

THE OUTLOOK

Newsletter of the Retiree Council 12

A NYSUT-NEA-AFT Affiliate

June 2022

A Dedicated Member of RC 12 – Jennifer Shaad-Derby

By Carolyn Darkangelo, retiree from Mayfield TA



Jennifer, on the right, enjoys the RC 12 meeting in May

Jennifer Shaad attended and graduated from Mayfield Central School where her parents were teachers. Her father was the leader of the MTA for many years. After college in 1975, Jennifer returned to Mayfield Elementary School to teach. Early in her career, she participated in the Committee of 100, attending with her father. She was an active member of the Mayfield Teachers Association, serving as a member of the negotiation committee, vice president, a member of the grievance committee, and president. Jennifer Shaad-Derby represented Mayfield at the NYSUT RA for many years. She attended the Committee of 100 for thirty years. After her retirement, she participated in RC 12 and became the NYSUT retiree consultant for RC 12 and RC 13. As our consultant for ten years, she developed a spring meeting partnership to combine the RC 12 spring meeting with the NYSUT conference, and she was a vital connection to NYSUT. At the May meeting in Scotia, she was presented with a thank you gift from RC 12. Also, the RC 12 board of directors will be making a \$100 donation to her favorite charity. Jennifer is widely respected in our organization. Several members of RC 12 shared their thoughts:

According to Eileen Wrightsman, “Jennifer was born to be a leader – following in her father’s footsteps. So, it was only natural for Jen to be actively involved when she returned to teach at Mayfield. As a retiree, she represented retirees in RC 12 and worked for retirees as NYSUT’S retiree consultant. It has always been a pleasure to know and work with Jennifer.”

Mary Pritchard shared, “Jennifer is a kind and wonderful person; she often helped me in many ways. We were so lucky to have her represent us and be our NYSUT consultant.”

“When Jennifer was our retiree consultant, she was always helpful in answering questions that I could not. She certainly is a dedicated unionist,” John Mazur stated.

Dolores Talmadge added, “Thank you for your dedication to our cause. It is so appreciated.”

Maggie Bouck, board member, said, “I am very appreciative of her help when the Cherry Valley-Springfield retirees decided to organize and form their own chapter in 2021.”

Marge Dafeldecker told us, “She was always present, involved, and ready to help, and she followed up on anything that the board requested. Above all, she is friendly, engaging, and down to earth. I enjoy being around her.”

Stacey Caruso-Sharpe remembers first meeting Jennifer at the Committee of 100 in 1982. “I was really nervous at my first NYSUT activity, and Jenn was very welcoming. It made it so much easier. We went on to serve together at many NYSUT functions including FulMont (Fulton Montgomery Counties) president cluster meetings, the Committee of 100, NYSUT RA’s, and in many different capacities for over forty years. I am so glad I got to know Jenn and that we have had the opportunity to share union work and friendship! I hope that we continue to have more experiences together for many years to come!”

In conclusion, RC 12 says **thank you, Jennifer**, for being a person who everyone can depend on and trust. We know you will remain active in making RC 12 the best it can be.

Van Gogh Exhibit: The Immersive Experience

Awarded best 2021 immersive experience by *USA Today*
Ranked among the 12 best immersive experiences in the world by CNN

by Phyllis VanSteenburgh, St. Johnsville Oppenheim-Ephratah retiree



Have you ever dreamt of stepping into a painting? Now you can with this exhibition that has been touring since 2017 with over 5,000,000 visitors! This is the best show experience I have ever had, and I was there for over two hours! The exhibition is located at Armor Studios, 125 Washington Ave., Schenectady. The show will be there until August 28th. Daily hours vary, but it is not open on Tuesdays.

I bought my ticket online. Tickets can be obtained on your phone through the Fever app. You must pick the date and time to arrive. The senior price is \$20.70, and then, there is a \$5 fee for every ticket..

Tickets can also be obtained, along with more detailed information, on the website <https://vangoghexpo.com/albany/>
Get your tickets now!

NYSUT Retiree Council 12 President's Message

Wow!!!! What a school year! Most in-service school employees who I know can't wait until the end of the school year! As the end quickly approaches, the madness doesn't stop! COVID, masks, and vaccinations are still in the back of our minds, and now, horrendous shootings are center stage. It is a time for celebrating wonderful accomplishments this school year in spite of the extenuating circumstances. And while we will be doing that, we are reminded of the students who will never have that opportunity because of gun violence. Not just the mass shootings, but all students who have lost their lives because of gun violence. While there are those people who would like to enhance the societal divide that exists around guns, there seem to be more people who are in agreement over things that can be done to help end this horrible epidemic. There are many gun owners who are in favor of gun ownership in a responsible manner. Background checks, red flag laws, waiting periods, limiting the number of rounds in a magazine, and raising the legal age to purchase certain types of guns are things with which many people agree. These common-sense concepts have the support of many gun owners. NYS currently has many of these regulations as law. Let's hope that our elected representatives get this message and do something that may help limit the need for "thoughts and prayers" because of another senseless tragedy.

While summer fun has begun, I encourage you to stay informed of what is going on in our local, state and national politics. The public hearings that show how close we came to losing our democracy on Jan. 6, 2021, will soon begin. Please try to keep an open mind when viewing these or when listening to commentary about what is shared. I hope that all of our elected officials will be able to come together and make improvements to our government so that our democracy will never again be put at such risk. I can't help but notice the irony in how hard the people of Ukraine are fighting, of how much they are sacrificing to keep what many of us have taken for granted. It is much easier to hold onto a democracy than to try and win it back!

Campaigning has begun, and there are many candidates for local, state and national office. I encourage you to get involved. Find candidates that you like, and volunteer to help them win. Make contributions, make phone calls, write postcards or texts, but please, DO SOMETHING! We cannot afford to be spectators when so many issues that could affect our future are at risk, including proposed changes to privatize Medicare and Social Security. At a NYSUT Retiree Advisory Committee meeting last week, this threat was discussed in some detail. As we learn more, we will post information on the RC 12 website. (rc12.ny.aft.org) Remember, due to redistricting and late legal challenges, there will be two primary days for New York. The first is June 28, 2022 (with early voting June 18 -26), and the second is August 23, 2022, for congressional and state senate races. Check your county board of elections for details. November 8, 2022, is the general election.

NYSUT has brought back the MOI – Member Organizing Institute - this summer. If you like meeting fellow NYSUT members and like to chat and listen, this may be for you! In-service and retiree members, teachers, SRP's and healthcare workers are all welcome. For more information, check out: <https://www.nysut.org/resources/special-resources-sites/fight-back/member-organizing-institute>

With summer here, I hope you all find time to get together with family and friends and enjoy some happy times together. We are so fortunate to live in an area where there are many activities, sporting events, hiking trails, concerts, fireworks, shows and restaurants where we can spend some time making memories together! Remember to check NYSUT Member Benefits for discount tickets to many local attractions! Visit: <https://memberbenefits.nysut.org/> for more information.

For those who will be enjoying RC 12 trips or any trips this summer, I wish you safe travels! I look forward to seeing everyone at our fall general membership meeting! (Details will be coming!)

In solidarity, Stacey

Some Health Tips

Some veggies are better when they are cooked. **Spinach** contains oxalic acid which can block absorption of calcium and iron. Cooking breaks down the oxalic acid. Grilling, sauteing, or microwaving **mushrooms** increases their antioxidant activity. Our bodies are better able to use beta carotene in **carrots** if they are cooked. You can better absorb the lycopene, which protects against cancer and heart disease, if you cook **tomatoes**. Steaming broccoli preserves its anti-cancer compounds and makes it easier to digest. (Source: On Health by Consumer Reports, January 2021)

Watch Out for Ticks!

LYME ticks are becoming very prevalent in our area. Very tiny nymphs are around in the spring; they are difficult to spot. Wearing light-colored clothing will make it easier to see them. When hiking or gardening, everyone should spray or wear insect repellent clothing that contain permethrin. Two examples are Buzz Off or Insect Shield. Wear long sleeves and long pants. Also, put your socks over your trousers. After outdoor activities, do a tick check and shower.

If you find a tick has attached, **do not try to pull it out**. You can try to cover it with liquid hand soap; this may convince it to let go. A new device can be very useful. It is a **Tick Tornado** (google it) which provides a safe way to remove ticks. It would be a good item to have before you find a tick. There is a two pack which works on big and little versions of this creature. You hook the tick's head and then twist and rotate until it detaches. Then, you can lift it off without leaving its mouthparts in your skin. If the tick is attached for more than 24 hours, you may need treatment to prevent Lyme disease.



Many people do not know they have had a tick. If you notice a **bullseye rash** (google this), this may indicate Lyme disease, which can be a very serious disease. You should contact your doctor for treatment. Article by **Carolyn Darkangelo**, retiree from Mayfield TA

The Outlook

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These are the contributions of record received from members from May 11 - June 5, 2022.

Your name will appear only once in *The Outlook*

Please keep track of your contribution as to avoid multiple payments within one year.

“ * “ indicates paid through June 2023. “ + “ indicates paid beyond June 2023.

ADAMCZYK, Linda+	ETKIN, Lois	KWIATKOWSKI, Jean	REID, Carol C.*	WALSH, Kathy
BAGGETTA, Cheryl*	FISCHER, Mary	LOUCKS, Judy*	RETERSDORF, Susan	WILLIAMS, Roy+
BAKER, Kathy+	GEORGE John*	MANDRY, Robert	ROESER, Patricia	WILSON, Wendy*
BENNETT, Bruce*	GEORGE Paulette	MATTESON, Jeannette+	ROESER, Randall	
BENNETT, Jeanne Williams*	GRIESEMER, Lynette B.*	McCARTHY, Colette S.*	SARGALIS, Ann*	
BERNARD, Harriet*	GUERNIER, Monica+	MONK, Mary +	SHAAD-Derby, Jennifer*	
BLOTHENBURG, Janice*	HARRIS, Don+	MORSE, Mary Jane *	SHAVER, Carol*	THANKS !
CINQUANTI, Maria*	HOFFMAN, Deb*	NADLER, Sue *	SHAYLOR, Claudia J.*	
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DIXON, Sherry	INMAN, Lynda L.	OLSON, Joanna	SPRAKER, Elizabeth*	
DOUGLAS, Anne E.	KARKER, Charles+	PITCHER, Raymond*	TOWNE, Marlene*	
EIPP, Sandy+	KAVANAGH, Mary E.*	PRITCHARD, Mary*	VanDERWIEL, Mary Lou	

It's Not Easy, but Seniors Can Make Change Happen

I hope you remember me as one of your past RC 12 presidents. Five years ago, I ran for president of the Capital District Chapter of the NYS Alliance for Retired Americans (NYSARA). There was no competition, so I got the job. This organization advises, educates, and advocates for seniors. As NYSUT retirees, we are automatically members of the Alliance for Retired Americans (ARA). We are extremely lucky to have two very dedicated leaders at the helm, one at the national level and one here in New York State.

Robert Roach, Jr. is our national president. He retired as the general secretary-treasurer of the International Association of Machinists and Aerospace workers (IAM) in 2015. He has a BS in Labor and Management from SUNY Empire State College (close to our home) and is a graduate of the Labor Liberal Arts Program at Cornell University.

Having met him and watched him lead the ARA national convention before Covid, I experienced a dynamic leader and a direct and clear speaker who is articulate, engaging, and well informed. He allows the ideas of others to be heard and incorporates their skills to attain the organization's goals. He is very likeable.

Barry Kaufmann, our NYSARA president, can best be described as informed and dedicated! For seven years, Barry has been advocating for senior issues with an exemplary knowledge of the facts on both the national and state levels. Barry was a teacher in the Poughkeepsie City Schools for 34 years, serving eight years as union president, and then went on to be the executive assistant to the president of the NYS AFL-CIO for four years. He has created a weekly news type letter for seniors called the Monday Alert. It accurately instructs and informs about state and national issues that affect seniors. To sign up for this valuable newsletter, go to nystate.retiredamericans.org/about-us/ Scroll down to the blue box at the bottom of the page, and click on "Sign up for Monday Alert".

Once a month, the five chapter presidents of NYSARA meet on ZOOM. This past month, I posed the following question to Barry, "How do we make a difference in this turbulent political environment? Do we keep sending \$7 or \$27 to all the candidates who support better voting rights or the right to have an abortion? Do we serve as a volunteer at the polls or march in a rally for better health care? Just how much can my back, my feet, and my pocketbook allow me to make a difference? After all, I'm in my 70's!"

Barry advised the following: For one year, bring up a topic you are concerned about, passionate about, to a hundred people! Be brave at that Thanksgiving Day family meal as your sister helps with the cleanup or when sitting in the seat next to your cousin at your granddaughter's recital. State why you are concerned about the re-election of a certain US Congress person to the mah-jongg group with whom you feel comfortable. Share in a kind, pleasant voice your thinking supported with some facts. Receiving no response does not mean you were not heard! If just ten of those one hundred people see things differently, decide to vote, or agree with you, you succeeded! It's a win! If each of us could win over ten people, we could have success! It could change the outcome of an election!

How might we win over a bigger audience? We, as teachers, have mastered ways to write factually and creatively to influence others and propose needed outcomes! Write a letter to the editor. Articles are posted online these days and are seen by many!

As Eleanor Roosevelt has been quoted to say, **"Do one thing every day that scares you! With the new day comes new strength and new thoughts."**

It's not easy, but seniors can make change happen!

In Solidarity,

Karen Wojcik-Hess

RC 12 Group went to NYC to See “The Music Man” with Hugh Jackman



RC 12 In Person Meeting at the Riverstone Manor
This included the RC 12 Election and Business Meeting
and NYSUT's RC 12 Regional Conference



Explore all your union membership has to offer!



It's never too early
(or too late) to make
plans!

Find out how NYSUT
Member Benefits can
help you make the
most of your summer.

Check out the MB Discounts & Deals program in the Shopping, Travel & Personal section of our website to start planning (and saving) today.

Thinking of your next big adventure? A family trip or summer vacation? Member Benefits Discounts & Deals offers great savings of up to 50% on flights, hotels, car rentals, attractions and more when planning a trip.

Whether you want to explore other countries or the United States, Member Benefits Discounts & Deals has you covered. From London to Miami to Las Vegas to Paris, there are an abundance of other savings available as well! Restaurants, museums, theme parks, walking or bike tours, ziplining, sightseeing cruises, city exploration activities ... the list goes on. You can access these deals either online or through the MB Deals mobile app.



Learn more by scanning the QR code to the left,
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calling 800-626-8101.



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

May/June 2022

Keep all Ukrainians in our thoughts and prayers

Retiree Council 12 Contribution Form July 1, 2022—June 30, 2023

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 _____ Amount _____

Dolores Talmadge 206 Main Street, Fort Plain, NY 13339

Make check payable to NYSUT Retiree Council 12.

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



RC 12 Outlook

June 2022

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

Here are some interesting answers to questions from AARP Magazine readers— April/May ‘22

What’s the best anti-aging diet?

“Eating more legumes, nuts, whole grains, fruits, and vegetables with less red and processed meats – extend life expectancy. The earlier the switch the better. Foods like sugar and processed flour can trigger inflammation in your body.”

What is best for your muscles?

“Urolithin, produced when you digest nuts and berries, may help counteract age associated muscle loss.”

What is the number 1 thing I can do to help prevent dementia?

“Be in bed by 9:00 PM. The earlier you get to sleep the more slow wave sleep you get. Slow wave sleep supercharges the brain health clearing away toxins and waste build up that cause dementia.”

Save the Date

****Sept. 30 - Oct. 10, 2022 RC 12 Trip to Mount Rushmore.** Contact Linda Zilka by email - ljzilka@gmail.com or call at (518) 725-5139 to place your name on the waiting list

Primary Dates — June 28 and August 23

Early Voting — June 18-26 August 13-21

RC 12 NYC Trip for FUNNY GIRL September 21, 2022, matinee. Details to follow on website. Kathy Lyman is in charge.