

THE OUTLOOK

Newsletter of the Retiree Council 12

A NYSUT-NEA-AFT Affiliate February 2020

NYSUT RC 12 Winter Luncheon General Membership Meeting

Thursday, March 5, 2020, at the Winner's Circle, Fonda, NY

The Census is Important!

Speaker: Glenn Read, Census Partnership Specialist

9:30 - 10:00 am Registration, plus coffee and tea
 10:00 - 11:00 am General Membership Meeting
 11:00 - 12:00 noon Keynote Speaker
 12:15 - 1:30 pm Buffet Lunch **Luncheon cost per person: \$20.00**



Deluxe Buffet will be offered

Cold Salads, Fresh Vegetable Tray, Relish Tray, Baked Pasta w/ Mozzarella, Oven-Baked Baby Red Potatoes, Green Bean Almondine, Oven Baked Chicken, Sliced Roast Beef in Gravy, Glazed Ham, Rolls & Butter, Coffee, Tea and Decaf, Dessert

Name(s): _____

Address: _____

Phone # _____ E-mail: _____

Make checks payable to **NYSUT RC 12**, and return form by **Thursday, February 27, 2020** to

Theresa Kovian, 33 Henrietta Street, Amsterdam, NY 12010

RC 12 Election Notice

The following positions will be filled by an election at the NYSUT RC 12 general membership meeting on **May 13, 2020, at 10:15 AM, at the Glen Sanders Mansion** in Schenectady, N.Y.

Terms of Office: July 1, 2020 - June 30, 2022

President, 1st Vice President, 2nd Vice President for Legislation, Secretary, and Treasurer (Co-officers are permissible.)

For the 2021 and 2022 NYSUT Representative Assembly (RA) Convention - **2 delegates and 3 alternates** - determined by the rank order of the number of votes cast. (The President is automatically the lead delegate.)

For the 2020 AFT Convention - **1 delegate and 1 alternate** - determined by rank order of the number of votes cast. The candidate receiving the most votes will serve as delegate.

All candidates must be members in good standing per NYSUT RC 12 membership list.

Nomination forms can be obtained from and returned to Election Chair, **Phyllis VanSteenburgh, pvanst123@gmail.com at 117 Easterly St. Gloversville, NY 12078-1111. 518-725-4172**

Self nomination forms must be postmarked or emailed no later than **March 18, 2020** per NYSUT RC 12 constitution: No nominations from the floor.

To vote, you must be an RC 12 member and be present at the time of the election. You are not required to stay for the entire meeting nor purchase lunch in order to vote.

A message from the President of RC 12 Stacey Caruso Sharpe

Happy Anniversary! This year, 2020, we celebrate the 100th anniversary of the passage of the 19th amendment which extended the right to vote to women!

Last week, I attended a NYSUT Capital District Regional Office (CDRO) meeting to discuss the presidential endorsement process and what, if anything, should be NYSUT's position. Jeanne Williams Bennett attended the one in Utica from the Syracuse Regional Office. Officially, NYSUT doesn't take a stand in presidential elections, but we are part of the conversation with our national affiliates, AFT and NEA.

In 2016, AFT did an early endorsement with the idea of having a voice in the endorsed candidate's platform. Many members felt that their voice was not included in the decision and that they were not being heard. For the 2020 election, AFT has changed their process to be much more inclusive. There have been many AFT-sponsored townhalls with candidates, question and answer sessions with candidates, telephone conferences, and many discussions at regional conferences.

At the CDRO meeting, there was a lot of discussion about the electability of every candidate, Republicans and Democrats. Then, there was discussion about which issues NYSUT looks at. Education, union rights, human rights, healthcare and Social Security are what the union stands for and works to improve for our members and those we serve. A discussion was held about where each candidate stands on these issues. The discussion led to many varying opinions. Ultimately, most agreed that a wait and see attitude would be appropriate at this time. In other parts of the state, people felt that an early endorsement for one of several different candidates would be appropriate.

At the AFT Northeast Regional Conference held in Saratoga this past weekend, there was also an in-depth discussion with AFT president, Randi Weingarten, about the new AFT endorsement process and about how we choose a candidate to endorse, if we choose to do so. It was acknowledged that our many members belong to many different parties: Democrat, Republican, Independent, Working Families, Green, Libertarian and others. More people now choose to support local, state and national candidates based on the issues that the candidate supports and not strictly on the party that endorses them. The focus of the discussion at AFT was in a large part on how we make sure we hear all of our members' voices and how we educate members about the issues we stand for and where candidates stand on those issues.

Sometimes, people look at only one issue while considering candidates. Since there are many issues that affect our quality of life, I encourage you to make a list of the issues that are important to you and then to see where the candidates really stand on those issues. Don't just listen to 30 or 60 second sound bites, but look into the actions of the candidates. What bills have they sponsored, what bills have they actively worked to pass, what issues have they fought for, spent time on, and spent their own money on?

With the impeachment hearings currently going on, some people are burnt out listening to all the proceedings while others choose not to listen at all. The reality is that our future democratic process could be drastically changed. Our earned benefits the way we know them could change. I encourage you to stay informed. Listen to different news programs on different stations to hear different views. Listen to the same story from several different stations and see if any are alike or if they are all different. What makes the most sense given the evidence presented? It may take some time, but given what is at stake, isn't it worth your time?

VOTE/COPE opens doors.

A PAC meeting was held this past week to discuss an endorsement of a candidate for President. All locals in the Utica Regional Office were invited to send a representative to share the views of their members regarding a candidate who would best represent our beliefs and values. All of the Republican and Democratic candidates were considered.

The goal was to share these views with the NEA and AFT before an endorsement is made. NYSUT does not endorse a candidate for President.



Jeff Doran, president of Camden TA; Ian Phillips, NYSUT PAC Coordinator; Dave Derouchie, ED 8, NYSUT Board of Directors; Jeanne Williams Bennett, immediate past president of RC 12; and Bruce Bennett, Herkimer BOCES retiree

The Outlook

President Stacey Caruso-Sharpe (518) 496-2769
1st VP Kathlene Lyman (518) 399-0256
2nd VP TBD
Treasurer Dolores Talmadge (518) 993-2854
Secretary Cathy Picciocca (518) 922-6025

Immediate Past President

Jeanne W. Bennett (315) 895-7063

Past Presidents: Karen Wojcik-Hess Judy Schultz
Don Griffith Bill Schultz Jim Marquit

Directors

TBD - Herkimer
Margaret Dafeldecker - Schoharie & Otsego
Theresa Kovian - Fulton & Montgomery
Vickie McGowan-Horan - Schenectady
SRP Director—Susan Proctor

Newsletter Staff Phyllis VanSteenburgh,
Carolyn Darkangelo, Jeanne W. Bennett,
Theresa Kovian

Webmaster - Carolyn Darkangelo
Assistant Webmaster - Theresa Kovian
Darkangelo @nycap.rr.com

Website: <http://rc12.ny.aft.org/>

NYSUT Retiree Services Consultant:
Jennifer Shaad-Derby (518) 783-7977

2020 Census - Shape Your Future!

By Jeanne Williams Bennett, *immediate past president of RC 12*

Beginning in mid March, nearly every household will receive a notice in the mail to complete the 2020 Census. The Census plans to work with the U.S. Postal Service to stagger the delivery so that they can spread out the number of users responding online and be able to better serve people if they need help over the phone. The Census plans to follow up in person with all households that don't respond. Special procedures are in place to count people who don't live in households such as students living in university housing or people experiencing homelessness.

WHY IS THE CENSUS IMPORTANT TO ME?

Data from the Census will determine how \$700 billion in federal funds will be distributed annually. Specifically, the data will be used to ensure public services and funding for public schools, hospitals, and fire departments. It will help veterans, children and families have access to quality health care, help seniors access food, housing, and medicines, and improve roads and transportation. It also helps determine how many seats New York State is allocated in the House of Representatives.

Remember, the Census is every ten years. For example, if every resident does not respond, and is therefore not counted, New York's public schools will receive less funding for ten years. This would include the allocation of Title I aid, the National School Lunch Program, Special Education grants, and even building aid.

HOW CAN I RESPOND?

For the first time ever, the US Census Bureau will accept responses online. If you prefer, you can still respond by phone or mail.

WHAT INFORMATION WILL BE REQUESTED?

The Census will collect basic information about the people living in your household. When completing the census, you should count everyone who is living in your household on April 1, 2020.

WHAT INFORMATION WILL NOT BE REQUESTED?

The Census Bureau will **never** ask for:

- Social Security numbers.
- Bank or credit card account numbers.
- Money or donations.
- Anything on behalf of a political party.

WILL MY INFORMATION BE KEPT CONFIDENTIAL?

Strict federal law protects your responses. The penalty for wrongful disclosure is a fine of up to \$250,000 or imprisonment for up to 5 years, or both. No law enforcement agency (not the DHS, ICE, FBI, or CIA) can access or use your personal information at any time. The data collected can only be used for statistical purposes such as how much federal funding our community receives.

WHERE CAN I GO TO LEARN MORE? Visit 2020census.gov. **Please help ensure that New York State gets its fair share!!**

(Information compiled from New York StateWide Senior Action Council, the United States Census 2020, and from nysut.org.)



How Can You fight Inflammation?

Did you know that inflammation is linked to all the diseases related to aging? Doctors can tell you how to fight it in your daily life. When you are sick, there is usually inflammation, but chronic inflammation is caused by the immune system misfiring. Your body's own neutrophils and white blood cells cause damage to your organs.

This inflammation has 4 causes: long term infections such as HEP C, genetics, environment, and lifestyle. You can change your environment and lifestyle using a healthy diet and regular exercise.

Here are some simple changes that could make a big difference in your life. First, replace white bread with whole grain, and reduce the amount of sugar in your diet. This results in healthy bacteria inhabiting your gut. Next, eat dark fruits and vegetables (antioxidants), yogurt with probiotics, colorful salads, and healthy fats (olive oil, avocado, nuts).

If you follow the dietary advice above, you should reduce your belly fat which is known to increase inflammation. Also, learn to deal with stress. Exercise, yoga, prayer, and meditation are ways of reducing the effects of stress on your systems. Finally, getting enough sleep is the most important change you can make. Elizabeth Boham, director of the Ultrawellness Center in Lenox, MA, states, "When people give their body time to rest and lower stress, they have an easier time making smart food choices and getting exercise the next day." Think about making one small change at a time. It will be a great investment in your future.

Source: "The Cure for Everything" by Mike Zimmerman in the AARP Bulletin Nov. 2019



Save the Date 2020

March 5	RC 12 General Membership Meeting Winner's Circle in Fonda
April 15	RC 12 trip to see "AIN'T TOO PROUD" in NYC
May 13	RC 12 Annual meeting, election, and NYSUT Conference at the Glen Sanders in Scotia
June 14-20	RC 12 trip to Mackinac Island, Michigan*
July 1	Future RC 12 trip
Aug 17	Future RC 12 trip
Sep.25-Oct. 5	RC 12 trip to South Dakota*
Nov. 11, 2020	RC 12 trip to see "THE MUSIC MAN" in NYC

*Trip is wait listed. Call to add your name to the list.

(see website)

Always verify dates with the trip coordinator.



Sick of TSA line?

By Carolyn Darkangelo, Retiree Mayfield TA

If you have been thinking of Security Passes, here are some options:

TSA Pre costs **\$85 for 5 years**. It gives you a faster security line (shoes on, laptop and liquids stay in your carryon). Apply at [tsa.gov/precheck](https://www.tsa.gov/precheck). You must go to an enrollment center for a background check and fingerprinting. (The downside- closest centers – Bradley Airport, Conn; Champlain, NY; or JFK airport.)

Global Entry costs **\$100 for five years**. It helps avoid custom lines and uses a secure kiosk. (It includes TSA Pre.) Go to [cbd.gov/travel/trusted-traveler-programs/Global Entry](https://www.cbd.gov/travel/trusted-traveler-programs/Global-Entry). (same as TSA Pre)

Another option is downloading Mobile Passport App which allows you to pre-enter trip info on your phone to go to priority customs line (cost --- **\$15 per year**).

The most expensive is Clear which involves fingerprint or iris scanning -\$179 per year.

Whatever you do, you must plan ahead, because the screening process will take time (11 weeks at least). Happy Travels!

Source: AARP The Magazine Dec. 2019/Jan. 2020 Page 12

Update for the TSA Article

My husband and I decided to apply for the Global Entry. CAUTION If you google Global Entry, the first items that show up in the search can be commercial ads which offer to charge you more (\$169) to do for you what you can fill out yourself. Make sure you are at [cbd.gov/travel/trusted-traveler-programs/Global Entry](https://www.cbd.gov/travel/trusted-traveler-programs/Global-Entry) They will charge you \$100!

The first application took 30 Minutes (watch the employment section) you need to click there even if you are not employed, because they then ask you your employment status – for us that was retired. The second one took only 20 minutes. Make sure you have the following information before you begin.

1. Passport
2. Drivers license
3. Employers for last 5 years
4. Addresses for last 5 years
6. A list of Countries you have travelled to in the last five years.

Save progress as you go my internet dropped out and I had to retype one section. Finally, triple check your information. Your \$100 fee is nonrefundable. If you must correct anything later, you will probably need to pay another \$100.

We applied Jan 31, got our conditional approval Feb 2 and made an appointment At Champlain (at the border) for **Feb 4**. We drove 3 hrs. We arrived 40 minutes early, so we went in. The interview, fingerprints and picture for both of us took 5 minutes. By the time we got back home we got email that our global entries were approved. We supposed to get them in 10 days, but we don't need to carry them to fly only to cross into Canada and Mexico. The cards arrived on February 8.

THEN

Late Wednesday February 5, the Department of Homeland Security announced it would block New York residents from applying for, or renewing membership in programs that expedite international travel.

The programs include Global Entry, which expedites entry into the U.S. from international destinations; NEXUS, which speeds entry to the U.S. from Canada; SENTRI, which covers entry to the U.S. from Canada and Mexico; and FAST, a program for truck drivers crossing into Canada or Mexico.

BUT you can still apply for TSA Precheck!



Let NYSUT Member Benefits assist with all your financial needs throughout your life

- Unbiased financial advice with our endorsed Financial Counseling Program
- Full-service program and 403(b) option available
- Access to our online Student Loan Center & Financial Planning Center



SCAN ME

Expert legal assistance with our Legal Service Plan

- Low annual cost of just \$85 (\$55 for retirees) Save \$5 with Payroll & Pension Deduction
- Unlimited toll-free legal advice
- Free Simple Will, Power of Attorney, Health Care Proxy & Living Will
- Two, free, hour-long consultations with a plan attorney



SCAN ME

To learn more about these Member Benefits-endorsed programs & services, visit memberbenefits.nysut.org, call **800-626-8101** or scan the above QR codes.



For information about contractual endorsement arrangements with providers of endorsed programs, please contact NYSUT Member Benefits.

Retiree Council 12 Contribution Form July 1, 2019 - June 30, 2020

Name _____ County _____
 Address _____ City _____ Year Retired _____
 State _____ Zip _____ Phone _____ Email _____

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

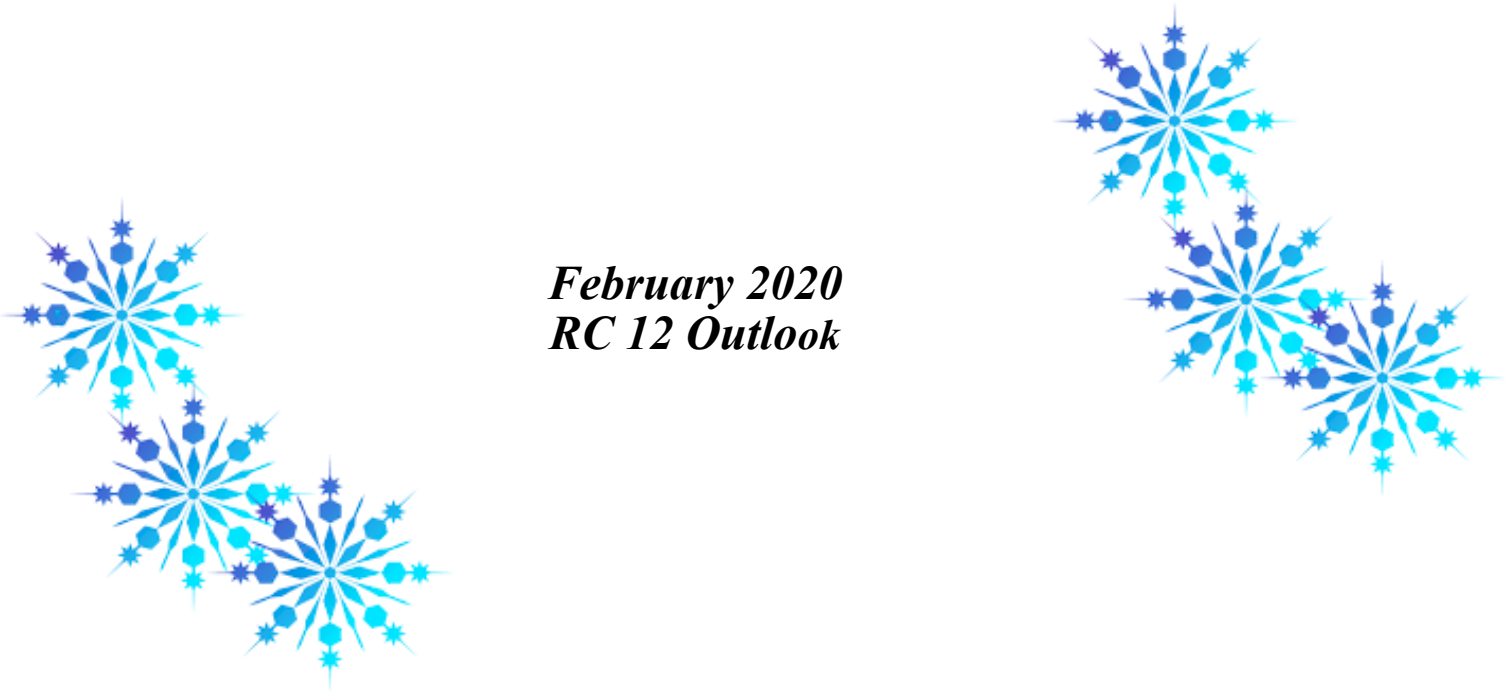
My Assemblyman _____ My NY State Senator _____ My US Representative _____

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 .



February 2020 RC 12 Outlook

Listed below are those who have made their \$15 contribution to NYSUT Retiree Council 12 between October 11 and January 10 for the 2019 - 2020 year. Those who make their donation after January 10 will have their names listed in future issues of THE OUTLOOK. If you think I have made an error, please call me at (518) 993-2854 , or e-mail me at doloresltalmadge@gmail.com Thanks for your financial support. Dolores Talmadge, treasurer

	*Paid through 2020-2021	+Paid Beyond 2021	
Beverly Andrews	Mary Disque*	Nancy Huth	Martha Meskutovecz
Mary Angelotti	Barbara Doyle	Virginia Jaquish	Dr. Joseph Neufeld
Debora A. Berger*	Lillie Duda	Ermelinda Jennings	Diane Niznik
Barbara Bilins	Winifred A. Dunn-Jones	George R. Keyser	Maureen Parker
Marny Boardway	Arnold English	Pamela J. Kostbar-Jarvis	Linda Peters*
Grace Kay Brady*	Margaret English	Theresa Kovian	Kathleen Pfeiffer+
David Bundy	Edmond Farhart	Jean La Porta	Agnes Phillips
Vincent Chadwick	Robert Fisher*	Vincent La Porta	Cathy Picciocca
Lyle R. Chastaine*	Harold L. Frye	Jeri Liggero	Milan J. Ralbovsky
Robert Christensen*	Diane M. Fyfe*	Beatrice M. Malone+	Maria Rodriguez
George P. Ciampolillo	Ray Gawlas	Robert Mandry	Mary Lynn Rourke+
Pamela Constantino	Linda M. Gloop	Marilyn E. Martin+	Karen Ruggiero*
Susan Cromer	Sharon Halpin	Janice H. Mason	Jo Ann Salo*
Jonetta Darcy	Katherine Hargett	Stephen Mattice	Stephanie Schechter
Mary Jane D'Errico	Teresa Hayes	Michelle McCarthy	Linda Schiavone
Joan C. Diamond	Ken Hoover	Angela McCoy	Lori Shuster
David Dickerson	Deborah Huntzinger	Randie McGurrian	Joyce E. Sleeper+
			Joanne Sollecito
			Paul Spofford*
			Elizabeth Spraker
			Susan Stein
			Johanna Sweet*
			Serena F. Sweet
			Richard Terry
			Dawn Thomas
			Mary Ann Tomlinson*
			Helene Vassi+
			Carol Warasta
			Lorraine Waterhouse
			Margaret Wemple
			Marie Wojeski
			Eileen Wrightsman

Thanks!