

RC 39 members - Thank you!

Thank you for approving the RC 39 Constitution and Bylaws amendments. According to Gregory McCrea, Assistant to the Executive Vice President, “ballots were collected from the Latham post office on Monday, July 18, by NYSUT Manager of Print and Mail Services, Rob Beedleson. Assistant to the Executive Vice President, Gregory McCrea, supervised the ballot tabulation assisted by NYSUT staff Swinka Richards and Andrea Tersigni.”

Four hundred and thirty-one (431) ballots were returned and accepted as votes cast. Of the returned and cast ballots, the tabulation results were:

Yes: 420, No: 11

The proposal to amend the RC 39 Constitution passed.

I also want to thank NYSUT’s Rob, Greg, Swinka and Andrea for conducting the ratification vote.

And finally, but certainly not least, we owe Pete Herron, RC 39’s past president, and Joan Prymas, past treasurer and current director at large, who authored the revisions and oversaw the entire process, our gratitude. Pete’s fifteen years as RC 39 president was a critical component in not only knowing what needed to be edited, but knowing how to get it done! The very excellent financial health of RC39 is the result of Joan’s fifteen years of meticulous care of RC39 finances.

Thank you, Pete and Joan, for showing the RC 39

board members how it’s done.

Finally, to my RC 39 colleagues who took the time to participate in the ratification process, reviewed the changes, and voted to approve the new RC 39 Constitution and Bylaws. Thank you!

The fact that we have over 400 community college retirees participating in the process is extremely gratifying. It shows that even though we are a state-wide council with members across the nation, we can stay connected.

And connect we will.

We have our next RC 39 membership Zoom meeting on Wednesday, September 14, 2022, at noon EST.

Join Zoom Meeting.

<https://nysut.zoom.us/j/94490983895>

Meeting ID: 944 9098 3895 One tap mobile

+16465588656,,94490983895# US (New York)

+13126266799,,94490983895# US (Chicago)

The RC 39 board members welcome your suggestions and/or topics you would like to discuss on September 14. So please email me any ideas or topics you would like to chat about. kevinp50@aol.com

In Solidarity,

Kevin Peterman

President, RC 39

Congressman Honored

Judy Wood, RC39 Vice President



Judy Wood and Congressman Jamie Raskin

On Sunday, July 31, a fundraiser for Congressman Jamie Raskin, (D-MD) was held in Wellfleet, MA. This was an outdoor event attended by approximately 140 people that raised almost \$30,000. The Congressman does not have much of a race in his district, and he uses money he raises to help other candidates and to fund his own initiative — Democracy Summer — which sends students around the country to register voters. You all know how much he is doing in Washington and how important it is to support him and the Democratic Party this year.

He is a summer resident of Wellfleet, but lately no vacation time for him; and he is an old friend whom I met here when he was a law professor, before he started his political career. He comes by his activism naturally. His late father was Marcus Raskin, who is worth a Google search.

I am giving him an honorific plaque from my NY club, the Three Parks Ind. Democrats, who honored him virtually in May and asked me to personally present it to him.

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 First Alternate Delegate, **Charles Clarke**
Treasurer, NYSUT and AFT 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, **Peter Herron**
Editorial Members, **Charles Clarke, Joyce Gabriele, Frances Hilliard, Sivia Kaye, Richard Macy, Kevin Peterman, Joan Prymas, Gerald Speal, Patti Tana, Judy Wood**

RC39 Website

Webmaster, **Peter Herron**: Website address: <http://rc39.ny.aft.org/>. RC39 constitution, recent RC39 newsletters and much more are posted on the RC39 website.

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.

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 in-person regional retiree conference. Check the RC39 website for details.

YOUR HEALTH CONNECTION

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

Oral Health

Do you know that the status of your oral health gives health care providers important clues about your general health? Are you aware that problems with your teeth and gums have a connection to systemic health problems? With good oral hygiene - especially regular brushing and flossing - the bacteria that normally occupy your mouth can be kept under control. However, without good oral hygiene, these bacteria – and perhaps even more harmful bacteria - can multiply, and may even travel to other parts of the body and contribute to significant medical issues.

It is estimated that about two-thirds of older adults have periodontal (gum) disease, putting them at increased risk of heart attacks and strokes. The wayward bacteria from your mouth trigger an immune response by the body, resulting in inflammation and clot formation in the blood vessels. Moreover, a number of factors associated with older age and an already higher risk of cardiovascular disease – diabetes, high blood pressure, high cholesterol, and being overweight – are more prevalent in people who have periodontal disease. Also, certain drugs such as those used for pain relief, antihistamines, decongestants, diuretics, and antidepressants, can decrease saliva flow and worsen periodontal disease.

To protect your oral health. Experts recommend the following:

Brush your teeth at least twice a day for two minutes at a time (30 seconds for each quadrant of the mouth).

Use a soft toothbrush and fluoride toothpaste. Your toothbrush should be replaced every 3-4 months; sooner if the bristles become worn or spread out.

Floss daily.

Use mouthwash after brushing/flossing. (This will help remove any remaining food particles.)

Eat a healthy diet and avoid sugary food/drinks, especially "sticky" sweets, hard candy, etc.

Avoid tobacco in any form.

Schedule regular dental examinations and cleanings – twice a year if possible. Contact your dentist promptly if an oral problem arises, especially if you notice gums that are reddened, swollen, tender, or bleed easily.

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.

References

Harvard Heart Letter, January, 2022. www.health.harvard.edu

Harvard Special Report. "Dental Health for Adults". www.health.harvard.edu/DH

Mayo Clinic. "Oral Health: A Window to Your Overall Health".

www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental

NYSUT Retiree Council 39
FINANCIAL STATEMENT
FOR THE TWELVE MONTHS ENDING JUNE 30, 2022

STATEMENT OF FINANCIAL POSITION

Checking Account	\$23,935.21
TOTAL CASH ASSETS	\$23,935.21
NET ASSETS	\$23,935.21

STATEMENT OF REVENUE AND EXPENSES

REVENUE ACCOUNTS	ADOPTED BUDGET	ACTUAL TO-DATE	BUDGET REMAINING
Voluntary Participation Fees	\$2,125.00	\$2,205.00	\$80.00
TOTAL REVENUE	\$2,125.00	\$2,205.00	\$80.00
EXPENSE ACCOUNT			
Supplies	\$15.00	\$30.00	(\$15.00)
Postage	\$60.00	\$56.00	\$4.00
Conference Expenses	\$1,250.00	\$635.00	\$615.00
Delegate Expenses (NYSUT RA/AFT)	\$500.00	\$858.00	(\$358.00)
Charitable Contributions	\$300.00	\$600.00	(\$300.00)
TOTAL EXPENSES	\$2,125.00	\$2,179.00	(\$54.00)
INCREASE (DECREASE) IN NET ASSETS	\$0.00	\$80.00	\$26.00

NYSUT RC39
Revenue and Expenditures
Budget for 2022-23 Fiscal Year

	Adopted Budget
Revenue:	
Voluntary Participation Receipts	\$2,300
Total Revenue	\$2,300
Expenses:	
Supplies	\$0
Postage	\$60
Charitable Contributions	\$300
Travel for Officers/Conference Expenses	\$800
Delegate (RA and AFT) Conferences	\$1,100
Total Expenses:	\$2,260
Projected Increase (Decrease) in Net Assests:	\$40

The Budget was adopted by a Board Resolution on August 3, 2022.

As you can see, our latest fiscal year ended in a profitable outcome. I'd like to thank our previous long-time treasurer, Joan Prymas, for her continued help in my transition as well as fellow Suffolk Community College retirees Marie Hanna and Regina McEneaney for agreeing to serve as auditors for our required reporting to AFT.

And, of course, thanks to all our retirees for their contributions to RC39.

Joyce Gabriele, RC39 Treasurer

Note:

The RC39 financial statement and budget were unanimously approved by the directors at its August 3 Zoom meeting.



Song Sparrow

Not much of a shower, but the plump brown bird
with a tawny chest sitting on the wire
spread out her wings to catch the drops.

She lifted one wing then the other,
back and forth, like opening an umbrella,
then folded them against her body.

Rain stopped, she flew to the peak of the roof.
As the sun burned through the clouds, drawing
moisture from the shingles, she chirped a tune.

Her song pierced the haze rising from the roof
till she flew away with the quiet afternoon
held lightly in her yellow beak.

Patti Tana

Retired, Nassau Community College

Invitation to View BUMPER CROP

Patti's new digital book of poems with
photographs by her husband John Renner
at <http://johnrennerphotography.com/>

More Books of Poems by Patti Tana

For a real treat go to <http://www.pattitana.com>
where you can hear Patti read some of her poems.
At this site you will also be able to learn
about other collections of poems by Patti Tana.





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.