



# Community College Retiree Council 39

Volume 15, issue 6, September 2021

## ED 39 is a State-wide Challenge. Why should RC 39 be any different?

Whether it's in-service or retirees, NYSUT Community College members have always had to deal with our large state-wide district. Face to face meetings are not easy, but one small benefit from the COVID pandemic has been the ability to connect via ZOOM. Granted it's not perfect, but it has allowed for more participation at a fraction of the cost of in-person meetings.

The newly elected RC 39 Board of Directors wants all community college retirees to know we want to make sure you're heard. We are here to answer any questions/suggestions or to help if you need it. In short, we are here to assist you and your loved ones.

Like most other councils, we are trying to save postage and printing costs and will be doing more electronic communications. We still have Pete Herron editing our RC 39 Newsletter but we will be printing fewer issues. We also want to be more environmentally friendly, doing more online communications and occasional meetings.

The first thing we want to do is make sure our data is accurate. Addresses, emails and cell phone numbers need to be up-to-date to ensure our ability to reach everyone. Treasurer Joyce Gabriele is working with past-president Pete Herron to create a robust RC 39 database. NYSUT member records will be assisting them and we hope to increase our membership so we can ensure all retirees are included.

On another note, I am a trustee on NYSUT's Member Benefits Board. I want to make sure you all know the benefits, discounts and services which are available to you, so here is the link to Member Benefits - <https://memberbenefits.nysut.org>.

Safe travels and have a great fall. Feel free to email me with any concerns, questions or suggestions you may have.

In Solidarity,

Kevin Peterman  
RC 39 President  
[Kevinp50@aol.com](mailto:Kevinp50@aol.com)

NYSUT RC39 Revenue and Expenditures Budget for 2021-22 Fiscal Year		Adopted Budget
<u>Revenue:</u>		
Voluntary Participation Receipts		\$2,125
Total Revenue		\$2,125
<u>Expenses:</u>		
Supplies		\$15
Postage		\$60
Charitable Contributions		\$300
Travel for Officers/Conference Expenses		\$500
Delegate (RA and AFT) Conferences		\$1,250
Total Expenses		\$2,125
<u>Projected Increase (Decrease) in Net Assets:</u>		\$0

The Budget was adopted by a Board Resolution on August 5, 2021.

NYSUT Retiree Council 39 FINANCIAL STATEMENT FOR THE TWELVE MONTHS ENDING JUNE 30, 2021			
<b>STATEMENT OF FINANCIAL POSITION</b>			
Checking Account			\$22,148.21
TOTAL CASH ASSETS			22,148.21
NET ASSETS			\$22,148.21
<b>STATEMENT OF REVENUE AND EXPENSES</b>			
REVENUE ACCOUNTS	ADOPTED BUDGET	ACTUAL TO-DATE	BUDGET REMAINING
Voluntary Participation Fees	\$2,000.00	\$2,231.00	\$ 231.00
TOTAL REVENUE	\$2,000.00	\$2,231.00	\$ 231.00
<b>EXPENSE ACCOUNT</b>			
Supplies	\$ 5.00	\$ 0.00	\$ 5.00
Postage	50.00	29.75	20.25
Travel for Officers/Conference Expenses	445.00	0.00	445.00
Delegate Expenses (NYSUT RA)	1,000.00	0.00	1,000.00
Charitable Contributions	500.00	500.00	0.00
TOTAL EXPENSES	\$2,000.00	\$ 529.75	\$ 1,470.25
INCREASE (DECREASE) IN NET ASSETS	\$ 0.00	\$ 1,701.25	\$ 1,701.25

## A couple of Health Topics that may be of interest to you.

Carol Reis, Erie County Community College Retiree

**Triclosan** - has detrimental health effects on our body. It is a carcinogenic agent found in many hand sanitizers. With so many people obsessing on using hand sanitizers that contain this chemical, it is going directly into their bodies and our water.

**Propylene glycol** - micro beads - same as above but worse.

**Ignes Simmeweis**, the doctor who first advocated for the importance of washing your hands, was laughed out of the profession and I believe he ended up in an asylum. His colleagues mocked him for suggesting that washing your hands had anything to do with illness.

### Retiree Council 39 Board of Directors

President, First NYSUT and AFT Delegate, **Kevin Peterman**

Vice President, NYSUT and AFT Delegate, **Judy Wood**

Secretary, NYSUT and AFT Delegate, **Charles Clarke**

Treasurer, NYSUT and AFT Alternate Delegate, **Joyce Gabriele**

Directors-at-large, **Joan Prymas and Gerald Speal**

Immediate past President, **Peter Herron**

### RC39 Newsletter Addresses

98 Rocky Point Landing Road., Rocky Point, NY 11778, email: [rc39pete@optonline.net](mailto:rc39pete@optonline.net).

### RC39 Newsletter Committee

Newsletter Editor, **Pete Herron**:

Editorial Members, **Charles Clarke, Ann Fey, Joyce Gabriele, Frances Hilliard, , Sivia Kaye, Richard Macy, Kevin Peterman, Joan Prymas, Ann Smallen, Gerald Speal, Patti Tana, Judy Wood**

### RC39 Website

Webmaster, **Pete Herron**:

Website address: <http://rc39.ny.aft.org/>

### Get on the RC39 Email List

In order to receive RC39 notices and early colored RC39 newsletters email your name, the community college from which you retired, your email address, mailing address, and phone number to [rc39pete@optonline.net](mailto:rc39pete@optonline.net).

### 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 [memberec@nysutmail.org](mailto:memberec@nysutmail.org). If you are a snowbird, give Member Records a few weeks notice to change its address records each way.

### RC39 Encourages its Members to Attend Regional Conferences

RC39 will pay a member's expenses, up to \$40, for attending a NYSUT regional retiree conference. Check the RC39 website for details.



### MEMORY SKILLS: Are they still valuable?

by Sivia Kaye, Nassau CC retiree

One of the challenges I set *for* myself during Covid was learning Bridge, or, more aptly put, learning it better. I have failed in this attempt largely because my memory skills have eroded with age.

I chose Bridge because it has been universally acknowledged that it is a game of skill rather than luck. And that **learning something difficult is the undisputed best way to keep those cognitive neurons alive and reproducing.**

In addition to learning the hundreds of rules of the game, it is important to understand that the **rules only operate in context.** What might apply to the first person to bid, in no way applies to the second. This concept alone, is not easy to master. But with much effort, I finally got it down pat.

BUT - the much bigger hurdle is manipulating numbers swiftly and accurately, and by so doing memorizing how many Spades were played; how many still remain! What did opponents bid, and how many Hearts did that bid show? How many Hearts remain? Now keep that number in mind while the game ensues; it will change constantly. You must remember how many Hearts still remain before your opponents run out. When this happens, they can then easily trump your Ace: a disaster! **This is memory - pure and simple, and this is something I find impossible to do.**

The salient point here is that MEMORY is not as important in some areas of life; this is in direct contradiction to a recent New Yorker article proclaiming that **the retrieval of instant information is no longer valuable.** What date was the *Treaty of Versailles* signed? Ask Google. What state has the largest number of Evangelicals who have registered to vote? Ask Google. Years ago those who could answer such questions appeared brilliant in a group setting. WOW! What envy they inspired for having the formidable gift of instant recollection of myriad facts.

No longer do they inspire such envy. Search engines work faster than the mind, and are more accurate. There is no such thing as "esoterica" any more. The question now remains: **Have the Web's search engines made memory obsolete?**

Some of us may remember the quiz shows of early TV. **Twenty-One** and **The \$64,000 Question.** Again the recalling of facts - quickly and accurately - was the appeal. But then scandal surfaced when Charles Van Doren (a professor at Columbia University) was accused of being given the answers in advance. His discreditable behavior made headlines throughout the country and caused the federal government to act: "secret assistance" [giving answers in advance] to contestants was declared a federal crime.

**Remedy: Give them the questions. NOT the answers.** Thus **Jeopardy** was launched. This clever work-around did NOT show that the need for memory - and speedy recall - had been made unnecessary in our current digital age. Bridge players and Jeopardy contestants - and surely many others - still value memory and quick recall.

The ability to recall numbers and facts is now known as "Geek-cool." This is not a term I would have chosen, but it aptly lets us know that **those who master recall of obscure facts are still valued - Siri notwithstanding.** "Comments welcomed: [SiviaKaye@mac.com](mailto:SiviaKaye@mac.com)"

<p><b>Greetings</b></p> <p>A year of distancing has changed my greeting. No handshake. No hug.</p> <p>No longer my arms stretch out for warm embrace the way they used to.</p> <p>I clasp my hands to bar the stranger who could be lethal.</p> <p>Sometimes I fear I am become a cold beast, not my natural self.</p> <p>Yet I still wave my hand and nod my head in greeting.</p> <p>Welcoming a guest I bow to honor the life that dwells within us.</p> <p>My cloth mask covers the smile on my lips, but not the smile in my eyes.</p> <p>Patti Tana Nassau CC retiree</p> <p>“Greetings” was published in Walt’s Corner of <i>The Long-Islander</i> newspaper on June 17, 2021.</p> <p>To read more of Patti’s poems and to hear her recite some of her poems, visit <a href="http://www.pattitana.com">www.pattitana.com</a>.</p>	<p><b>YOUR HEALTH CONNECTION</b></p> <p>By Frances S. Hilliard, RN, MS Professor Emerita, Nassau Community College</p> <p><b>Chronic Inflammation</b></p> <p>The inflammatory process is the body’s natural protection against threats such as infection, physical injury, or foreign substances (chemicals, allergens, etc.). This response is necessary to protect you, but sometimes inflammation will occur even when there is no actual threat. The process might be triggered by environmental pollutants, autoimmune disorders, or physical/emotional stress. When inflammation – even low-grade – persists and becomes chronic, it can result in harm to previously healthy tissues and organs, increasing your risk of developing conditions like cancer, diabetes, heart disease, arthritis, and dementia.</p> <p>There are steps you can take to lessen chronic inflammation and reduce your risk of associated diseases. Several life-style factors are known to protect against chronic inflammation: aerobic exercise, adequate sleep, weight control, and stress reduction techniques. Diet has been shown to play a significant role in fighting inflammation, especially following a Mediterranean-style diet. Inflammatory foods are generally highly processed, fatty, or overly sweet. (Sugar actually causes the body to release inflammatory chemicals known as cytokines.) On the other hand, anti-inflammatory foods include fruits and vegetables (especially green leafy vegetables and yellow/orange produce), whole grains, beans, nuts, fish, avocados, and olive oil. Many herbs and spices are also known to be anti-inflammatory, especially turmeric and garlic.</p> <p><i>This column is not intended as a substitute for medical advice, diagnosis, or treatment. You are urged to seek the advice of a health care practitioner for any questions about your medical condition or treatment.</i></p> <p><u>References</u> Harvard Medical School. Fighting Inflammation (Special Report). 2020. <a href="http://www.health.harvard.edu/ui">www.health.harvard.edu/ui</a> Web MD. Natural Anti-Inflammatory Diet. 2020. <a href="http://www.webmd.com/diet/anti-inflammatory-diet-road-to-good-health">www.webmd.com/diet/anti-inflammatory-diet-road-to-good-health</a></p> <hr/> <p><b>The NYSUT Retiree Contiguous E.D. 51-53 (At-large) Meeting</b> RC39 will be represented at the NYSUT Retiree Contiguous E.D. 51-53 (At-large) Zoom Meeting, October 4-5, 2021, by RC39’s representatives and alternate representatives. This meeting was originally scheduled to be in Albany.</p> <hr/> <p><b>RC39 Board of Directors Zoom meeting.</b> Thanks to the use of Zoom, the officers of RC39 had their first meeting on August 5, 2021. The 2021-2022 RC39 budget was reviewed and approved. The RC39 financial statement was reviewed and accepted.</p>
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**RC39 needs your email address to keep you informed.**

The RC39 newsletter is published only five times during the year so timely warning of members of imminent problems is not possible. On very rare occasions we have emailed members about a topic of immediate importance such as the recent notice on Medicare Enhancement plans threat to retirees’ health insurance. If you have not received RC39 email warnings, mail we can have an unbroken embrace/.your name and email address to [rc39pete@optonline.net](mailto:rc39pete@optonline.net).

**Health Insurance/Medicare for NYC Retirees is changing**

Judy Wood recently sent the following to President Kevin Peterman.

NYC and the Municipal Labor Committee (MLC) have negotiated an agreement which substantially alters the medial/health plan which currently covers its retirees. Why, you might ask? I think that the employer, NYC, needed to come up with cost savings in this area. We know health care costs are rising. As I see it, in order to continue to maintain coverage and benefits for the active employees, the savings are coming from the retiree benefits package. All affected retirees have been sent a letter from the City of New York extolling the virtues of this new Medicare Advantage plan. One wonders then where are the savings?

Opting out is possible, but the letter warns that you will then have to bear other costs. What I do know so far is that many folks are not pleased with this. The PSC voted against it; and many UFT retirees have raised their voices against it although Michael Mulgrew, UFT president, was one of the chief negotiators of the agreement.

I understand this is very specific to NYC, but as a Retiree group it is good for us to be aware of what is going on around us. Many of these retirees were once, and maybe not so long ago, active members of our state and national unions.

And, be aware and advised that your own governing body may also need to rein in costs going forward - and this could mean you.



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 Retiree Council 39, along with this completed form to:  
 Ms. Joyce Gabriele, RC39 Treasurer, 492 Everdell Avenue, West Islip, NY. 11795-4222

Your Member I.D. is on your NYSUT Membership Card. Lost your card? Don't know your I.D. number? Call NYSUT Membership during business hours at 1-800-342-9810.