows, American Museum of Natural History, Thousand Islands Cruise and Boldt Castle, Adirondack W.W. Durant Boat Cruise and Great Camps stay, Howe Caverns, Indian Museum and Old Stone Fort, Chicago, West Point, and others.

**Remember, an email is sent to all RC 12 members who have provided an email and all people who have ever traveled with us. If you want to make sure the social committee has your correct email, send it to [rc12district@yahoo.com](mailto:rc12district@yahoo.com).**



**Gary and Sandy Lunkenheimer and Lois and David Edwards at the Rock and Roll Hall of Fame**



**Happy Birthday to Kathy Pfeiffer from the Jersey Boys**

*Join RC 12 in Cobleskill for our next luncheon. See page 3.*



**From the President's Desk... Sandra Bliss**

**"This is What Democracy Looks Like"**

Community members, parents, students, retired and in-service school staffers, and board of education members have stepped up to tell our legislators to just say "NO, CUOMO".

As it gets closer to April 1, the designated time to adopt a state budget, NYS legislators residing in RC 12 are attending forums, parades, and other events to listen to what their constituents want for their public schools and for the students whose learning depends on the teachers and SRP's working in those schools.

Teachers are saying, "Let us TEACH." School boards are saying, "Give us our state aid runs so we can develop our budgets." Students are saying, "Learning not Testing." Community members are saying, "Our schools and our teachers are doing a great job with the resources they have been given, but NYS has to fully fund our schools to give our children the quality public education they are entitled under the NYS Constitution. Remove the education reforms from the budget. These reforms do not help our kids."

Our NYS legislators living in RC 12 are responding by opposing the education "reforms" Cuomo is demanding. The media is exposing how Cuomo is making our children's future education funding hostage to his demands. The press is reporting how the privately-run, taxpayer funded, for-profit charter schools are hoarding and wasting taxpayer dollars.

The real agenda of Cuomo's billionaire hedge fund backers is to destroy public education and bust the unions representing the workers in public schools. The people of New York are standing up to those billionaires looking to make huge profits from our taxes. The "power of the people" will win this battle.

NYSUT has started a "Call Out Cuomo" Fund. Anyone can contribute to this fund. We need the resources to continue newspaper, radio, TV and billboard ads to keep up the pressure and remind everyone of the issues. Go to [www.CallOutCuomo.com](http://www.CallOutCuomo.com) to contribute. Every dollar goes to fighting Cuomo's war on public schools.

**The Outlook**

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- Co-Pres. Sandra Bliss (315) 725-0706
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- Co-2<sup>nd</sup> VP S. David King (518) 725-0848
- Co-2<sup>nd</sup> VP Mary Pritchard (518) 374-0607
- Secretary Kathlene Lyman (518) 399-0256
- Treasurer Dolores Talmadge (518) 993-2854

**Immediate Past President**

Karen Wojcik-Hess (518) 899-7592

**Past Presidents:** Judy Schultz

Don Griffith Bill Schultz Jim Marquit

**Directors**

- Alex Boschi - Montgomery
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- Margaret Dafeldecker - Schoharie & Otsego
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- Beth Roberts - Herkimer
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**Keep up-to-date** on what is happening by going to [nysut.org](http://nysut.org) at least once a week if not daily.

**Keep calling** the offices of your Senate and Assembly representatives.

**Keep mailing** hand-written letters to Cuomo and the legislative leaders.

**Keep writing** letters to the editors of your local newspapers.

**Keep attending and bringing others** to your area forums and other events to speak out.

**Keep reading** NYSUT United and **educating** your family, friends, and neighbors.

**Keep speaking "truth to power"**, and we will win.

**Keep voting and holding elected officials accountable.** "We will remember in November."

*The future of our children and our democracy depends on you!!!*

**NYSUT RC 12 NYC MUSEUM TRIP—American Museum of Natural History**

**Wednesday, May 13, 2015**

- 7:00 AM Amsterdam pick-up Our Lady of Mt. Carmel Church, 39 St. John Street
- 10:00 AM Arrive American Museum of Natural History – Central Park West & 79<sup>th</sup> St.  
Lunch will be on your own. See [www.amnh.org](http://www.amnh.org) for food and exhibits.
- 6:00 PM Leave American Museum of Natural History – Dinner stop on the Thruway
- 9:30 PM Arrive at Amsterdam

**\$78 per person** includes transportation, gratuity, and a Super Saver Ticket to the museum. Your ticket is good for all exhibits and shows within the museum, including the Planetarium.



**RC-12 NYC MUSEUM TRIP – May 13, 2015 – REGISTRATION FORM**

Name(s) \_\_\_\_\_ Phone # \_\_\_\_\_  
 Address \_\_\_\_\_ Cell # \_\_\_\_\_  
 \_\_\_\_\_ Email \_\_\_\_\_

Number of People Attending \_\_\_\_\_ @ \$78 per person Total \_\_\_\_\_



**Send check and registration form by April 22, 2015 to:**  
**Make check payable to NYSUT RC 12**  
**Kathy Lyman, 254 Riverside Place, Alplaus, NY 12008**  
 Phone# 518-399-0256

No refunds after April 22, 2015.

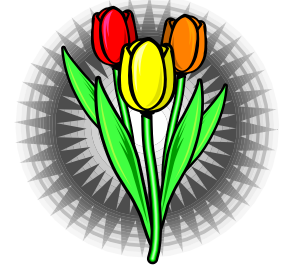
Trip insurance is recommended.



**NYSUT RC 12 General Membership Luncheon Meeting April 16, 2014**  
at St. Vincent de Paul Parish Hall 138 Washington Ave., Cobleskill, NY 12043

**The Fight to Preserve Public Education**

**Dennis Tracey, President of the NYS Alliance for Retired Americans  
will be presented with the RC 12 Award of Excellence**



**Agenda**

- 9:30-10:00 am Registration, Coffee and Tea
- 10:00-11:00 am Business Meeting
- 11:00-Noon Program
- 12:15- 1:15 pm Buffet Luncheon\* **Cost per person: \$18**

Lunch catered by *Justine's*: Stuffed Sole, Beef Burgundy, Chicken Marsala, Chicken Justine's, Lasagna Rolliatini, Eggplant Rolliatini, Rigatoni Broccoli, Sausage and peppers, potatoes, vegetable, bread, dessert

**Directions**

From West on I 88, use Exit 21 to Rt 7 East. Make a left turn onto Washington Street. **(Park in Back of Church)**  
 From East on I 88, use Exit 22, turn right onto Rt 145 and left onto Rt 7. Make right turn at Washington Avenue.  
 From North, take Route 30A or Rt 30 to Route 7 West into village and turn right at Washington Avenue.  
 From Rt 20 In Sharon Springs, take Rt 10 into village and turn left onto Washington Street .

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Please complete and mail to **Margaret Dafeldecker, 368 Tinkley Hollow Rd., Warnerville, NY 12187 518-234-2086**

**Name(s):** \_\_\_\_\_ **Make checks payable to NYSUT RC 12**

**Address:** \_\_\_\_\_ **Deadline: April 9, 2015**

**Phone #:** \_\_\_\_\_ **email:** \_\_\_\_\_

**School District retired from:** \_\_\_\_\_ **Year retired:** \_\_\_\_\_

**Thanks!**

**RC 12 Contributors since January 15**

- |                     |                      |                    |                   |                    |                          |
|---------------------|----------------------|--------------------|-------------------|--------------------|--------------------------|
| Roxanne Aery        | Anne Burton          | Robert Fisher      | Charles Kahn      | Roberta A. Pecora  | Linda Snyder             |
| Susan Argotsinger   | Mary Jean Cleland    | Miles Garfinkle    | Gail Kelleher     | William Pollak     | Suzanne B. Stone         |
| Patricia K. Barney  | Norman Clo           | Marjorie Gentile   | Jeri Liggero      | Paul K. Praus      | Betsy Tanner             |
| Judith Bates        | Constance Cunningham | Linda Gloo         | Jack Lunman       | Jane Roe           | George Thompson          |
| Joan Bergin         | Dorothy R. D'Arpino  | Barbara Hamilton   | Stephen Luzinas   | Sue Roth           | Robert vanCourt          |
| Karen Blance        | Donna Davidson       | Katherine Hargnett | Grace Hilt Mack   | Gloria Santa Maria | Helen Centi Vassi        |
| Bill Blance         | Judith DeMars        | Caroline S. Harter | Yvonne Major      | Anne Sargalis      | Pat Washburn             |
| Marion Boardway     | Mary B. Disque       | Patricia A. Hill   | RoseMarie McKlean | Carmela Semprevino | Gayle Gaetano Westervelt |
| Mary Ellen Brinkman | Anne E. Douglas      | Susan Hoetker      | Gail A. McNeil    | Helen Seward       | Terry Westervelt         |
| Beverly Buddle      | William G. Evans     | Pam Hotaling       | Chris Morroni     | Martha E. Smith    | Ellen L. Wilcox          |
|                     |                      |                    |                   |                    | Frank D. Wilcox          |
|                     |                      |                    |                   |                    | Jeanne Williams-Bennett  |

**WHY DRINK WATER?**



- 1. Helps to lose weight
- 2. Healthy Skin
- 3. Fights Infection
- 4. Get rid of Body Toxins
- 5. Healthy Heart
- 6. Prevent Joint Pains & Arthritis
- 7. Boost Energy
- 8. Prevent Constipation
- 9. Reduce risk of Cancer
- 10. Improves Productivity

***Why Aren't They Drinking More? (Water That Is!)***

*By Yvon Leroy*

That was the question my wife asked after the fourth parent of a friend had to be hospitalized. All four had symptoms that caused their adult children to have real concerns about whether their parents could continue living independently. As a retired health teacher, the first question I asked was, "Are they drinking enough water?" Of course, I would get puzzled looks. Their symptoms were similar to dehydration.

As we age physiologically, certain body functions seem to lessen. Examples that we can all relate to are eyesight, hearing and balance. What many people don't realize is our sense of thirst also lessens, as well as our ability to perspire.

I cannot say if it is because of something generational or professional, but it seems like many of our elderly aren't in the habit of drinking enough water. If I'm not thirsty or sweat-

ing, why drink?

I say generational because I have noticed many in their 70's and 80's seem to not like water. I understand that drinking sufficiently may be a problem with those who are experiencing bladder control issues. However, when compared to weakness, dizziness, irritability, confusion, leg cramps, and fever, one has to balance the cons of more restroom trips to that of hospitalization because our adult children think we are having a stroke!

I mentioned professional because as teachers we often controlled our water intake. If the schedule wasn't favorable, or our classroom was too far away for a quick restroom break, then when to drink became part of the formula. As retirees, we may have continued the habit of controlling our water intake, leading to episodes of dehydration.

Other ingredients in the mix are medicines and the hot sun. Many prescription drugs have side effects including being a diuretic. We all know to avoid high levels of activity in the heat of the day. However, we lose just as much moisture in the dead of winter.

"So what can I do to help myself?", you ask. It's really simple. Place 3 tall glasses of water on the counter in the morning, and whenever you walk by, take a sip. Make sure that they are empty by the end of the day, or by the time "Wheel of Fortune" is over. The water would be in addition to fresh fruit, juice, coffee, or tea (preferably decaf) you had for breakfast or soup at lunch. You may notice a higher level of energy and more elasticity in your skin. (written with some help by [caring-for-aging-parents.com](http://caring-for-aging-parents.com))

## Retiree Council 12 Contribution Form July 1, 2014 - June 30, 2015



Name \_\_\_\_\_ County \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Year Retired \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Original Union Local \_\_\_\_\_ You may share my email with AFT \_\_\_\_\_

My Assemblyman \_\_\_\_\_ My NY State Senator \_\_\_\_\_ My US Representative \_\_\_\_\_

I would be willing to work for my fellow retirees in the area of:    \_\_\_ Legislation    \_\_\_ Social Committee    \_\_\_ Newsletter

Check this box if there has been a change in your contact information

**\$15.00 yearly contribution requested. Send to  
Dolores Talmadge 206 Main Street, Fort Plain, NY 13339  
Make check payable to NYSUT Retiree Council 12**

**March  
2015  
RC 12 Outlook**



### RC 12 Directors Election Notice

**Date of Service, July 1, 2015 to June 30, 2017**

The Directors, each assigned a geographical area by the Board of Directors, serve as liaisons between the membership and the Board of Directors. Officially by constitution, Directors' duties include acting upon expenditures and policy matters for the organization between meetings of the general membership; approving the annual budget; interpreting our constitution, making policy and constitutional recommendations to the membership and all other duties as enumerated in the constitution. This could include, but not be limited to, making arrangements for the RC12 general meetings held in that area, meeting with NYSUT retirees interested in forming a chapter or communicating with our retirees by request of the Board. The Board of Directors is required to meet at least three times a year. These meetings are daytime with lunch provided and travel mileage reimbursed at the IRS rate. There is no stipend for service.

Nominations are now open to elect 6 Directors, to serve for a 2-year term ending, June 30, 2017. Landrum-Griffin procedures will be followed. Secret ballot voting, between the hours of 10:00 and 10:30 A.M. will be at our June 2, 2015 general membership meet-

ing to be held at the Waters Edge Lighthouse Restaurant, Glenville, NY. No nominations from the floor will be allowed, per RC 12 Constitution. It is not necessary to pay the luncheon fee or to be present at the entire meeting to be eligible to vote. Only NYSUT RC 12 members present may vote.

Please contact Judy Schultz, Nominating Chair, 6 Country Fair Lane, Scotia, NY 12302 E-mail: [mainemate@aol.com](mailto:mainemate@aol.com) Tel. H: 518 399-4957 for a Candidate's Questionnaire. Return the completed candidate's questionnaire to Judy Schultz (at the above address) no later than April 8, 2015.

### Save the Dates—2015

- |                              |  |
|------------------------------|--|
| <b>April 16, 2015</b>        | RC 12 General Meeting Cobleskill                           |
| <b>April 25 –May 3, 2015</b> | RC 12 trip to Nashville                                    |
| <b>May 7, 2015</b>           | NYSUT RC 12 Regional<br>Conference Glen Sanders, Scotia    |
| <b>May 13, 2015</b>          | RC 12 trip to American Museum of<br>Natural History in NYC |
| <b>June 2, 2015</b>          | RC 12 General Meeting<br>Watersedge Lighthouse, Glenville  |