

SOME GOOD NEWS FOR TRYING TIMES

Judy Wood

This fantastic achievement took place in California where 17,000 academic workers finally achieved union recognition. They are the Student Researchers United -United Auto Workers - SRU-UAW. Spanning 10 campuses and the Lawrence Berkeley National Lab, they are now the largest academic student employee union in US history, following one of the biggest new organizing drives in any sector in this century. Negotiations are planned for this spring.



SRU-UAW rally. (Reed Yalisove)

The full story is in The NATION magazine, Dec. 17, 2021 article HOW THE LARGEST UNION FIGHT OF 2021 WAS WON. It makes great reading.

This article is at <https://www.thenation.com/article/activism/sru-uaw-university-california/>

Time to Engage

The RC 39 Board of Directors wish you and yours a Happy and Healthy New Year! We would also like to “meet” you all on a Zoom meeting we are planning for Thursday, May 4 at noon Eastern Time.

As we all know, RC 39 is a state-wide retiree council and there isn’t really an easy way to get together. But now with ZOOM we can have a no-cost virtual meeting which will enable us to engage, share our concerns and help our colleagues.

Unfortunately, we don’t have everyone’s email addresses. So, please complete and mail the membership form at the end of the newsletter or email us your name and email address. This is the best way for us to connect. I can assure you we do not share any personal data with any outside entities.

Not only do we want to help community college retirees, but many of us also want to help other NYSUT members. I for one, plan on helping locals on Long Island with their school board elections on May 17. Many districts are facing extreme challenges from some who want to micromanage their district by dictating what and how subjects should be taught.

It is a fact that many retirees have not only helped with school board elections, but primary and general elections as well. Whether it’s phone banks or district

canvassing, many retirees have the time to spend helping education friendly candidates succeed.

Elections matter! This May and November we need to help support NYSUT’s goals:

Good Jobs
Health Care
Our Voice
Justice
Public Schools

No matter what town you live in, please consider contacting your district’s local union and ask how you can help. Any help is greatly appreciated and will go a long way to preserving public education and our union values.

We look forward to “seeing” you on May 4. So please send us your contact information so we can have an inclusive meet and greet.

Stay safe, stay well.

Regards,
Kevin Peterman, RC39 President
Kevinp50@aol.com

RC39 General Membership Zoom Meeting, May 4, 2022, Noon, Eastern Time

RC39 needs your email address for you to participate in general membership Zoom meetings.

The first ever RC39 general membership Zoom meeting will be on May 4, 2022, noon, Eastern Time. To participate in this and future RC39 Zoom meetings we need your email address. If you have not been receiving an email copy of the RC39 newsletter, we do not have your email address. In that case, email your name and email address to rc39pete@optonline.net.

See page 2 for the May 4, 2022 Membership Zoom meeting information.

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.

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 an 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.

Address Change

Do not let a new address keep you from receiving NYSUT RC39 newsletters. There are four 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. or go to: <https://www.nysut.org/members/retirees/mailling-list>. 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

You need to be on the RC39 email address list to be informed.

The RC39 newsletter is published usually only five times during a year, so timely warnings to 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, email your name and email address (mailing address, phone number and college retired from are optional) to rc39pete@optonline.net.



Discussion of the Proposed Amended RC39 Constitution at the May 4 Zoom meeting.

The current RC39 Constitution was ratified October 2006. A copy can be obtained by scrolling down the RC39 website Home page, <http://rc39.ny.aft.org/>. Clearly this constitution is very much outdated. The officers and directors have been working hard, in coordination with NYSUT Headquarters, to amend the RC39 Constitution in ways that will incorporate technology that did not exist sixteen years ago. The RC39 constitution must include these new ways of holding meetings and communicating.

RC39 is the retiree council for all NYSUT community college retirees. Most other NYSUT retiree councils are defined by local school districts, making it easier to have general, in-person, membership meetings. Because RC39 is defined state wide, having a general membership, in-person meeting has always been impossible. In the past, RC39 Board of Directors met at NYSUT meetings in Albany, never with all board of directors present. With such programs as Zoom, the Board of Directors have had several meetings. With the use of Zoom, a general membership meeting is being planned for May 4. At this meeting the proposed amended constitution will be on the agenda. After this Zoom membership meeting, NYSUT Headquarters will mail you a copy of the proposed amended RC39 Constitution for your consideration to ratify. You can get a copy of the proposed amended RC39 Constitution at the Home page of the RC39 website <http://rc39.ny.aft.org/>. The parts being removed are in blue with a strike through them. The new parts are in red.

RC39 General Membership Zoom, May 4, 2022, 12:00 PM, Eastern Time (US and Canada) Meeting

Join Zoom Meeting <https://nysut.zoom.us/j/92354414787>

Meeting ID: 923 5441 4787

One tap mobile

+16465588656,,92354414787# US (New York)

+13126266799,,92354414787# US (Chicago)

YOUR HEALTH CONNECTION

By Frances S. Hilliard, RN, MS
Professor Emerita, Nassau Community College

Frequent Heartburn or Indigestion

A common misconception is that if you experience frequent heartburn or indigestion, all you need to do is take over-the-counter antacids. In truth, if you are experiencing this condition, you should consult with your health care practitioner. The most important reason to do so is that although taking antacids may temporarily relieve the heartburn or indigestion, their use could result in delayed or improper diagnosis and management.

For example, antacids will not cure a gastric or duodenal ulcer, gallstones, or a pancreatic problem, any of which can cause symptoms of “heartburn” or “indigestion.” You might have gastroesophageal reflux disease [GERD], which can result in inflammation of the esophagus, sometimes resulting in scar tissue formation or bleeding. Your symptoms may not even be gastrointestinal in nature, as cardiac issues can cause similar symptoms.

Overuse of antacids may lead to increased blood levels of magnesium and/or calcium, especially if you have any impairment of kidney function. Frequent use of antacids can increase the risk of an intestinal infection with *clostridium difficile* [C-diff], a serious and contagious condition which causes profuse diarrhea. And lastly, antacids are known to interfere with the proper absorption of many other oral meds that you may be taking.

References

Harvard Women’s Health Watch, April 1, 2019

Harvard Women’s Health Watch, Special edition, 2020

Jennifer Robinson, MD. “FAQ About Heartburn and Reflux”. Web MD, June 18, 2020

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.

A Salute to the Semicolon

● Having taught writing for many decades, it was natural that I favored some special uses of grammar. My enduring love is semicolons. As a faculty member, we were encouraged to submit articles to the college magazine. I was unaware that I was addicted to semicolons, but it was constantly pointed out to me by my colleagues that I seemed to be drawn to them and that I found it difficult to conclude an essay with having them sprinkled everywhere.

“ Thus, it made me very happy to see several columnists recently praise the virtues of this punctuation mark. One book reviewer said “every sentence is a performance, or should be, and punctuation sets the stage. It signals the rise and fall of the curtain, provides the special effects.”

A new book by Cecilia Watson sings the virtues of the semicolon. “it reveals our anxieties and aspirations about language, class, and education. In this small mark big ideas are distilled down to a few winking drops of ink.” That sentence beckoned me to order the book and hear such praises sung for 213 pages.

Who would know that the date of its invention has been traced to 1494? It initially acted as a musical notation allowing for a pause somewhere between the beat of a comma and a colon. Eventually it became useful for separating items in a list already cluttered with commas. [EX: “There is no disagreement with this: John lived in Miami, FLA; Albany, NY; and Portland, OR.] But the part that causes all the strife is when it assumes control of two independent clauses and links them together. The linking is friendly, but still it causes anguish to many. [EX: The pizza is marvelous; I wish it weren’t so caloric.]

I learned that Virginia Woolf was an ardent admirer of the semicolon. Contrast her with James Kilpatrick, a noted grammarian. His much quoted edict: “The semicolon is the most pusillanimous, sissified, utterly useless mark of punctuation ever invented. All it does is show you’ve been to college.”

Continuing my addiction to the NYT, I came upon a Sunday magazine article by Lauren Oyler, 2022Di\$neyland!!. She notes that “semicolons, unlike most other punctuation marks, are fully optional and relatively unusual, lending them power; when you use one you are doing something purposefully. There are very few opportunities in life to have it both ways; semicolons are the rare instance in which you can; there is absolutely no downside.”

How excited I was when the following Sunday there were several Letters to the Editor about semicolons. One was from a Queens, N.Y. English teacher (hailing from a high school in my old neighborhood). He spoke of how he was the only teacher in this very large NY high school who has taught the semicolon; other instructors would recognize a student who had been in his English class by this mark of distinction in their essays. Pride also resounded from Royal Oak, MI where the correspondent said simply “the semicolon is the best punctuation ever.” To show her love for this grammatical mark, she has invented a game singing its praises which she uses in her classroom every Valentine’s Day!

The best letter was from a New Yorker who simply wrote that his wife had said the main reason she agreed to correspond with him on MATCH.com was because he had used a semicolon properly in his self-description. To learn that my passion has many followers made me ecstatic!

-Sivia Kaye Comments welcomed. siviakaye@mac.co



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.