

ROBS NewsLetter



NUMBER 26

RETIREES OF BRENTWOOD SCHOOLS

JUNE 1998

PROTULIS URGES DOUBLING OF EFFORT

Steve Protulis, Executive Director of the National Council of Senior Citizens (NCSC) since 1995, the keynote speaker at the NYSUT Retiree Luncheon at the RA in May, implored his audience to "come out and do double what you have ever done before," and join him and the NCSC to protect Medicare, Medicaid, Social Security and the Older Americans Act.

Protulis isn't optimistic there will be any letup in the threats to Social Security and Medicare, and feels "senior power will be tested to the limit." He noted, in lashing out at the media and its priorities, that a recent "Meet the Press" show gave equal weight to "scandal, sex and Social Security."

Dorothy Zuckerman, President of ROBS and RC 21, agreed with Protulis when he said **DO NOTHING** when you reach that magic age of 65 and are asked to make a choice on what kind of Part A health insurance you want. **Stay with Medicare!** Don't choose any of the HMO's. Put your Medicare card in your wallet and use it!

In a recent Saul Friedman GRAY MATTERS column in Newsday, "Beware the Choices Clouding Medicare," he wrote: "At a recent Washington conference on health care, one expert said the nation's health care system is becoming a 'medical mall,' where the shopper will have 'lots of choices' and the responsibility for making the right choice. In a mall you can get your money back on shoes that fall apart. Try that with health insurance that doesn't work."

NCSC is sponsoring a conference on Social Security July 25-28 in Washington D.C.. There will be meetings with representatives on Capitol Hill and a rally on July 27th at the new FDR Monument.

PROP 226 NIXED

Labor and its allies won big over those who sought to silence labor in California's ballot initiative, Proposition 226. The measure would have banned the AFT and other unions from using dues and even voluntary contributions for political action without the annual written consent of the individual employees the unions bargain for.

Pro-Prop 226ers didn't count on labor's ability to mount a fierce grassroots counterattack armed with the facts and a 3-1 margin in union households.

Key to success were the allies in this battle: among them the California League of Women Voters, major environmental, philanthropic and religious groups, and the San Jose Silicon Valley Chamber of Commerce. **WHEN LABOR DOES IT RIGHT... !!!**

CLINTON VETOES

President Clinton has vetoed a bill that would have provided federally funded school vouchers for students in the District of Columbia. It is unlikely that Republicans in Congress will be able to muster the votes to override the veto. Clinton called the bill "fundamentally misguided" and noted that it gives money to a few selected students to attend private schools but does nothing to improve schools for the overwhelming majority of the district's students.

June 12, 1998 AFT ACTION

SUPPORT OUR PUBLIC SCHOOLS.

ANTICIPATION

The last weeks of school were always full of excitement. There were two months of freedom to look forward to, a great big five-week paycheck, travel plans to savor, books to catch up on, alarm clocks to hide. Too often the anticipation of things to come was more rousing than the reality of the moments. But now we are retired from all that ... or are we? The two summer months now stretch through the year, every year; the pension checks joyfully arrive each month; we travel when we choose without the heat and the hordes of tourists; we consume books like food; and alarm clocks are pulled out only for appointments. And still we anticipate. Retirement opens many options that may not have been there before. We're finally free to explore, to try, to think - or to do nothing at all.

Anticipation takes many forms and July brings a special kind of anticipation for me. I will be going to New Orleans to join the other American Federation of Teachers delegates in deciding on our future merger with the NEA. If unification becomes a reality, we will become the largest union in country! I have strong memories of the years long ago when we were one organization, pulling together for one cause. Now the need and the opportunity are before us again. What an exciting and historic prospect - and I will be a part of it for you!

I will attend another exhilarating conference to be held in Washington, D.C. at the end of July. The National Council of Senior Citizens is planning a legislative conference as a massive show of support for Social Security and Medicare. A mammoth rally will be held at the FDR Memorial to show that we are "the memory in a nation of amnesiacs ... the conscience of Congress." And once again I will be there as your advocate, representing your needs!

Looking forward is an important part of being alive. It keeps the adrenalin flowing. The bottom line is that we can find the time to have fun, whatever we choose to do.

In Unity,
Dot

ROBS NEWSLETTER STAFF

CONTENT EDITOR: Christin Veech
Don Kubicko
PRODUCTION: Mary Ruffino

ROBS OFFICERS

PRES. - Dorothy Zuckerman
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CAMEO



Michael J. Grant, A Model For Us All

-- Tom O'Connor

A dear friend died on April 5th. He was sixty-six years old. He was a good friend, especially to those who really needed a friend. He was truly unique.

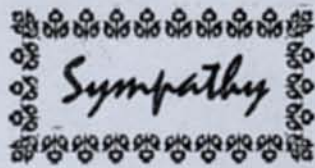
In the twenty-five years we were friends, I never saw him turn his back on another human being in need. He would help people without any fanfare. And, if he couldn't help personally or directly, he would get in touch with someone who could. He had a seemingly endless number of friends to call upon, and he did.

People loved Michael. He was fun to be around. If people felt a little down, being around him for a little while would pick them right up. He was vibrant and really funny. There was laughter and good fellowship in great abundance wherever he went. He was gregarious, but he didn't waste much time being around people who had no time to serve others. I guess you might say he was discriminating. He liked to be around people who were generous and involved in helping others; people making a difference. Also, he was honest and expected people to be honest with him. This hurt him more than once.

When Mike was in public office and was involved in a major and protracted fight on behalf of the people of Suffolk County, he was disappointed when other politicians he had thought were his friends, turned against him. Of course, some might say he was naive to expect politicians to side with him against a powerful party leader in a dispute. The fact is, Mike was a politician too, but he never forgot who he was or who he was serving. To him, it was morally unacceptable to look the other way while official wrongdoing might be in progress. He was not interested in remaining in the good graces of party leaders at the expense of his conscience, as some of his peers apparently were.

Mike served twelve years in the Suffolk County Legislature, four as Presiding Officer. He was known as a man with a conscience who served all of the people. He had a special place in his heart for children. He came as a guest speaker to my social studies classes many times. One of the things I recall vividly was that the students I taught (11th and 12th graders) loved to have Mike speak with them about local government issues. He leveled with them, didn't try to "con" them, or sugar coat his answers to their questions. If he didn't know the answer to a question, he would tell them. Young people appreciate honesty. That's exactly what they got from Mike Grant. So did everyone else. The difference is, the kids embraced it.

In 1986, The students of Brentwood High's Government Club honored Mike with the "Model Citizen Award" in which they recognized his outstanding contributions to community and nation and thanked him for "...providing a model for our future lives." Above all, Mike Grant believed in and lived his life as a response to this ancient admonition: "Much is expected of those to whom much has been given." He has provided a model for us all.



NEWS NOTES

We were saddened to hear, as we went to press, of the death of **Mary Criscione**, who retired in 1996. She was the person we all called when we were going to be absent. I remember that friendly, cheery morning voice well! **Mary** was the mother of Carmela Criscione, Director of Human Relations for Brentwood Schools. **Mary** will be missed...

Jim Watson, Sonderling English, was to be back in Maine by now, but we just heard that a car accident intervened and he wound up with a broken leg and hip and is recuperating in his condo in Phoenix. His phone # there is: 602-234-2487. **Warren Dolbeer** was also injured in the crash. Stay positive and focused, **Jim** and **Warren!**

We heard from **David O. Brown** that daughter Randi Millman's book, Fun Things to Do with Children in New York is doing very well in the book stores. She had a book signing in Ithaca, N.Y. this month. Great, Randi!



We apologize to **Joyce Rosenberg**, a SouthWest retiree, (we called her Rosenthal in the last issue: must have been thinking of Ivy...); and we announced the birth of a grandson incorrectly also. **Joyce's** grandson, Justin, was born in December 1997!

Ivy Rosenthal is doing very well after knee replacement. She's at all our meetings, and attended the June luncheon looking great!

Happy Birthday to the Q Tip, also known as **Edy Filosa**. She turned the big 70 the first week of June. We made that public at the ROBS luncheon too!



Moving is a big thing for this issue. **Lorraine Keen** left her East Northport address for the wilds of Kings Park! Happy relocation, **Lorraine!** (See address updates) .

And **John Leeman** who retired from Ross in 1991 writes the following: "After many false starts we are finally leaving New York to become Snowbirds and travel between New Hampshire and Georgia!!! We plan to leave New York on Sunday, June 28th with a truckload of furniture, etc. and will be bringing it to Waycross, Georgia where we will stay a few weeks to get settled in and then we will go to New Hampshire until the cold weather arrives - then back to Georgia. Our tentative plans are to spend May through October in New Hampshire and November through April in Georgia. (See address updates). Ed. Note: Of course the time frame all depends on the changing weather patterns. Good luck John, but keep in touch! John was also at the ROBS luncheon, and he was one of the "young and rested."

Also at the luncheon there was the beginning of an ad campaign. Three "DOVE GIRLS" traded experiences of long use of Dove soap (**Verne Spencer** and **Chris Veech**) and new use (**Carol Bruno**). Now if the three could just take it on the road and make money...? They did look "young and rested."



Glad you're feeling better, **Jack Zuckerman** ! Spain calls !

Seen at a showing of "Bullworth," (worth seeing) was **Marty Riger** who retired from Ross in 1996. He's still running and enjoying retirement.

Herb Laub's dissertation on the peace process in the Middle East during the Carter presidency will be published soon by Minerva Press, England and distributed in the U.S.. Great work, **Herb**. He's off to Israel again soon too. Godspeed!

WE WELCOME LETTERS TO THE EDITOR

THE Q TIP

by Edy Filosa (retired Nurse Teacher)



The following is taken from the April 7 issue of Newsday. If you want additional information about programs, contact your local hospital.

- ★ At Long Island Jewish Medical Center, New Hyde Park, treatment for migraine headaches as part of a study: call 800-545-0774.
- ★ Treatment for high cholesterol or blood pressure as part of a study: call 627-0350 or 627-9015.
- ★ Mental illness information and referrals: call LIJ at 718-470-8241; 9-5, Mon.-Fri.
- ★ University Medical Center at Stony Brook offers free prostate screenings 9-11 A.M. every Monday at Life Care Medical Center, 225 W. Montauk Hwy., Hampton Bays. Call 723-5000 for an appointment.

I ATE HOW MUCH?

Ever wonder if you're assessing the right amounts of fats and calories in your diet especially when you're eating out? Experts suggest some "sizable" guidelines to judge the real amount of food going down the hatch.

Specifically:

- ★ The size of your thumb = 1 oz. of cheese
- ★ A deck of playing cards = 3 oz. of meat, chicken or fish
- ★ A small hand holding a tennis ball = 1 cup of milk, yogurt & chopped fresh greens
- ★ A small fist = 1/2 cup of fruit, vegetables, pasta or rice



Best bet when you eat away from home is simply to eat less. Take left overs home with you. In the long run you'll feel better. From Pelizza's Positive Principles for Better Living by John J. Pelizza, PhD.

COMPUTER STUFF by robot expert

ADAM & Eve VIRUS: Takes a couple of bytes out of your Apple Computer.

▼ **SeniorNet** (www.seniornet.org) host to book clubs, learning centers, medication question & answer section and a forum on "successful aging."

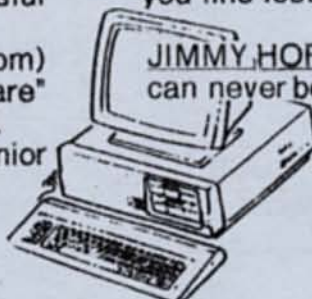
▼ **SeniorLink** (www.seniorlink.com) provides access to "eldercare" professionals, programs & activities.

▼ **SeniorCom** (www.senior.com) senior

"chat rooms," "Senior News Network," travel packages, wellness programs, and on-line shopping.

▼ **The Yahoo People** (<http://www.yahoo.com/search/people>) ties in to several national databases to help you find lost old friends.

JIMMY HOFFA VIRUS: Your programs can never be found again.



BONWIT VACATION KICKOFF

Cormack's Bonwit Restaurant was the site of the ROBS annual luncheon on June 3rd. Again, the event was chaired by the dynamic duo: Ruth McCalla and Harriet Pepine, who always provide a stellar event, this one in the garden room surrounded by stained glass windows to die for.

Among the 43 ROBS retirees attending were those from near and far, those we hadn't seen in a while, and those who are always there. Everyone had a good time. The conversations never lagged, and everyone was glad to see everyone looking so well and so young and rested (as opposed to young and restless...).

We did miss one special couple however. Dot and Jack Zuckerman were busy getting Jack home from St. Charles Rehab after knee surgery just about the time we were settling in to dine. Jack did make the RC21 luncheon on June 9th though, his first outing since knee replacement at the beginning of May.

New officers for the next two years were welcomed: Dot Zuckerman, president; Harriet Pepine, Vice President; Lynn Prass, Secretary; and Lilian Kelly, Treasurer. They assume duties on July 1, 1998. **HAPPY SUMMER TO ALL AND WE'LL SEE YOU AT THE FIRST ROBS MEETING ON WEDNESDAY, OCTOBER 7th.**



COMING SOON: **MT CORNER** -
quotes without comment

NOTICE ! REUNION FOR TEACHERS, SUPPORT STAFF AND STUDENTS OF MASLOW TOFFLER CLASSES FROM 1975 - '83. Call **John Sherin**, 931-2971 for information. Sponsored by: Reunions International, August 1 at Islandia Marriot.

RETIREES OF BRENTWOOD
SCHOOLS
c/o Zuckerman
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REMEMBER: Mark calendars for ROBS MEETING Wednesday, OCTOBER 7!
10 A.M. Islip Public Library