

ROBS NEWSLETTER



FEBRUARY 2005

RETIREES OF BRENTWOOD SCHOOLS

ISSUE 58

ROBS MEETINGS:

MARK YOUR CALENDARS: Bay Shore Library 10 AM

MARCH 10

PAUL BRAZEZICKE
Paul's Maintenance & Repair of Suffolk
(featured in *Newsday* & 3/04 ROBS Newsletter)
on
HOME MAINTENANCE & SAFETY.

APRIL 7

Foxwoods Trip

\$36 for bus Plus – pickups in Suffolk & Nassau

MAY 12

History Video

JUNE 3 LUNCHEON

WAR'S IMPACT ON BRENTWOOD

A pair of support girders salvaged from the 37th floor of the WTC's wrecked south tower stand in the courtyard at the high school, a 3,000 lb. Memorial to 9/11. Residents took the attacks personally because at least 71 school alumni are fire fighters, police or military who served in the ensuing rescue & recovery effort at Ground Zero. NYC Firefighter, David Halderman ('79) never emerged. Michael H. Waye ('81), a computer tech, was on the 95th floor of Tower One.

Newsday made Brentwood the focus of the January 26 part of a series on the war on terror. Some of their statistics are eye opening. "Traditionally, support for the military has run deep in the majority Hispanic community where 54,000 residents live mostly working class lives or struggle against poverty. One in 10 adult men younger than

65 has served (census)" even though 1/3 were born abroad. More than 2,800 veterans live there and outnumber non-vets 65 or older."

In 2004, 20 Brentwood HS seniors – 3% - enlisted. On-campus recruitment is welcomed in this district where "many struggle to make do." A 1988 Brentwood graduate, Staff Sgt. David Rodriguez is a recruiter in the district.

Brentwood has been profoundly touched by the war on terror, which accounts for 1/3 of the 9 local residents killed since 2001: Army Cpl Raheen Tyson Heighter ('00), the 1st Long Islander to die in Iraq; Army Sgt. Michael J. Esposito ('99), killed in Afghanistan; and Lance Cpl. Ramon Mateo ('02), Baghdad.

Dana Gutierrez, high school AP, a Brentwood graduate and Vietnam vet said: "The

military has a lot to offer to a kid from Brentwood...they can get away from this environment in a way that is productive....Somebody has to step forward," says Gutierrez, referring to the fact that a military is a necessity in the world we live in.

Chris Chamberlin, high school English teacher, former Marine, and fearful for his students: "When Raheen died, I thought 'this is coming home.' And with Ramon, that was the kicker."

11.3% of Brentwood residents live in poverty. (Suffolk: 6%). In the elementary schools, 86% are from "near poor" families with incomes low enough for them to get free or subsidized lunches. 18%, (2,916) of the 16,230 children have been in the U.S. less than 4 years. 60% of residents speak a foreign language at home. All care!

PRIORITY BAFFLES EVEN REPUBLICANS

Social Security is a priority for the next 4 years of the Bush administration. "The president is again crying wolf to justify an ideological agenda," said George J. Kourpias, president of the Alliance for Retired Americans.
Rep. Sander Levin (D-MI), who replaces the late Rep. Robert Matsui as the chief

Democrat on the House Social Security subcommittee, said: "Social Security faces a challenge, not a crisis. Our first priority must be to prevent the Bush administration from wrecking that bedrock of income security protection."
The Washington Post reported in January that President Bush's top political strategist, Karl Rove, is

masterminding the drive to privatize Social Security using "campaign-honed techniques," & outside front groups like Progress for America to air ads using the image of FDR to promote the changes to build support
Many Republicans say there are more pressing needs & that carving up this Democratic program will not benefit Republicans ...

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PHYLL'S FORUM

Phyllis Goodwin, President – (631-673-2971)



Dear Colleagues,

Welcome to the New Year. I hope that it will be full of wonderful events and good health for you.

In our recent December mailing, many of our newsletters came back as undeliverable. This seems to be centered in our 75+ age group. I have tried contacting these members to no avail. I am asking that this age group get in touch with Jack Zuckerman or me to verify your continuing membership in ROBS. Some of our members have moved and left no forwarding address. Since postage is our largest expense, we would like to eliminate unnecessary returns.

I would like to update some information on Medicare. If you are receiving Social Security, you will be contacted automatically (approximately 3 months

before) for participation in Medicare part B. You do not have to change anything. If you change anything on the form, you risk losing your Brentwood benefits. When you receive your Medicare card, make a photocopy and send it to Cathy Browman Health Benefits @ Brentwood UFSD Third Avenue Brentwood NY 11717.

On April 15th at 7:30PM, the music faculty of the Brentwood system is giving a concert to benefit the music departments students, equipment. I have received a block of 25 tickets. They are being offered to ROBS members at \$4 a piece. Be sure to read the article by Bob Dal Piaz from the *Impact* issue. Anyone wishing to attend this concert call me for tickets (631-673-2971). We have some very talented musicians in this department

and you won't be disappointed.

We hope that you will attend our first trip of the year to Foxwoods on April 7th. Please return your form and check as quickly as possible. (*See form p. 8*)

We will continue to suggest that you get together with some of your friends to attend our meetings. We are proud to announce that we have 394 members this year but we still need your support at meetings.

In Unity, Phyllis Goodwin

Missing Members: Dick Arsenault, Carolyn McCarthy, Maria Campaign, Elizabeth Domenichelli, Selma Friedman and Carole Fraden. Get in touch with Phyllis with any information.

ROBS DIRECTORY UPDATES: *Please make corrections in your Directories. Apologies, Jack Z.*

Marie Cohen – phone # should read: 631-476-0247

Marvin Cooper – name should read: Marvin M. Cooper

Marilyn Flamberg – email should read: mjflamberg

Florence Koehler – Hawthorne Inn, 15 Main St., Hilton Head, SC 11961; 843-689-6360; Elem. Reading 1968

Betty Lantz – Florida phone # should read: 434-589-2114 and she retired from Ross in 1993

Mary Pat Lyons new email - email should be: mplyons@optonline.net

Ray Newcomb – email address should read: ray.newcomb@verizon.net

Marty Rigor – address should read: 13664B Coconut Palm Court, Delray Beach, FL 33484

Patricia Shaw – moved: new Florida address = 1727 Lakestone Drive, Trinity, FL 34655

Carl A. Smith – email address should read: cfs4@sbcglobal.net

Jim Watson – phone number area code should read: 602 (not 607: that's this editor's son's area code– sorry, Jim)

ROBS NEWSLETTER

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ROBS OFFICERS

PRES. Phyllis Goodwin

V. PRES. Harriet Pepine

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TREAS. Marge Kirchner

Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today it's called golf. (*WILL ROGERS*).



ROBS Newsletter Editorial Board:

Carmela Criscione
Adrienne Eastman
Linda Gibson
Phyllis Goodwin
Marg Kirchner

THE M-T CORNER

"The way to be safe is never to be secure."

— Benjamin Franklin

NYSUT NOTES**Dorothy Zuckerman, NYSUT Retiree Services Consultant (631-273- 8822)****(e-mail: dzuckerm@nysutmail.org)****SOCIAL SECURITY - THE RHETORIC AND THE REALITY**

"Bust!" "Broken!" "Bankrupt!" These are the scary words President Bush and his administration are using in an attempt to convince the American public that Social Security, the most successful government program this country has ever enacted, is about to expire for lack of funds.

Social Security was originated in 1935 during the Great Depression when the stock market crashed leaving millions of Americans unemployed and in poverty. It was a "pay-as-you-go" program, based on a tax on payrolls. It was designed to provide a measure of protection by way of a guaranteed basic income, a promise made by the US government to its citizens. Eventually there was enough money available to extend benefits to wives and survivors and finally to include workers who became disabled regardless of their age.

1. **"Social Security is in immediate crisis!"** **FACT:** As a result of small changes made twenty years ago, Social Security has a surplus of funds, enough to pay out 100% of the benefits for about 40 - 50 years. (Until 2042 according to the SS Administration; 2052 according to the Congressional Budget Office). After that date, about 70% of benefits will still be available.
2. **"The Trust Fund is empty."** **FACT:** Social Security has a budget that is independent of the rest of the US government. The surplus Social Security money is placed in a "Trust Fund" and that money is loaned to the US government in the form of US Treasury bonds, just the same as foreign countries lend money to the US. Government bonds have the full faith and credit of the US behind them; they are legally binding promises to pay. Should the US government default on its debts it could create a worldwide crisis.
3. **"Owning your own money will bring greater returns."** **FACT:** The Bush plan would encourage young workers to hold back 2%-4% of their payroll taxes and invest that money instead in stocks and bonds. When they reach retirement age, SS benefits will be reduced with the expectation that their private investments will make up the difference. Putting your retirement security in the hands of the stock market is like playing the slots at Foxwood. In order to fund the transition period during which workers withhold payroll taxes and to continue to pay benefits, the President is recommending that the US borrow \$2 trillion.....thus adding to an already burgeoning deficit caused by the war in Iraq and tax cuts.

THE BUSH PLAN IS NEITHER "SOCIAL" NOR "SECURE." It ignores the guaranteed protection for survivors and the disabled; it ignores the vagaries of the same stock market that brought about the Social Security program in the first place; it destroys the promise of a risk-free future. The hidden agenda is the same as it was for Medicare - to do away with government programs and to encourage private individuals and corporations to determine the United States economy. If the money in the Trust Fund is used up over the next 50 years there will be no money left to fund most other government programs. Medicare, Medicaid and Prescription Drugs are in far greater immediate crisis now than Social Security. The Bush plan for Social Security is our own country's 2005 version of a "Weapon of Mass Destruction."

BITS & PIECES**SOME MALPRACTICE REFORM
ADVOCATES SAY AN APOLOGY
CAN HELP DOCTORS AVOID
GETTING SUED**

Hospitals in the U of Michigan Health System have been encouraging this since 2002. As a result, the system's annual attorney fees have dropped from \$3 million to \$1 million, and malpractice lawsuits and notices of intent to sue have fallen from 262 filed in 2001 to about 130 a year.

In 1987 the Veterans Affairs hospital in Lexington, KY adopted an honesty policy called "Sorry Works." According to Dr. Steve Kraman, one of the doctors behind the idea, the center's liability costs subsequently dropped below those of comparable VA hospitals. "Not only is it the right thing to do, it saves money!"

**INFLUENTIAL REP. CALLS
PRESIDENT'S S. S. PLAN
"A DEAD HORSE"**

Bill Thomas (R-CA), the powerful chairman of the House Ways and Means Committee, said this week that the president's plan to create private accounts could not gain passage in Congress and characterized the president's proposal as "a dead horse," reports *The Washington Post*.

OVERTIME RIGHTS STRIPPED

Overtime pay rights of 6 million were effectively stripped away in November. Overtime Pay Protection had been attached to Sen. & Hs. Versions of a bill to fund government in 2005 & would have blocked the administration's changes to overtime pay eligibility rules under the Fair Labor Standards Act. Bush threatened to veto the entire \$388 billion spending package unless it was removed. The administration ignored

1.6 million emails, faxes & letters from workers protesting the action.

UNCLE SAM'S SWEATSHOPS?

The Administration's Dept. of Homeland Security is allowing \$30 million worth of uniforms for Customs & Border Patrol agents to be outsourced to Mexico. The Defense Department under law, must ensure clothing items are made in the U.S., but Homeland Security has no such restrictions.

**MULLANY HOUSE: LANDMARK
TO HONOR WOMEN & LABOR
PIONEERS**

The Kate Mullany House in Troy, home of the American Labor Studies Center, was designated a national historic site when President Bush signed a bill on December 3 elevating the house's status. During the Civil War, Mullany organized the Troy Collar Laundry Union, the first female collective bargaining organization in the U.S.



SNOW WHAT?

by Chris Veech

During a vacation in the beautiful snowy mountains of Vermont, I was hit right between the eyes with what was politically correct in the matter of three round balls of snow piled vertically and adorned with a jaunty ski cap and scarf, as well as buttons.

"What a great snowman," I exclaimed, camera in hand.

"It's not a snowman," said my frisky seven-year-old granddaughter.

"It's a snowgirl, Grandma," said her almost five-year-old sister.

Snowgirl just didn't sound right to me. "Perhaps it's a snow woman," I ventured, thinking I'd better show my feminist colors to the nth degree since these youngsters had cut their teeth on liberated fairy tales but still used "girl" instead of the preferred "woman."

"No, she's a girl," said the older grandkid. "See, she's got my hat on, and Sarah's scarf." I looked up at the snow creature and decided an almost 5'10" snow-whatever couldn't be a girl!

I pointed out the size of the "thing," and Sarah said, "That's only because she eats all her vegetables." I had never seen such a gloating smile in such a little person, and I stifled the urge to laugh.

Kaari, the older one, said, "Well, perhaps we could just give her a name, like Frosty."

"Frosty is a boy," said Sarah icily.

"A man?" said I, meekly.

"Fran," declared Kaari.

Fran, the snowgirl. What was inclusive language coming to! Here it was, toppling the only vestige of my childhood snow fun: the snowman! Nothing seemed to sound right, to take its place. Nothing sounded acceptable, certainly not snowgirl! (Word check seems to be on my side, insisting snowman is one word, but any of the other couplings are two.)

"Hey, I've got it, girls. Let's call it Fran, a member of the snow community!" I ventured, flushed with a feeling of closure.

The girls looked around, and then looked at me the way a teacher might when the answer was illogical. "There's no community here," said one. "No men, no women, only the snowgirl," said the other.

As they walked away up the hill with their sleds, I realized they had to make their own way through the pitfalls of political correctness. Especially when it involved snow people. Or perhaps, people of the snow? Or...

LETTERS TO THE EDITOR:

This past year has been a sad one for members of the Brentwood family as we lost several more of our colleagues. One of them, who I remember with much fondness, was **Marion Gray**. Throughout her career at Brentwood, Marion ran the Dance Program for the BTA. The dance program played an important role in our relations with the Brentwood community as it provided scholarships for many of our students. I do not know when or how the program started but when I arrived in Brentwood in the 1960's, it was in operation.

Marion worked with the head of the dance teachers, who was, I believe, Mrs. Snyder. Marion assisted her in hiring the dance instructors and providing the informational sheets that went out to the parents of the students in the elementary schools to get recruits for the dance program. Marion also had to keep the books and pay the instructors, as well as other expenses involved in putting on this program.

At the end of each year, a recital was held at the high school. It was a vast undertaking as tickets had to be printed and sold, chaperones found, and coordinating the use of the auditorium with the high school administration and custodial staff had to be overseen I recall being a chaperone, along with other teachers, for a number of years.

Each year we were able to donate \$10,000, or more, towards BTA student scholarships. Marion and her scholarship committee chose the students who would receive these monies. I believe we gave out some 20 or 30 scholarships a

year. In the few years when the dance

program did not provide sufficient income to meet our goal, the teachers donated funds to the scholarship program.

The Dance Program proved to be very successful and much of its success can be attributed to the fine work done by **Marion Gray**.

Nick Siciliano, past BTA president & SS teacher

To my Brentwood friends:

This is Ellie. **Ellie Lipkins** for ten years teaching Art in Sonderling, and then **Ellie Steffen** for the next ten years.

Since retiring in '93, I have a happy and fulfilled life here in Woodstock NY. I paint in a great studio and show and sell my paintings. St. Peter's hospital in Albany, where I volunteer my services, pays my expenses to run educational workshops, support groups, and bereavement counseling for anyone involved with ALS, or Lou Gehrig's disease. As some might remember, it was that disease that claimed my husband so I don't want anyone to feel as alone as I was during that experience. It satisfies many of my personal goals to do this work.

The art community here is very alive as well. I would welcome hearing from anyone, and would welcome visitors to Woodstock."

Love, Ellie



NEWS NOTES

Joan Scully, secretary for the Athletic Department in the Brentwood Administration Building retired on December 31 and in January, **Grace DeRiggi**, Attendance Improvement Dropout Prevention Program in Special Services, retired. Best wishes.

Bernie Heller's (Ross '90) wife, **Amy**, has solved a missing person's note in a recent newsletter: **Joanne and Jim Varian** are in Florida at 7651 Indian Ridge Trail South, Kissimmee, FL 34747. Thanks, **Amy**.

Happy Very Big Birthday to **Gilda Mantin**, retired English Department chair. Love & Hugs from all your retired teachers! And congratulations to **John & Carole Sobocinski** (NE Elem.) on the marriage of their daughter, **Kristen** to **Robert Dietz** in January.

Grace Feta, retired high school aide, saw fellow aide, **Felicia (Phyllis) Tulipano** at **Roseanne Crawford's** 50th anniversary party. They send greetings to all. **Grace** opined: "It's sad that Brentwood has lost 3 of its students in Iraq – just so young. It really hits home." **Grace** is off to Las Vegas and reports: "I never saw a casino I didn't like."

Millie O'Neill, also a retired high school aide, shared some tidbits in a letter. "I was shocked to read about **Jim Cliggett** (his death). You were right about his wit. When I was posted by the door in the P.M. he would be leaving 5 minutes early and tell me if anyone came looking for him he'd be in room 801; and we'd both laugh." **Millie** also sent a 10/04 Good Sam brochure showing a picture of **Edwin Pagan**, LPN, and **Dawn Esposito** at a blood drive in September dedicated to **Dawn's** son, **Sgt Michael J. Esposito** (Brentwood grad '99), who was killed in action in Afghanistan. **Edwin** had recently returned from Iraq. "I had to send the enclosed brochure since the ROBS newsletters mentioned Brentwood servicemen. When I was in the hospital, the male nurse recognized me from Brentwood. [It was] **Eddie Pagan**, which rang a bell with me. I could see him so proudly wearing his R.O.T.C. uniform. He told me he joined the service after graduation and studied to become a nurse." **Eddie Pagan** is someone many of us will likely remember. **Mike Esposito** and the deaths of 2 other recent Brentwood graduates were featured in the 10/04 ROBS newsletter. Thanks, **Millie**, for being our eyes and ears out there.

In a *Newsday* story on the extravagance of the inaugural celebrations in a time of war, **Cathy Heigher**, mother of **Cpl. Raheen Tyson Heigher** who was the 1st Long Islander to be killed in Iraq, and a 2000 graduate of Brentwood, stated: "I think soldiers and their families are really being taken for granted. I don't remember any president in history who has needed to have so many inaugural balls." Since May, Brentwood PTAs have run Operation Embrace, which collects items for alumni in Iraq.

Named in *Newsday* as one of the 10 Top Leaders in Business was **Richard Zuckerman**, who is with Lamb & Barnousky in Melville where he practices Employment Law and Corporate Defense. Congratulations to **Dot** and **Jack** on such a successful son.

Marty Riger (Ross '96) writes: "We are in Florida for longer than we wanted. Sold house in Commack and bought condo in Dix Hills (Stoneridge Estates). Unfortunately will not be ready until at least January '06." **Marty** still works for the NY Knicks as their summer Basketball Camp Director. He sends regards to all his friends from ROBS."

Continued get well wishes to our "Town Crier" editor, **Marilyn DePlaza** (No. JH '88), and **Warren Dolber** (HS Eng. Driver's Ed.) who were hospitalized in December. And to those of us who have had the flu.

Vern & Frank Spencer are off for a week in Cancun. They actually got out before the January 22 blizzard!



Terry Kozens (Soc. Studies, Ross HS, recently retired) passed away on December 3, of cancer. Also on that date, **Evelyn Schutte** (Hemlock '85) passed. She had Mantles Lymphoma. **Jeanne Scoll** (E. Middle '04) died on January 18th after a long struggle with cancer. **Andy Coccari** (Athletic Dir. '79) lost his wife, **Arlene Mary**, January 8. All lived on Long Island. Our sympathies to family and friends.

Michael De Bellis, retired secondary school principal, (South & 10th Grade Center) and father of **Claudia**, who teaches in Brentwood, died suddenly on December 23. **Claudia** wrote "he was devoted to the children of Brentwood, loved teaching there, and being a principal. He thought public education was the jewel in America's crown and our best hope for a good future. He was proud of his decades of work in Brentwood." He leaves his wife **Helen** at 10 Myrtle Avenue, Huntington 11743. Besides **Claudia**, survivors include **Michael, David & Thomas** and families. Donations may be made to the **Michael E. De Bellis Memorial Scholarship Fund** and sent to the BTA Office, attention **Lilian Kelly**.

ROBS PET PROFILES: LIVING WITH A PRESIDENT Shiela & Letty Sustrin



Miles and Freeway are the pets of ROBS President, Phyllis Goodwin. Here is Phyllis' story of how this all came about.

After losing my 11-year-old Miniature Schnauzer, Lady Ashleigh Byng and my 18-year Persian, Peter Jason Pan, within a month of each other, I did what all pet lovers do. I vowed never to have another pet. Little did I know that my daughter had other plans. When she came home on Spring Break, we set off for the North Shore Animal League to find her a cat for her apartment. We wanted a male and of course bureaucracy being what it is, they gave us this cute "male" fur-ball which we promptly named Miles Davis. About 6 weeks later, we found that "he" was a "she". Miles was packed off to college for 2 years, visited on holidays and vacations – the perfect grandchild. No stress here until Traci transferred to NYIT and Miles came home to stay.



Miles has a wonderfully, sweet disposition and is an avid talker. She wants to eat promptly at 8:30 am and 6:30 PM and makes her presence known with 5 minutes of chatter every morning. There is no such thing as sleeping late. She had acquired the nickname "Fat Mama" because she weighed about 20 pounds. She loves to watch television – especially the news. When trumpeter Miles Davis passed away, she was quite disconcerted. Every time the newscaster said, "Miles Davis is dead," she would look around, shake her head as if to say "No, I'm not. I am right here." Thank heavens, this only lasted for a day. Miles is now 15 years old and occasionally likes to take a walk on the wild side. She moves a little slower and has lost some weight but her gentle nature is a thing of beauty.

In June of 1995 one of my daughter's co-workers gave her a kitten that was found on the Seaford/Oyster Bay Expressway. She brought home a kitten whose eyes were barely open. Off to the Vet's for a visit to check this cat out. It weighs 4 oz. and is most likely a female Maine Coon Cat. We, tentatively, name her "Phoebe Snow." On a subsequent visit to the Vet "Phoebe" becomes "Freeway". Traci took the cat everywhere that summer. He was carried in a huge canvas tote bag and traveled from Montauk to concerts in Central Park. He hated me but was my husband's best friend. He terrorized Miles and I think if he could have put out a contract on her, he would have done so. Miles moved into a tall box in the basement for 3 years so Free wouldn't attack her. He is extremely jealous of Miles but she periodically puts him in his place.

Free, AKA "Fat Boy," is a very disturbed cat and suffers from OC Disorder. He hits the top of his head on every coffee and end table as he moves through house. No packages come into the house without him thoroughly inspecting them. Free, a typical Maine Coon Cat, is a non-talker but has a voice like Gilbert Gottfried and weighs 28 pounds. Since I have retired, he follows me around the house all day. He hates to see my suitcase on the bed and knows I'm leaving. When I return, he doesn't acknowledge me for several days. He is very needy and there isn't enough love in the world to keep him happy, but we try. As much as I love my animals, I have firmly resolved that these will be my last pets.



RESTORATION OF BRENTWOOD'S "MODERN TIMES" SCHOOL HOUSE

The Brentwood Restoration Committee formed to plan for the restoration of Brentwood's historic one room schoolhouse, is looking for volunteer participation in publicity, fund raising, publicity committees, etc.

There is a need for the participation of retirees and graduates of the school system, as well as community members, so the building will be ready for Brentwood's 150 year celebration in 2007. A Memory Garden, a Wall of Heroes are two suggestions that are being explored by this committee.

Come and get involved. Offer your talents. Call chairperson Angela Pisano at 631-666-4532. Both Carmela Criscione and John Sherin are already involved.



IF YOU HAVE A CAMCORDER, LIVE IN FLORIDA

for all or part of the year,
and would like to conduct
ROBS interviews for our
History Project.
contact John Sherin at
516-931-2971 or
jmsherin2optonline.net
for particulars.

Brentwood Music Teachers to Perform Scholarship Concert

by Bob Dalpiaz



Theresa Golinski, an editor for Impact, the BTA newsletter submitted the following: On Friday, April 15, the Brentwood music faculty will perform a Scholarship Concert in the newly-renovated Sonderling Auditorium at 7:30 PM. The concert will feature individual performers, as well as the All-Star Faculty Jazz Ensemble. The High School Jazz Ensemble and the Faculty Jazz Sextet will perform an additional Scholarship Concert on March 4 at St. Joseph's College in Patchogue, also at 7:30 PM. All monies will benefit Brentwood music students.

Last year, the Brentwood Music Faculty performed in a dynamic concert for the community. The proceeds of this concert and two smaller events raised over \$4000 for student scholarships. Twenty-one students received funds to purchase instruments and musical supplies, study privately, and attend summer music camp.

The Brentwood Faculty at large can support our efforts in two ways. Contact the music teacher in your school or call Dr. Ratner at x2338 to purchase tickets to either or both concerts for \$5.00 each. (Contact Phyllis Goodwin). You can also donate as little as \$1 toward a booster listing in the program. Please help us give back to the community by supporting these talented students.

Attention Music Department Alumni: We are trying to assemble a database of music department alumni. We are hoping you can help us in a small way with our scholarship efforts and stay abreast of major happenings in our department. Please contact Ross Music Teacher, Bob Dalpiaz at DALPLAZ@aol.com or Dr. Ratner at jrtner@bufsd.org. Thanks for your interest.

DON'T LET JACK FROST GET YOU

Winter is now well upon us. And in some parts of the country, so is the snow. Shoveling snow has caused many an injury—from back pain to stroke. This season make sure this chore doesn't take you to task.

Bend your knees: It's easy to throw out your back shoveling snow, but there's a simple step to avoid doing just that. If you bend your knees when lifting that snow-filled shovel, it will force you to use your leg muscles rather than your back muscles and provide stability.

Listen to your breath: Panting and a rapid heart beat are sure signs that you are exerting yourself too hard. Slow and steady wins the race. You'll actually get the job done faster and avoid taxing your heart if you pace yourself.



Stay hydrated: In the winter, it's easy to forget that you still need lots of water. You may not realize that you're breaking a sweat in the cold, but you are. Staying hydrated is key to keeping you fit and healthy.

Keep frostbite at bay: Older adults are at greater risk for frostbite, which is when the skin tissue freezes. Frostbite generally affects fingers and toes and can cause serious damage if not taken care of. To prevent getting frostbitten while clearing your driveway this winter, cover up with warm clothes and go inside regularly to warm up. The first symptoms of frostbite are white patches of numb skin.



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PROJECT HOPE BROUGHT HOLIDAY JOY TO 6 FAMILIES!

Project Hope adopted 4 families for Thanksgiving and 6 for the holidays. The joy shown in the faces of those who received gifts from ROBS can't be imagined unless you played Santa with Community Liaison Chair Frank Spencer and his elves. But the joy does come out in the thank you notes received from the parents and children alike.

"Thank you for adopting us and bringing y us Christmas presents." Or: " If I had 10,000 tongues it would not be enough to say thank you." The hand drawn pictures by the children were also indicative of their joy. Christmas trees, winter scenes, toys, and smiling children.

Suburban Children's Educational Liaison, Diane Gustaw was, as always, also appreciative of ROBS' efforts. She wrote on January 4th: " On behalf of the 6 families you adopted for the recent holiday, I would like to extend our sincerest thanks to all of you. The parents in these families are grateful for anything they receive, especially for their children. They underwent major hardships last year and your kindness and generosity eased some of their worries.

"The families were extremely appreciative and happy to know that someone cared enough to help them in their time of despair. There is nothing better than hearing a mother say they were so happy to see their child smile; something they don't often do. You all made their holidays memorable ones. ... We wish you a happy, safe and healthy New Year."

The Community Liaison Committee Chair was equally pleased at the work the committee did this past holiday season. Frank sends his many, many thank you's to everyone who had a part in this year's effort.

Beginning with Thanksgiving, Phyllis Goodwin and Vern and Frank Spencer shopped, and Frank delivered. Santa's shoppers were Letty and Sheila Sustrin, Monique Moore, Lois Morella, and Frank and Vern. Santa's wrappers were Phyllis, Vern, Ruth and Ervin McCalla, Linda Tiscione and Frank. Santa's elf this year was Frank.

ROBS raised \$2,335 this year. Turkeys and other food items, as well as baskets and gifts were also donated. Frank Spencer lauds his committee, which also includes Harriet Pepine and Chris Veech, for their hard work during the year. "I couldn't do it without the huge input of the committee and the members of ROBS who have kept this program going for the past 10 years."



CLIP AND RETURN



April 7, 2005
ROBS General Meeting
Day Trip to Foxwoods
\$36pp
Comfortable Bus * Fun



Clip and return with check made out to ROBS no later than March 31, 2005 to:
Ruth McCalla 100 Columbus Avenue Central Islip NY 11722 (631)234-8013.

Name _____ #Attending _____
Address _____ Check Amount _____
_____ Phone Number _____

Bus will leave from NYSUT office at 150 Motor Pky at 9:00AM
Please park in the back of the building by the NYSUT parking area
Second stop at the Atrium at Rte. 106/107 for Nassau residents

