

THE OUTLOOK

Newsletter of the Retiree Council 12

A NYSUT-NEA-AFT Affiliate

June/July 2018

Kathlene Lyman, 2018 NYSUT RC 12 Community Service Award Winner

by Phyllis VanSteenburgh, OE Teacher Retiree

Established in 1993, the NYSUT Community Service Awards were created to recognize individuals who have given outstanding volunteer service to their communities. Since inception, hundreds of NYSUT members have been nominated by their locals or retiree councils to receive this award. Now, for the interview of this most worthy recipient—

P. Van: What was your first job as a teacher?

K. Lyman: I taught 8th grade mathematics at Van Antwerp Middle School in the Niskayuna School District. I ended up teaching over 34 years and retired in 2004.

P. Van: What made you want to be part of your local union while teaching full-time?

K. Lyman: Our faculty was close and informed on national and state issues. Our middle school program was very strong. I wanted to help my colleagues continue to be informed and to protect our programs. I was 2nd vice president, district liaison, and building rep in my local school union.

P. Van: How did your volunteer opportunities in your local continue to grow in retirement?

K. Lyman: I wanted to continue to be part of the Niskayuna community so I subbed for five years. Then, I coordinated our retiree book club as well as our local retiree steering committee.

P. Van: What volunteer roles have you had within Retiree Council 12?

K. Lyman: Since 2011, I have been very involved with NYSUT RC 12. I have been on the social committee since 2011 and serve as its secretary as well as an event planner. From 2011-2014, I have been the RC 12 secretary. I have been honored to serve as RC 12's first vice president with goals to serve the organization, support our co-presidents, and increase retiree participation.

P. Van: What other local activities are you involved in that would be of interest to us?

K. Lyman: At the local senior center, I am part of the book club. As part of the Alplaus community, I support and participate in village activities and remember the elderly. For global efforts, I support all veterans and contribute to Paralyzed Veterans of America.

I am also a mother of twins. I became involved with both the local and the state organizations of the Mothers of Twins Clubs. Currently, I am the president of the Schenectady Mother of Twins Club and vice chair/ treasurer of the scholarship committee of the state organization.



Jeanne Williams Bennett, Kathlene Lyman, Paul Pecorale, NYSUT second vice president, and Stacy Caruso Sharpe at the May 8th RC 12 meeting.

July 16, 2018 West Side Story at Glimmerglass Opera Festival

August 7-26, 2018 RC 12 trip to Alaska & Yukon Land and Cruise

September 24-27, 2018 RC 12 Letchworth, Wineries, Lucille Ball and Harriet Tubman Trip

October 9, 2018 RC 12 General Membership meeting at the Otesaga in Cooperstown

November 3, 2018—RC 12 trip To West Point Football

June 2 - 10, 2019 — RC 12 trip to Nova Scotia,

August 26-28, 2019—RC 12 trip to New Hampshire



By **Karen Wojck-Hess**, Past President of RC 12

The "Times They Are A-Changin'", the words of a familiar song, resound in my head as I share the one definite and one possible BIG change in our UNION, NYSUT. This year's convention theme was OUR VOICE, OUR VALUES, OUR UNION! In the US Supreme Court case of Janus vs. AFSCME Council 31, the justices are being asked to overturn a 1977 Supreme Court decision that a public employee union can collect "fair share" or "agency fees" since unions have a legal responsibility to represent all workers, whether or not they choose to be members. The decision is expected in June. According to Robert Bruno, the BIG question is: Should courts have the power to impose wage cuts, shrink the economy, and require private organizations to deliver costly services for FREE? Most people say NO. Yet, this is what could happen.

"Fair share" or "agency fee" laws state that workers who don't join the union but get the benefits of the negotiations of that union must pay some fees. If the court strikes down fee payer laws, the loss of bargaining power for 5 million affected public sector workers will translate to an average wage cutoff of about \$1800 per year and union membership in affected states could drop by more than 725,000. We do not require lawyers, doctors, accountants, or large corporations to provide services for FREE. We don't forbid them from using the fees they do collect for political purposes. Yet when it comes to unions, the courts apply a very different standard! Janus could take this double standard to an entirely new level. (article: "A Supreme Court Ruling for Janis Would Be Judicial Activism At Its Worst!" by Robert Bruno)

NYSUT, as well as many other unions, has been preparing for this possibility. Retirees do not pay dues, but a negative decision could directly affect us. For example, our health insurance benefits are negotiated by our local union. Our union that gave us good employment and a pension, that assisted us to have unfair issues of all types resolved, and provided camaraderie of a high level, is under attack! The attack is not because we are weak...but because we are STRONG! Keep informed and wear your pin, "I'M STICKING WITH OUR UNION, ARE YOU?" on your shirt or sticker on your car with pride!

The change that is a definite is that the RA, or Representative Assembly, each year now will be held in Albany at the new convention center. RA's will no longer be held in NYC, or Buffalo, or Washington DC. The length of the convention has shrunk from several days to a day and a half. Several of the things we appreciated at the convention like a camera on the people who went to a microphone (often 5 or 6) on the convention floor... are gone! A cost factor, for sure.

The resolutions committees are extremely valuable at all conventions. As I was an alternate but turned out to be the only healthy person who could make it to the convention, I was able to go to Sandy Bliss's committee which was the Civil and Human Rights committee. With resolutions entitled: Climate Change, Immigrants in the US, Ending Violence Against Women, Ensuring Students Make an Informed Decision Regarding Military Service and ROTC, and America's Forever Wars, you can guess why so many hours were spent in the committee as well as on the floor of the convention debating the pros and cons of each resolution. Delegates voiced their opinions as the writers of the resolutions defended the words they had written. Lastly, I'd like to mention the teacher of the year. Christopher W. Albrecht is a fourth grade teacher from Brockport, NY. He has a long history of service to his district, his students, and his community. Teaching offers a precious gift-the chance to impact students' lives-and Mr. Albrecht lives that gift each day. His presence, his voice, his words to us reinforced that statement...for sure!

Enjoy the warm weather in NYS and I'll see you at the Otesga meeting on Oct.9th.



The Outlook

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Note from Co President Jeanne Williams Bennett

As the Outlook was going to press, the Supreme Court announced the Janus decision. In a 5 - 4 vote, the court ruled that government workers who choose not to join unions may not be required to help pay for collective bargaining. Karen's article emphasized the importance of us sticking together.

When I first became union president when I was in my 20's, the initial problem that I had to deal with was that the school district took health insurance away from all of the retired teachers and school related personal. Why? Neither group was part of a union. Next, the district went after the teachers. After a very lengthy process and numerous trips to PERB, everyone ended up with health insurance. The retired teachers organized and joined the local teachers union, and the school related professional staff organized and formed a new union. Through the years, I sat through many meetings and represented members at disciplinary hearings. Some of these people were in danger of losing their jobs. We also won pay increases for a number of new hires who were hired at an improper step.

Do any of these stories sound familiar or bring back memories? I am guessing they do. Many of us taught when there was no agency fee; yet we created strong unions. Today, in our retirement, we are reaping the benefits of that strength. Please share your stories and urge any in service educators whom you know to stick with the union and sign their membership cards.

RC 12 New Hampshire Trip August 26-28, 2019

This luxurious trip to Bretton Woods includes a stay at the grand Mount Washington Hotel, the site of the 1944 World Monetary Conference which established the US dollar as the world's standard currency. The Omni Mount Washington, a national historical landmark, is nestled below the Presidential Range of the White Mountain National Forest. Mount Washington is the highest peak in the northeastern United States, and for 76 years held the record for the fastest surface wind gust in the world (231 mph in 1934). The White Mountain National Forest is one of the most visited outdoor recreation sites east of the Mississippi.



The ride to the top of Mount Washington will be aboard the only cog railway east of the Rockies, a 19th century feat of engineering. In 2014, this was *Yankee* magazine editors' pick for "Best Adrenaline-Rush Train Ride"! When the Cog Railway was first proposed, the New Hampshire legislature was doubtful that it could be completed and gave the builder the right to build a "railway to the moon!" The round trip is 3 hours in length, and has extraordinary mountain views of New Hampshire, the Presidential Range, Vermont's Green Mountains, the classic Omni Mount Washington Hotel, and even the Atlantic Ocean. At the summit are the Mount Washington Observatory, a small museum, a cafeteria and gift shop as well as "Old Peppersass", the world's first mountain climbing locomotive which reached the summit on July 3, 1869.

The White Mountains of New Hampshire are truly spectacular, and the Omni Mount Washington is one of the grandest of hotels. In 2016, *Yankee* magazine's editors picked this trip as "Best Tourist Hot Spot".

This trip includes 2 nights lodging at the Omni Mt. Washington Hotel, 2 breakfasts, 2 full course dinners, a luncheon cruise on Lake Winnepesaukee, the Canterbury Shaker Village, Mt. Washington Cog Railway Ride to the top of Mt. Washington, The Rock Estates, w/New Hampshire Wildlife moose and bear presentation, a souvenir gift, taxes and meal gratuities, luggage handling, and motor coach transportation.

For information contact Wendy Wilson 119 Woodland Dr. #50 Cobleskill, NY 12043 (518) 366-2653

Name _____

Roommate's Name _____

Address _____

Phone _____ Cell _____

Email _____ Cost \$1592 single \$1093 double

Submit the form above and your down payment of \$ 93 per person check payable to NYSUT RC 12, before April 1, 2019. The final payment is due before June 30, 2019. Send the registration to Wendy Wilson

Retiree Council 12 Contribution Form July 1, 2018 - June 30, 2019



Name _____ County _____

Address _____ City _____ Year Retired _____

State _____ Zip _____ Phone _____ Email _____

Original Union Local _____ You may share my email with AFT and NYSUT _____

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. Any questions, please call (518) 993-2854 .

SPECIAL ELECTION NOTICE

**Office and Term : NYSUT RC 12 officer –Secretary
(Term - October 9, 2018 – June 30, 2020)**

Election time, date and place:

10:15 AM October 9, 2018, at the Otesaga in Cooperstown, NY

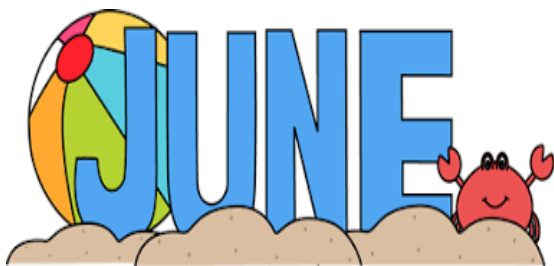
Eligibility to run for position per NYSUT RC 12 membership list is any NYSUT RC 12 member.

Nomination form can be obtained from and returned to election chair, **Phyllis VanSteenburgh,**
tpvan@nycap.rr.com 117 Easterly St. Gloversville, NY 12078-1111 (518)-725-4172

Self nomination form must be postmarked or emailed no later than

July 27, 2018

*The election will be at the NYSUT RC 12 general membership meeting at the **Otesaga in Cooperstown, NY.** To vote, you must be an RC 12 member and present at the time of election. You are not required to stay for the entire meeting nor purchase lunch in order to vote. Nominations must be received by July 27, 2018 per NYSUT RC 12 constitution: No nominations from the floor.*



**RC 12
Outlook
2018**



What Can You Do to Lower the Risk of Getting Alzheimer's

60 % of the factors are within your control!

- 1) Maintain muscle mass with aerobic and weight resistance training.
- 2) Maintain a healthy weight and BMI.
- 3) Eat a plant-heavy diet (veggies, beans, whole grains nuts and seeds) with lean protein.
- 4) Eat fish twice a week.
- 5) Do not eat between dinner and breakfast several times per week. This helps your body burn stored fats.
- 6) Stop texting, email, and TV 30 minutes before bedtime. (Getting a good night's sleep helps prevent Alzheimer's because your brain removes toxins and wastes during deep sleep)
- 7) Balance stress with downtime.
- 8) Keep busy and connected.
- 9) Get regular checkups at the dentist and eye doctor.
- 10) Do not smoke. (Source—Parade Magazine April 8, 2018 page 8-9)



*Fun was had by
all at the RC 12
meeting at the
Glen Sanders*

Financial advice shouldn't be a one-size-fits-all approach!

Stacey Braun Associates, Inc. -- the program provider of the NYSUT Member Benefits Corporation-endorsed Financial Counseling Program -- understands the unique benefits and retirement options of NYSUT members and how to address your specific financial needs.

There are two types of services available: a Full-Service Program and a 403(b) Advisor Option.

Financial Planning Center

Member Benefits also offers NYSUT members access at no charge to an online Financial Planning Center. Choose from more than 100 modules on a variety of financial topics.

NEW! -- Student Loan & Debt Consolidation Services

The NYSUT Member Benefits Corporation is pleased to announce the endorsement of Cambridge Credit Counseling as a provider to assist NYSUT members and their loved ones with better understanding their student loan re-payment options and/or debt consolidation. **Learn more about this new endorsed program by visiting memberbenefits.nysut.org/cambridge.**

Expert legal assistance for NYSUT members

The program offers:

- Low annual cost of just \$85 (\$55 for retirees)
- Unlimited toll-free legal advice
- Includes Simple Will, Power of Attorney, Health Care Proxy & Living Will
- Two, free, hour-long consultations with a plan attorney

Did you know NYSUT members have access to expert legal assistance for everything from preparing crucial estate planning documents to dealing with traffic violations?

Provided by Feldman, Kramer & Monaco, P.C., the NYSUT Member Benefits Trust-endorsed Legal Service Plan offers access to a national network of attorneys that deal with personal legal matters.

For an additional fee, Plan participants can add an Elder Law Rider and/or Business Protection Rider that provides access to attorneys who specialize in these areas.



Learn more by visiting memberbenefits.nysut.org or calling 800-626-8101.

For information about contractual endorsement arrangements with providers of endorsed programs, please contact NYSUT Member Benefits. Agency fee payers to NYSUT are eligible to participate in NYSUT Member Benefits-endorsed programs.

May/June '18

*More details on trips can be found on Website:
<http://rc12.ny.aft.org/>*

**NYSUT Regional Conference
for RC 12
NYSUT RC 12 Membership
Meeting
May 8, 2018 at the Glen Sanders
Mansion, Scotia**



NYSUT Second Vice President Paul Pecorale discussed the Janus Supreme Court Case and its possible effect on



NYSUT'S Paul Webster shared information on the Poor Peoples' Campaign



On May 8th meeting featured a wonderful presentation by Clea Stagnetti from the Albany Apple Store.

She demonstrated tips on improving photography and videography with iPhones and iPads. Free classes and workshops are held at the Apple store. To ask questions, get help, or make reservations call 1-800-275-2273.

If you would like to set up a special workshop or training for a group of retirees, just email Clea at cstagnitti@apple.com and she will reserve a classroom for you and set up a presentation.

