

2024 – Elections Matter, But we need to stay Calm

I hope you all had a wonderful holiday and that you make the best of this winter season.

Whether you're a Democrat, Republican, Third Party, or Blank voter, 2024 is an historic election year. We have school board elections, primaries, and all important Presidential and Congressional races this November. As retirees, we are more likely to "get involved" and more likely to vote. And vote we must!

Social Security, health care, women's rights and labor issues to name a few are on the ballot this year and I believe we need to engage in the electoral process. I'm a firm believer in "If you don't ask, you don't get!"

There are some, like me, who need not get too enraged with all the negative energy that will build up this year. We need to stay focused and use our energy in ways that will not only help retirees, but all NYSUT family members. Whether in P-12 education, health care, school related personnel, labor or higher education, we need to be politically involved. Every vote counts, and I know many retirees who do much more than vote.

On Long Island, many NYSUT retirees are involved right now in phone banks and labor walks for the special congressional election (February 13) for the NY CD3 seat to fill the vacancy left by George Santos' recent expulsion from the U. S. Congress.

Some might shy away from the getting "too political" because it has, in some cases, become somewhat toxic and unsettling, which is why the **Calm** logo is presented here. Last fall NYSUT Member Benefits added the **premium Calm subscription** as a free benefit for all NYSUT in-service AND retiree members.

<https://memberbenefits.nysut.org/free-member-benefits/calm-app>

I suggest you "give it a go." I was getting crazed

reading and/or watching some news stories, but thanks to the **Calm** app, and being more selective with my viewing habits, it has helped me.

I hope you consider reaching out to your in-service local and retirees in your town, and consider giving a few hours (or more) to participate in all this year's elections – school board, primaries, and local and national elections. Every vote counts! Then you can go to your **Calm** app on your device and....

Feel free to contact me if you want to continue the discussion on the importance of the of the 2024 elections.

In Solidarity,
Kevin Peterman
President, RC39
Kevin50@aol.com



FROM the Member Benefits web page: **AWARD-WINNING CALM APP,**

<https://www.nysut.org/news/2023/november/calm>

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.

Retiree Member Benefits Guide 2023 (4th item):

<https://memberbenefits.nysut.org/about/publication-downloads>.

Retiree Council 39 Board of Directors

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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, **David Abrams, Charles Clarke, Joyce Gabriele, Frances Hilliard, Phylis Kurland, 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 email notices of important issues to retirees 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 memberrec@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

Requirements for being reimbursed up to \$40.00 for attending a regional retiree conference.: submit a copy of the regional conference registration form, a receipt for the amount you paid to attend the regional retiree conference, your name, NYSUT membership number, and contact information to Joyce Gabriele, NYSUT RC39 Treasurer, joyce917@aol.com.

Film Review

For unionists, social justice people, and working folks everywhere, see **RUSTIN**, an excellent film about Bayard Rustin, the organizer of the 1963 March on Washington. Rustin, who lived in the Chelsea neighborhood of NY in union—sponsored housing known as Penn South, worked to pull off this march despite the Black power structure being initially opposed.

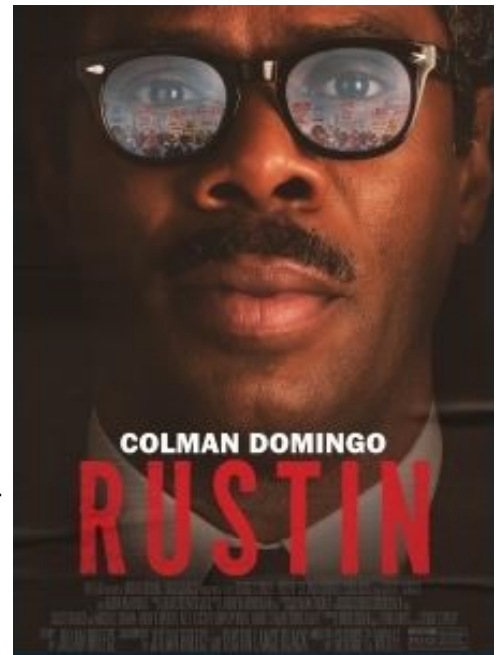
He started with A. Philip Randolph, the Black elder statesman of unionism in the U.S., and eventually, with the assistance of an enthusiastic group of young folks, convinced King and the rest to get on—board and make it happen.

Rustin's homosexuality kept him mostly behind the scenes — back then that was a problem — but he succeeded despite Hoover and the FBI watching his every move.

The UAW was one of the biggest Union to supporters, and it gave lots of cash to fund buses and signs. In recognition, Walter Reuther, one of the very few whites, was given a speaking spot at the rally.

It is streaming on Netflix — so watch it. It's a major piece of American history.

Judy Wood



families. He is a strong advocate for unions and public education and will be a powerful voice for the workers, students and communities of the 3rd District in the halls of Congress.”

Suoizzi has expressed commitment to top NYSUT priorities this year, including increased funding to expand the community school model; tax relief for hardworking families across New York; the proposed More Teaching, Less Testing Act that would give states the option to test less frequently and use more reasonable evaluation measures; and the greater labor movement as a whole.

The special election will be held Feb. 13, 2024, to replace an expelled former congressional member.

New York State United Teachers is a statewide union with nearly 700,000 members in education, human services and health care. NYSUT is affiliated with the American Federation of Teachers, the National Education Association and the AFL-CIO.



Tom Suozzi supports educators, opposes onerous standardized testing, is an advocate for community schools and will fight to change the SALT cap to provide financial relief to middle-class families. He is a strong advocate for unions and public education and will be a powerful voice for the workers, students and communities of the 3rd District in the halls of Congress.”

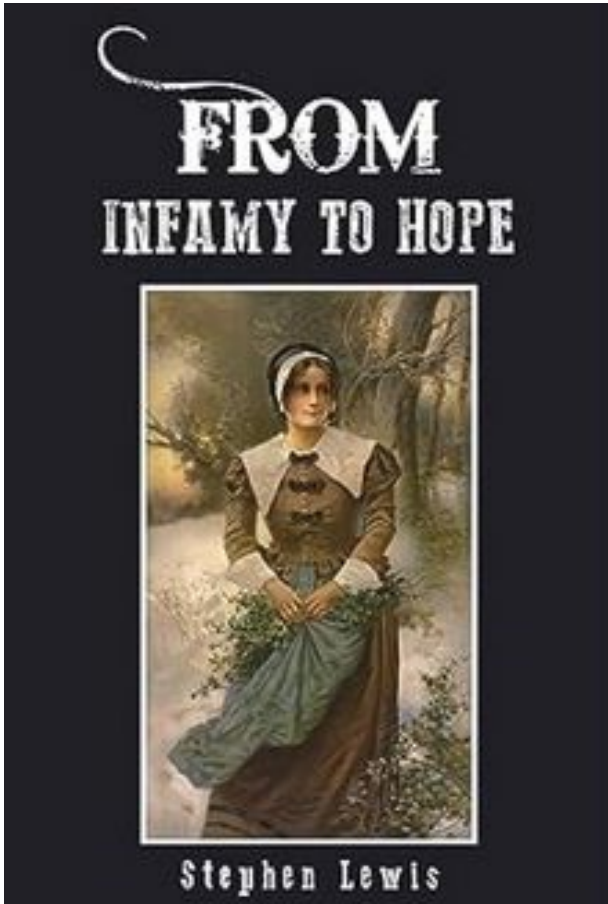
Melinda Person
NYSUT President

The New York State United Teachers has endorsed Tom Suozzi in the Special Election for the New York 3rd Congressional District.

NYSUT President Melinda Person released the following statement in support:

“Tom Suozzi supports educators, opposes onerous standardized testing, is an advocate for community schools, and will fight to change the state and local tax cap to provide financial relief to middle-class

Book Review



Suffolk Community College Professor Emeritus of English, Stephen Lewis, has published his tenth novel. Set in 17th century Puritan New England, *From Infamy to Hope* tells the story of the housemaid Rachel Moore in her own compelling voice. The story features that colony's two most powerful figures, Governor John Winthrop and his courageous opponent Anne Hutchinson. The book relates the story of the religious persecution of a servant girl made pregnant by rape. Convicted of fornication, she is sentenced to wear a black W for "whore" on her gown. Over the opposition of Hutchinson, the colony heads into war with the Pequot Indians. Rachel masquerades as a boy soldier, hoping to recover her baby who was sold to the Pequots by her alcoholic father to satisfy a debt.

She is at the war's final battle when the colonial army burns down the Pequot's fortified village in Mystic, Connecticut. Will she find her baby among the ashes?

Although Hutchinson was ultimately excommunicated and banished, a statue in her honor now stands before the State House in Boston, and a parkway bears her name in New York near where she died in another Indian war. Her descendants include F.D.R., the Bushes, as well as Mitt Romney. The present day Pequots now run Foxwood Casino near the site of the massacre in Connecticut.

To visit the website where you can purchase a copy of *From Infamy to Hope* go to

<https://thebookcommentary.com/review-preview/1225/from-infamy-to-hope> .

To visit Steve's website where you can see his other books and publications go to

<http://www.stephenlewisonline.net/>

How are you spending your retirement? Share your activities with RASCC members.

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

The RC39 newsletter is usually published only five times annually, 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.

Frances Hilliard Honored



Recently Frances Hilliard, received the Adelphi University's Ruth S. Harley Distinguished Alumni Award. Over many years, RC39 Newsletter readers benefited from excellent advice and information Fran provided in her column, *Your Health Connection*. Congratulations Fran.



Retiree Council 39 Voluntary 2024 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 Retiree Council 39, along with this completed form to:

Ms. Joyce Gabriele, RC39 Treasurer, 492 Everdell Avenue, West Islip, NY. 11795-4222

Member Benefit Information can be found on the NYSUT Website

Go to the NYSUT website, <https://memberbenefits.nysut.org/>, to explore the many benefits available to all NYSUT members, including retirees.

NYSUT encourages all NYSUT members to signup for its MAP (Member Alert Program) alert email service to be among the first to learn about new endorsed programs and services, changes to existing programs, and special prize drawings.

To login to the NYSUT website you will need your NYSUT membership I.D. number.

Membership I.D.

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.