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## **President's Corner**

Barbara Keilty-Michaleski, President

Election District-18 Council of NYSUT Retirees

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### **Embracing Unions**

Welcome to 2024, the 'Year of the Wood Dragon', a year of good fortune. According to Chinese horoscopes, it signifies strength, health, prosperity, and power.

In the last few years there has been a resurgence in union organizing campaigns. In 2023, we watched as the young workers at Starbucks, Walmart, Amazon, Trader Joe's, Apple and Chipotle stores were willing to walk off their jobs for better wages and benefits, along with improved working conditions. Workers voted in favor of unionizing in 72% of the 1250+ union elections, listed by the National Labor Relations Board. The largest by far was the SAG-AFTRA: 11,000 screenwriters shut down Hollywood. Second in line, United Auto Workers.

NYSUT and our affiliates continue to strive to keep middle class Americans protected. The Year of the Wood Dragon fits our focus. In New York State, FixTier6 is the 2024 focus, along with electing those who support unions. In years past, NYSUT worked on fixing previous tiers, which many of us benefited from. Our union negotiated successfully to reduce the number of required vested years, limited pension contributions to a certain number of years, and helped our locals negotiate fair contracts. Being union members made this all possible. We continue to be part of this movement.

Retiree involvement continues to be needed. We can help locals with school board elections and getting school budgets passed. The history of our locals lies with retirees. Mentoring the newer officers is an intricate part. Volunteering to join in the phone bank brigades is easy. Calls can be made from the comfort of your home from anywhere in the U.S. NYSUT's political organizers and technology have made this a success. We are preparing for national elections. Retirees need to be active!

(Continued on bottom of page 2)

### NYSUT COMMITTEES

Retirees from our council came to the call to volunteer for NYSUT committees. This is a three year commitment. Meetings are staggered through the 3 year term; some in person, some via zoom. Thank you to all who are dedicating their time.

**Arts committee**: working on a resolution for the preservation of the arts.

Women's Committee: exemplifying the strength of women, resolutions for equal rights amendment.

Library Media Specialists: focus on NYSED's

Blue Ribbon Commission on Graduation Measures

Recommendations.

RAC (Retiree Advisory Committee): divided into 3 sub-committees. Our members are on Communications and will be creating generic folders for new retirees, and guidelines for council and chapter leaders.

Civil & Human Rights: meets in spring 2024.

Pension & Retirement: focus on election guidelines and discussions on candidates.

Photo, right: June Innella, VS Retiree & RC 18 Treasurer, NYSUT Women's Committee

### Hempstead Retirees (HERA) Fall Luncheon



Liz Killings (HERA Secretary), Cheryl Goodridge (HERA President, Viri Petersen (NYSUT & RVC Retiree) and Dave Keefe (NYSTRS President & HERA Treasurer).

In November Hempstead retirees (HERA) gathered for their fall luncheon and scholarship fundraiser. President Cheryl Goodridge and Dawn Sherwood, along with their retiree officers put together a wonderful afternoon.



### RC 18 MEETING GUEST SPEAKER

At RC 18's November meeting Officer Messmer, Nassau County Community Affairs, gave an informative presentation on identity theft and scams. He emphasized locking our cars, at gas stations being aware of our surroundings, never leaving keys in cars, and the increase in porch pirates, mail fraud, phone calls requesting personal information, scam flyers, and continued efforts to steal our personal identity. Seniors are the most vulnerable! Before revealing any information, check the validity of the request with your local police precinct. He advised enrolling in SMART 911, it's nationwide. Put in your zip code to see if it's available in your area. It gives the police your information ahead of time if you ever call for help!

(Photo, right: Officer Messmer)



### President's Corner, continued...

This is the year of strength, health, prosperity, and power. The strength is in union involvement, health is in protecting our insurance, prosperity continues with increases in our pensions and social security, and power is what we must share as unionists. Retirees are union!

Have you donated to VOTE-COPE? Pension deduction is easy! NYSUT.org/VoteCope. The contributions continue the fight for pro-public education and pro-union advocates. Keeping the power of unions and protecting us is the forefront.

# Check out all your union membership has to offer! Free Premium Calm App for All NYSUT In-Service AND Retiree Members! Calm

The #1 app for sleep, meditation, and relaxation Unlimited access to the full library of content

 Add up to five dependents (age 16 or older) to receive their own premium Calm subscription

The Calm app -- recognized as Apple's Best of 2018 award winner, Apple's App of the Year 2017, and Google Play Editor's Choice 2018 -- is the #1 app for sleep, meditation, and relaxation with over 100 million downloads. Whether members have 30 seconds or 30 minutes of time available, the diverse content library offered by Calm includes numerous resources for their schedule and needs.

Members can explore guided meditations and specialized music playlists to help with stress and focus, mindful movement video and audio, relaxing sleep stories, nature scenes and sounds, specific content tailored for children, masterclasses led by experts, and more.

To learn more about how to create your Calm account and access the premium content for free, visit *memberbenefits.nysut.org/free-member-benefits* and then click on "Premium Calm Service." From there, you will find detailed instructions on how to create your Calm account along with a helpful Frequently Asked Questions document about the service. You will need your NYSUT ID number to create an account with your email address and password. Your NYSUT ID number can be found on your NYSUT Membership Card or by visiting *https://www.nysut.org/memberid.* 

Once you create your free Calm account on your computer, it is recommended that you download the Calm app for your iOS or Android device. After downloading the Calm app for your preferred mobile device, you can then log in with your email address and password to unlock the premium Calm content.



Learn more by scanning the QR code to the left, visiting *memberbenefits.nysut.org*, or calling 800-626-8101.



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

Jan/Feb. 2024

### MOVING? Tips for Updating Your Address

RC 18 can't change your address or personal information! Forward any changes directly to NYSUT, your in-service local and your retiree chapter. Other top priorities: notify your local district office if you carry insurance through it, Social Security, NYSTRS (our state pension system), banks, investment/brokerage, credit card and insurance companies, and your Post Office (old and new). Also notify medical services, doctor's offices, mail order pharmacies, cell phone and Internet service providers, subscriptions, EZ-Pass and the DMV. (DMV will update your voter registration as well). You may need to say that you are updating both your residence and mailing addresses.