

Vote "NO"

November 7, 2017 on the Constitutional Convention

YOU MUST TURN OVER THE BALLOT TO VOTE NO!

Why in Five?

It's just not necessary.

1. A process already exists to amend the constitution, and it doesn't cost a thing.
2. For example, the legislature passed an amendment in 2013 expanding casino gambling. The same process could be used for new amendments.
3. Opening the state constitution is a Pandora's box. You can't predict what changes delegates will make.
4. The last time a convention took place it was a complete failure: voters rejected every proposed change.
5. Don't add to Albany waste.

A Politicians' Convention

1. During the last convention, 4 out of 5 delegates were career politicians and Albany insiders.
2. Every politician who ran for a delegate seat that year WON a delegate seat.
3. Who ran the show? All of the convention leaders were sitting legislators.
4. And thanks to Citizens United, corporate special interests can spend UNLIMITED MONEY getting their cronies elected.
5. Do you trust Albany insiders to do what is right? Don't risk it.

What's at stake?

1. Your safety net - the constitution guarantees your pension.
2. It guarantees that your pension cannot be diminished - taxed.
3. Voting rights - The constitution provides valuable protections.
4. The environment - We have the nation's strongest protections for "forever wild" areas like the Adirondacks and Catskills.
5. Public education - it guarantees students the right to a free public education.

A waste of tax dollars

1. Experts estimate the convention will cost millions in taxpayer dollars.
2. Lawmakers can collect salaries and pension credits as elected officials and as delegates simultaneously.
3. The last time a convention took place; it cost the taxpayers millions and accomplished nothing.
4. Constitutional conventions don't have mandatory end dates - delegates keep meeting and taxpayers keep paying.
5. **Should taxpayers fund a party for Albany insiders? NO!**

Adapted from New Yorkers Against Corruption.
(NYAC)

RC39 Board will meet at NYSUT Headquarters

For the first time all RC39 board members will meet in one location. This will occur at the Retiree Contiguous E.D. (At-large) Meeting, October 2-3, 2017, at the NYSUT Headquarters, Latham, NY. Usually RC39 board conducts its business by email because of the difficulty getting all board members together in one location. At this meeting the board will consider better ways for RC39 to communicate with its members and to get more members, particularly members from Upstate, to participate in the

NYSUT and RC39 efforts to protect retiree benefits and rights.

Resolutions submitted by retiree councils will be considered at the Retiree Contiguous E.D. meeting. Having all board members attend this meeting gives them the experience of seeing firsthand how NYSUT retirees have input to the development of policy issues supported by NYSUT.



VOTING NO IS NOT ENOUGH

There is just too much at stake to just vote no to a constitution convention on November 7, 2017.

Now that we have the facts, we must all educate our friends and relatives of the risks and waste of having a constitutional convention.

Remind everyone to **turn over the ballot in order vote NO** to having a constitutional convention.

Have you paid your voluntary RC39 contribution for 2017?

If you have not sent in your voluntary NYSUT RC39 annual contribution, now is as good a time as ever. Just send your check along with the form below to the RC39 treasurer. It is your contributions that enable RC39 officers and delegates to represent you at NYSUT conferences and meetings.

Retiree Council 39 Voluntary 2017 Participation Fee form

Name _____ e-mail _____
 Address _____ Phone (____) _____
 City _____ State _____ Zip code _____
 College retired from _____ Year of Retirement _____
 Please check amount of your voluntary participation fee: \$25 _____ Other \$ _____
 Send your check, made out to NYSUT RC39, along with this completed form to:
 Ms. Joan Prymas, RC39 Treasurer, 141 Montgomery Street, Ilion, NY 13357

RC39 Website

Check out RC39 website <http://rc39.ny.aft.org/> where you can read recent NYSUT RC39 newsletters, AFT and NYSUT news releases, and much more.

COMMONSENSE TIPS FOR BETTER NUTRITION

By Frances S. Hilliard, RN, MS

Faced with often conflicting information coming at us from multiple sources, it's no wonder that we can be confused about what to include in our diets, and what not to include. It isn't a good idea to change your eating patterns based upon a single study. Research results can be influenced by many different factors, and may not represent solid scientific evidence. Information found on a website needs to be carefully evaluated: Is the source reliable? Government sites, medical schools, and professional associations are the most reliable. Does the information represent an unsubstantiated personal opinion or simple anecdotal "evidence?" Are they trying to sell you a product, nutritional supplements or vitamins, for example?

Remember that it's never too late to improve your diet, and even small changes are better than none. It's always best to discuss your diet and any planned changes with your health care provider, especially if you've been diagnosed with one or more chronic medical conditions. If you are on Medicare and have a chronic condition (such as diabetes or cardiovascular disease), you are probably eligible for a consultation with a Registered Dietician to discuss dietary measures that help control these conditions.

As a general rule, drink plenty of water – five or more eight ounce glasses per day are suggested. An added advantage to staying well hydrated is that doing so will lower the risk of blood clot formation. This is especially important when traveling by airplane.

Many nutritionists of late are recommending the "No White Foods" diet: no white sugar, white flour, white bread, or white rice. These

foods are considered "empty calories", being high in carbohydrates and having little other nutritional value. If you include these foods in your diet, do so in moderation and on an occasional basis.

"Best Bets" to include in your diet:

- Foods that have been shown to reduce inflammation in the body (and in some cases to reduce pain as well). These include ginger, turmeric (in a dietary supplement it is known as curcumin), blueberries, tart cherry juice, virgin olive oil, hot peppers, cold water fish (salmon, tuna, sardines, and mackerel, which contain omega -3 fatty acids; avoid tilapia and catfish, which contain omega-6 fatty acids and promote inflammation), and red wine (Daily allowance for men is 2 glasses daily, and 1 glass daily for women.).
 - Include more fiber in your diet, including fresh fruits and vegetables, as well as whole grains.
 - Naturally fermented foods such as sauerkraut, kimchi, yogurt, and kefir, all of which contain probiotics. Consider taking probiotic supplements.
 - Dark chocolate (containing at least 70% cacao).
 - Green leafy vegetables.
 - Nuts, especially walnuts, almonds, or pecans.
 - Cinnamon, recently discovered to have a number of health benefits, including stabilization of the blood sugar. (It is available in a supplement.)
- Foods to Approach with Caution and Limit in Your Diet:
- Processed meats, including, bacon, ham, hot dogs, sausages, and lunch meats
 - Grilled foods, especially red



meats.

- Flavored yogurts containing excessive sugar.
- Artificial sweeteners.

An additional dietary consideration is how some foods interact with your medications. Drug-food interactions are quite common, and may cause significant health problems by either enhancing or decreasing a drug's therapeutic effect. Be sure to consult your health care providers, especially your pharmacist, for specific information.

References

"Best Diet Tips Ever", Web MD. www.webmd.com

"Choose My Plate", USDA. www.nutrition.gov or www.ChooseMyPlate.gov

Don't Eat This if You're Taking That", by Fernstrom and Fernstrom. 2017, AARP Books. www.aarp.com/PillBook

"Importance of Good Nutrition", US Dept HHS. www.hhs.gov

"Ten Evidence-Based Health Benefits of Cinnamon", J. Leech, RD.

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Send your comments, suggestions, and inquiries to NYSUT RC39 Officers, 98 Rocky Point Landing Rd., Rocky Point, NY 11778 or rc39pete@optonline.net.

RC39 Newsletter is looking for comments, suggestions and articles from its members.



Send your comments, suggestions, or article to Peter Herron at rc39pete@optonline.net or mail to 98 Rocky Point Landing Road, Rocky Point, NY 11778. Your article will be published when space is available. RC39, NYSUT, and AFT news will be given priority.



Address Change

Do not let a new address keep you from receiving NYSUT RC39 newsletters. There are three ways to update your address. Contact NYSUT Member Records at 1-800-342-9810 ext. 6224. Send written changes to: NYSUT Member Records, 800 Troy-Schenectady Road, Latham, NY 12110, or e-mail changes to member@nysutmail.org. If you are a snowbird, give Member Records a few weeks notice to change its address records each way.



A lot more than your pension and employer sponsored health insurance is at stake if a N. Y. S. Constitutional Convention happens. Ask your friends and relatives to vote NO.