



# *R-UTN Newsletter*

**Volume 29 Number 4**

**April 2016**

**SPRING LUNCHEON  
TUESDAY MAY 3, 2016  
11:30 AM**

*La Villini*

288 Larkfield Road  
East Northport, NY 11731  
(631) 261-6344



## **Menu**

**House Salad**

**Entree Choices: Fish, Chicken, Pasta, Vegetarian**

**Includes Soft Drinks, Coffee, Tea and Dessert**

**Cash Bar**

**\$30 per person**

**Make checks payable to R-UTN for \$30 and mail to Dave Hosie, 19 Jay Court,  
Northport, NY 11768. If bringing a guest, please send name(s) to Dave.**

**RSVP by April 25, 2016**

## **PRESIDENT'S MESSAGE**

**By Frances La Duca**

WOW – who expected a snowstorm on the first day of spring! But with such a mild winter compared to last year - I really can't complain.

Spring brings renewal – our luncheon planned for May 3<sup>rd</sup> is the perfect opportunity to reconnect with friends and colleagues. We hope you all can come – enjoy good food, company and of course our raffles which are always a highlight of the day.

Spring is also the time for elections. Public Library budget votes take place, school district budget votes are scheduled for May 17<sup>th</sup> and the Presidential primary vote is on April 19<sup>th</sup>. All elections have consequences. Local ones like the school and library districts have direct impact on our quality of life but are often overlooked by the general public. I urge everyone to exercise their most precious right and obligation to vote. Not to do so leaves decisions on issues affecting our safety and security to others.

Spring is the most active political season in Albany. Gov. Cuomo has presented a budget that includes some relief to school districts adversely affected by the Tax Cap law. NYSUT continues to work for the amending of this act. The budget also includes a provision that affects our reimbursement payment of IRMMA – see Hank Kasven's article in this issue for more details.

I urge all members to visit the NYSUT website, click on the MAC (member action center). This service allows you to contact your local representative to express your views on important issues. It is easy and painless.

The continued generosity of our members enables the R-UTN to award two \$2,000 scholarships yearly to graduating Northport Seniors. This year, due to the extraordinary volume of contributions in memory of John "Bill" Hosie, the R-UTN will also award a \$2,000 scholarship to the graduating son or daughter of one of Northport's current teachers. The award in memory of Bill will be presented at the UTN Retirement Party June 10<sup>th</sup>. Thank you to all for your continued support and generosity.

Please note that unless someone volunteers to be our editor, this will be the last regular issue of our newsletter. We will send out the summer issue with membership forms and announcement of the fall picnic. Anyone interested in the position of editor can contact Bobbi Scott, Roseann Giovina or Frances La Duca for what is involved in putting the newsletter together.

Our website, supervised by Linda Quinn, is the best way to get up to date information and news. Unless we have an editor, the website be the only way for us to communicate with the membership.

## **SLATE OF CANDIDATES**

**By Larry Ryan**

As chair of the nominating I present the following slate of candidates for office for a two year term from 2016 to 2018.

President: Frances La Duca

Vice President: Joann Kroon

Secretary: Roseann Giovina

Treasurer: Dave Hosie

Elections will be held at the Annual Spring Luncheon on May 3<sup>rd</sup>. Members can also vote by email to [laryan@mac.com](mailto:laryan@mac.com) by May 1st.

## **CONTACT YOUR NYS SENATOR NOW!**

**By Hank Kasven**

There is a push by Governor Andrew Cuomo and the New York State Senate to eliminate the Income-Related Monthly Adjustment Amount (IRMAA) reimbursement for retirees who pay more than the basic Medicare premium. The IRMAA reimbursement refers to the money that the District sends you every three months if you are enrolled in Medicare. You receive this money because retirees are charged twice for Medicare, once from the pension and once from Social Security. The money comes from your payment to the pension.

Every recipient of Medicare pays a base premium for the plan, which this year is \$104 per month for individuals with an income of \$84,000 or less and for couples with an income of \$170,000 or less. Additional premiums are paid by retirees in the New York State Health Insurance Plan (NYSHIP) who are in a higher income bracket. Some of the newer retirees have considerably higher pensions and, since Medicare premiums are based on total income, a spouse's income is included. This year the additional premium can be as high as \$250 per month.

When you file an IRMAA claim with Northport the district will reimburse the \$104 plus any premium. The bill introduced in the State Senate aims to eliminate the additional reimbursed premium. Visit NYSUT Member Action Center to find your State Senator and contact them now.

## **PLANNING FOR THE FUTURE**

**By Bill Hall**

We need your input. To meet the needs of our members for information, I have proposed that the R-UTN host a panel discussion on life estates, pros and cons of trusts, annuities, insurance coverage for home health aides, and alternative living arrangements such as assisted living and life care communities. This would be scheduled in the fall in place of our **Annual Holiday Luncheon**.

It takes time to arrange for a meeting space and to schedule speakers. So before we begin, we need to know if you would attend such a program. Would the topics planned be of interest to you? Are there alternative or additional topics that you would rather have covered?

Please contact any member of the R-UTN Executive Board with your reaction to this proposal. -Do we replace the Holiday Luncheon with an informational panel discussion? -If yes, what topics would you want covered. Thank you for your participation.

## **MAYO CLINIC on DRINKING WATER**

**By Stu Fitz**

A cardiologist determined that heart attacks can be triggered by dehydration. Good Thing To Know from The Mayo Clinic. How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night?

Heart Attack and Water - Drinking one glass of water before going to bed avoids stroke or heart attack.

Something else I didn't know ... I asked my doctor why people need to urinate so much at nighttime.

Answer from my cardiac doctor: Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. I knew you need your minimum water to help flush the toxins out of your body, but this was news to me.

From A cardiac specialist! Correct time to drink water...

Drinking water at a certain time maximizes its effectiveness on the body:

2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - avoids stroke or heart attack

A physician also advised that water at bedtime will help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a charlie horse.

## **GOOD WORKS UPDATE**

**By Pete White**

Retiree 2005

Northport High School Social Studies

Many thanks to those members of R-UTN who contributed to the "Friends of Students for 60000" Nicaragua Project and/or the Dick Streb Award/Scholarship in 2015.

Many poor people were helped this year as "Friends" constructed thirteen new houses for homeless families and is currently building a much-needed park for children who never had any recreational opportunities.

In addition, each year one or two deserving students are helped by the Streb Award.

Anyone interested in a working trip to Nicaragua, please contact Pete White

([pedro831@optonline.net](mailto:pedro831@optonline.net)). He organizes two trips each year. Pete also supervises the Streb Award.

## **GARDENER'S FIELDTRIP**

**By Bill Hall**

Join me on Thursday June 9th for an excursion to the East End to visit Felix's Wholesale Nursery, Peconic River Herb Garden and lunch on your own at Jerry and the Mermaid in Riverhead Aquarium. Call me to arrange car pools and for more details – Bill 631- 261-4849.

## IN MEMORIAM

**Walter Schneider (Walt)**, retired high school music teacher, passed away on March 8. Walt will be remembered and missed by former colleagues and students as an innovative and caring educator who was instrumental in introducing the electronic music program to Northport High School.

**James Morrissey**, retired chairperson of Mathematics, passed away in December .

**John William Hosie (Bill)**, Northport High School physics teacher for 38 years, died November 30, 2015 at the age of 91. He is survived by Sylvia Kilbourne Hosie, his wife of 67 years, and a large extended family, including members of the R-UTN and UTN. Daughter Cynthia Hosie Gorman and brother David Hosie are R-UTN members and Dave serves as our treasurer; grandson Matthew Gorman teaches 6th grade Science and Math at East Northport Middle School.

**Una Gozelski**, former secretary of the *United Teachers of Northport*, passed away on December 17, 2015. Una taught elementary grades in Northport Schools for 25 years.

**Fred Meyer**, retired Middleville Middle Counselor and NMS School Assistant Principal, passed away at his home in Avon, Connecticut. Over the years, Doris and I (Ed Nostrand), Fred and his wife Anne, and our children developed a close family friendship. As good friends we shared many wonderful memories. How do I capture in a paragraph the qualities that made him such a special human being? His thoughtfulness and generosity were boundless. I remember when he wanted to be sure I was employed and he found me a summer camp job, and I will never forget when he gave me a flip phone to keep in my car for 911 emergencies. His acts of kindness are too many to recount. He had a “wicked” sense of humor. When the hospice caretaker moved in, he quipped, “That means the end is near.” As a fellow counselor, he actually taught me how to be a better listener. But to put it simply it was Fred’s warmth and goodness as a human being that made him so loved. These memories and the words of others who knew him will help all of us through the grieving process.

**Anna Marie Keller**, passed away in Upper Yoder Township, Pennsylvania on October 13, 2015 in her 90th year. Anna was a music teacher in the Northport-East Northport schools and in Sharon, Pennsylvania. Her family wanted to be sure that her friends and former colleagues in New York knew of her passing.

## WEBSITE POLICY

Items submitted for posting should be brief and timely announcements of information or activities of interest or concern to our retirees. Information items must be factual and cite source of the data. Activity items will be accepted for free and open- to- the- public events. Postings for events sponsored by not- for- profit groups will also be accepted. Name of sponsoring group must be included in the posting. The editorial board reserves the right to edit for space and to determine the appropriateness of items. **No ads or items of a commercial nature will be accepted for the newsletter or for the website.**

## R – UTN EXECUTIVE BOARD MEMBERS

President: Frances La Duca 631-368-1545 [laduca@aol.com](mailto:laduca@aol.com)

Secretary: Roaseann Giovina 631-757-0725 [rgiovina@yagoo.com](mailto:rgiovina@yagoo.com)

Treasurer: Dave Hosie 631-754-3468

Membership Chair: Judy Bensimon 631-368-6287 [jkbensimon@optonline.com](mailto:jkbensimon@optonline.com)

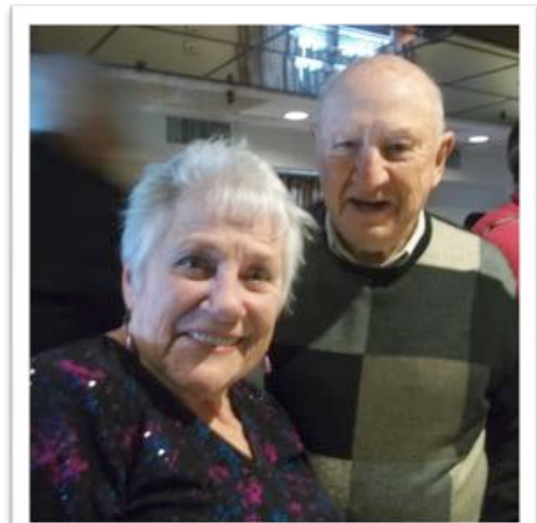
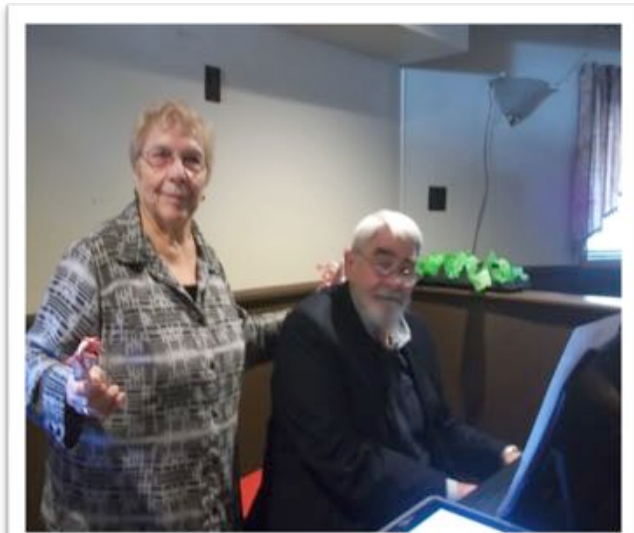
Communications Chair: Bobbi Scott 631-757-7389 [utnr@optonline.net](mailto:utnr@optonline.net)

Social Committee Chair: Irene Eckert 631-423-2313 [hurreck@aol.com](mailto:hurreck@aol.com)

Past President: Larry Ryan 631-543-2462 [laryan@mac.com](mailto:laryan@mac.com)

We work for you – contact us with questions, suggestions or information. Thank you.

## THE WINTER LUNCHEON



# The Value of NYSUT Membership

You may not be aware that your NYSUT membership allows you to enjoy the benefits of the more than 40 programs & services endorsed by NYSUT Member Benefits, including a variety of quality, competitive insurance plans.

Member Benefits strives to provide the highest-quality programs for NYSUT members and closely scrutinizes all proposals from reputable vendors before any endorsements are given.

While we work continuously to maintain quality benefit programs at competitive prices, you are encouraged to shop and compare before making any purchasing decisions.

## MetLife Auto & Home®



Call MetLife Auto & Home to learn about the special savings and discounts you may be eligible for.

**1-866-NYSUT-22**

If you are looking for potential savings on your auto or homeowners insurance, consider enrolling in the NYSUT Member Benefits Trust-endorsed MetLife Auto & Home Insurance Program.

This program offers special group rates on personal property and liability coverage not available to individual MetLife policyholders. NYSUT members can choose from a variety of coverages that include auto, homeowners, boat, renter's, and much more.

Policyholders can earn extra discounts for good driving, multiple policies and anti-theft devices. MetLife Auto & Home recently raised the multi-policy discount on its homeowners insurance with auto from 7% to 15%. The multi-policy/multi-product discount on auto insurance with home remains at 8%.

Visit the NYSUT Member Benefits website at [memberbenefits.nysut.org](http://memberbenefits.nysut.org) or call **800-626-8101** for specific details about this program or other Member Benefits-endorsed programs & services.

MetLife Auto & Home is a NYSUT Member Benefits Trust (Member Benefits)-endorsed program. Member Benefits has an endorsement arrangement of 5.5% of total premiums for this program. All such payments to Member Benefits are used solely to defray the costs of administering its various programs and, where appropriate, to enhance them. Member Benefits acts as your advocate; please contact Member Benefits at 800-626-8101 if you experience a problem with any endorsed program.

Agency fee payers to NYSUT are eligible to participate in NYSUT Member Benefits-endorsed programs.



For information about contractual endorsement arrangements with providers of endorsed programs, please contact NYSUT Member Benefits. Agency fee payers to NYSUT are eligible to participate in NYSUT Member Benefits-endorsed programs.



**RETIRED TEACHERS OF NORTHPORT  
45 GARFIELD PLACE  
EAST NORTHPORT, NY 11731**

**First Class Mail**

**TO**

**Please Note**

**Unless someone comes forward to be Editor of the newsletter this will be the last printed edition.**

**All important information will be posted on our website at**

**<http://www.retiredteachersofnorthport.org>.**

**Brief notices will continue to come by e-mail. It is important that we have your correct and current e-mail address.**

**If you have a new e-mail address please let us know at [utnr@optonline.net](mailto:utnr@optonline.net).**