

ESTABLISHED 1988



EDITOR

CAROLYN CAAMANO

IRTA

NEWSLETTER

"SPRING IS HERE"



APRIL 2012



REACHING OUT FOR OTHERS

Folks always say, **Oh**, one of these days I am going to donate some time to help someone or help out for a good cause. Then they go on their daily routine and their time and talent is gone. Well, two chaps, we all know, stepped up to the plate and said **"I'll do it!"** **And they did it!**

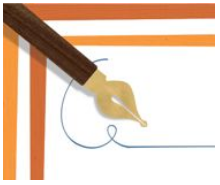
At the **IRTA** Oconee breakfast **Joe Bertuglia** and **Tony Caamano** heard the request from **Betty Burton** for packing up a lifetime of her book collection. **Betty** being in Assisted Living wanted to help out **BOOKS R US** ministry. She is unable to pack books.

When **Joe** and **Tony** heard this they came forward and scheduled a stop at **Betty's** house. They efficiently sorted the books for delivery to the **IHS** library. **Done!** Now **Joe** will go back and finish packing the other books. **KIC** will have **PRONTO Brentwood** and/or **HEAD START** pick these up at the **KIC** office in Islip.

Books are Treasures. Not to be thrown out. Not to say that if books are old, yellowed, with outdated information they should be discarded. We won't recycle damaged books. There are many projects that can be done once in a while. Folks don't have to sign up for every week. If you have a neighbor who needs help, or your church or temple needs a casserole get on their list. A bake sale or fundraiser is great to work on. Rummage Sales or spring cleanup at the church yard.

Some folks at the nursing home **never** or seldom have a visitor. Bring your knitting, keep them company. I read aloud to my gal. She told me she was the last child of seven and no one before had ever read to her.

So my hat is off with kudos to **Joe** and **Tony**. They sounded very satisfied with their job well done. God bless! **KAY ERWOOD, ISLIP, NY**



"THE PRESIDENT'S CORNER"

By Marilyn Gutierrez

marilyndarz@gmail.com



Marilyn welcomed everyone to our March Breakfast and reviewed the following Member Items:

Katherine Loukides; had surgery at St. Francis Hospital and is currently engaged in a Physical Rehab Program. She misses all of her friends at IRTA and would welcome hearing from them. Mail can be sent to Katherine (aka Kitty) to the following address: Daphne Hunter, 104 Beechnoll Rd, Forest Hills, NY 11375. **Cards and well wishes were sent to Kitty. Best wishes to Katherine for a successful recovery and we all miss her.**

Marilyn was glad Al Loreto and his guest Joyce were able to join us for our March breakfast.

Scholarships - There will be two (2) Islip student scholarships awarded for 2012. A \$500 Award to a **Special Needs Recipient** and a \$1000 "**In Memory of Matthew Sapolin**" Award. The awards will be presented in June at the Islip High School.

Marilyn thanked Joe Bertuglia and Tony Caamano for their assistance in helping Betty Burton and indicated additional volunteer help is still needed for the **KIC Book Project**. Contact Kay Erwood.

NEW YORK STATE AGREEMENT ON TEACHER EVALUATIONS

NYS Governor Andrew Cuomo & educators announced a deal on a new system for evaluating school teachers across the State. The new system makes only a few but significant changes from a teacher-evaluation system enacted by the state Legislature in 2010. Cuomo had called that law weak. **Notably**, the new system will give the State Education Department explicit authority to approve teacher-performance measures bargained by local school boards and their unions. The new plan more tightly prescribes what types of students' test scores will go into evaluating teachers.

Under the system, sixty percent of a teacher's rating would be based on classroom observations, twenty percent on students' scores on state standardized tests and twenty percent on a list of three scoring options. That could include locally developed tests, tests offered by third parties or by simply doubling the value placed on state standardized tests. School boards would have to negotiate the final twenty percent with their local unions. The state wide agreement reinforces collective bargaining as the vehicle for shaping evaluations to meet local district needs.

State Education Commissioner John King said, for example, schools and unions could measure a teacher's students scores relative to other teachers or relative to previous classes. King acknowledged this was similar to the framework provided in the 2010 law, but added: "We've constrained the choices. **We've also created a very clear menu for determining the final twenty percent.**" King declared the New York system could "be a national model."

NYSUT President Dick Iannuzzi said "We believe this agreement is good for students and fair to teachers," It includes two principles we believe are essential. **First**, a child is more than a standardized test score. While there is a place for standardized testing in teacher evaluations, tests must be used appropriately. **Secondly**, the purpose of evaluations must be to help all teachers improve and to advance excellence in our profession."

Mr. Iannuzzi, UFT President Michael Mulgrew and State Education Commissioner John King joined Governor Cuomo to announce what the governor called an "Historic Agreement."



OUR ISLIP RETIREES IN THE NEWS



Congratulations and Best Wishes to **Troim & Frank Handler** who marked their 65th Wedding Anniversary. **Frank** started teaching Social Studies in Islip in 1958 and he retired in 1987. **Troim** retired from teaching in 1986 and she & **Frank** began their second careers as lecturers on Jewish history and Yiddish language. In 1991 they moved to New Jersey and still have lasting friendships and connections to Long Island where their daughters and grandchildren live.

Frank & Troim said "the secret to a successful marriage is to respect each other, and to continue, regardless of your age, to nurture and enjoy the things you love." **EDITORS NOTE: The complete Lives Framed By Serendipity Article was in Newsday-Sunday Edition- (01-15-12)**

Congratulations to **Ralph Romero** on his entertaining article published in Newsday's Part II Section on (02-11-12), entitled "KEEP YOUR BACON, AND I'LL KEEP MY PEANUT BUTTER."

Thank you **Ralph** for reminding me where my love of Peanut Butter on white bread originated from. I enjoyed your article and could really relate to many of your food choices. Being somewhat close in age to yourself (**LEAST I REVEAL MY AGE**) I can still remember my mother separating the heavy cream that collected at the top of a quart of milk and serving it to us. I also remember mom mixing yellow food coloring into our butter and having the family decide what we would buy with our war time food rations book. So if you want to go for a **NOSTALGIC** walk down memory lane with **Ralph** you can find his well written Article in Newsday. **EDITOR.**

Congratulations to **Kay Erwood**, the recipient of Islip Bulletin's "Inspiration Award." She was honored for her many volunteer efforts to the Islip community and its residents. Over the years **Kay** has devoted her time, expertise and willingness to help others and further the ideals and inspiration of **Volunteerism**. **Kay** indicated she has volunteerism in her blood and she & her family followed the examples set by their parents who had been active volunteers throughout their lives. **Kay** was featured on the front page of the Islip Bulletin (02-02-12) in an article by **Liz Finnegan**.

Congratulations to Vic Vogel whose photo was featured on the front page of the Islip Bulletin for being chosen to serve as the "Grand Marshal" for the March 4th John P. Reily East Islip St. Patrick's Day Parade.

HEALTH ALERT

Recently, **Dr. Oz** had a television show on the fastest growing cancer in women, **Thyroid Cancer**. It was a very interesting program and he mentioned the increase could possibly be related to the use of dental x-rays and mammograms. He demonstrated that on the apron the dentist puts on you for your **dental x-rays** there is a little flap that can be lifted up and wrapped around your neck. Many dentists do not bother to use it. Also, there is something called a "**thyroid guard**" for use during mammograms. By coincidence, I had my yearly mammogram yesterday. I felt a little silly, but I asked about the guard and sure enough, the technician had one in a drawer. I asked why it wasn't routinely used. **Answer: "I don't know. You have to ask for it."** Well, if I hadn't seen the show, how would I have known to ask? We need to pass this on to our daughters, nieces, mothers and all our female friends and spouses to be sure to tell your loved ones!! **Someone was nice enough to forward this to me and I hope you will pass this information on to your friends and family.**
Kathleen Renner, College Park, Maryland.



U.S. LAUNCHES NATIONAL WAR ON ALZHEIMER'S

BY THE
EDITOR



Officials from the United States Health and Human Services Division along with other medical experts have been gathering in Washington, DC, to discuss the framework for the first National Plan to fight the disease of **ALZHEIMER'S**. The number one goal stated in the draft of the **National Alzheimer's Project Act (NAPA)** is to prevent and effectively treat **Alzheimer's** by **2025**. Although the funding levels have not been determined, disease experts compare the multi-agency federal approach of **NAPA** to the wars on heart disease and cancer.

Alzheimer's, which is a form of **dementia** that causes progressive loss of intellectual and social skills, is the only disease among the top killers for which there is **currently no prevention, no cure or treatment that will slow its progression.**

Alzheimer's disease is the most common cause of **dementia**. The statistics are staggering; 13% of individuals over the age of 65 (1 in 8) have **Alzheimer's** disease. Someone in America develops **Alzheimer's** every 71 seconds. **It is estimated that, by mid-century, someone will develop Alzheimer's every 33 seconds.**

Alzheimer's affects the parts of the brain that control memory, thought, and language. Doctors do not know the exact cause of **Alzheimer's**, however, medical research is working to find out what causes it and how best to treat it. **Alzheimer's disease is progressive** and affects people in different ways. Early diagnosis is paramount to adequately treating the disease. Although each case of **Alzheimer's** disease is unique to a specific patient, there are similarities in the signs and symptoms that develop as the disease progresses.

Older Americans, or some 5.4 million people, have **Alzheimer's** disease or another form of **dementia** and nearly 15 million family members and others are providing unpaid care for them. That means more than 20 million Americans either have **Alzheimer's** or provide unpaid care for those with the disease. **Nearly two-thirds of Americans with Alzheimer's are women,** a result of the fact that women tend to live longer than men. At any given age, women and men are equally likely to develop the disease. These are among the findings of a new roundup of facts and figures from the **Alzheimer's Association**. The figures reflect the growing burden of **Alzheimer's** as our population continues to live longer.

ENCOURAGING PROGRESS

Medical experts have been encouraged by new **Alzheimer's** research developments during the past five years and have identified genes associated with the disease & have a clearer idea of when the disease begins -- **often as early as 10 to 15 years** before symptoms appear and what causes it. They have discovered some biomarkers in a variety of tests, **potentially making diagnosis possible before the disease causes brain cell damage.**

Medical researchers hope ultimately to treat the disease by targeting certain risk factors with appropriate drugs thus slowing down & eliminating this debilitating disease.

Current drugs can only help manage symptoms, but so far, no therapy can stop the progression of **Alzheimer's** which can start with vague memory loss and confusion before progressing to complete disability. **It is to be hoped that NAPA experts can achieve breakthrough medical advances Soon in the treatment and elimination of Alzheimer's disease.**



"GETTING TO KNOW YOU"

PROFILE

GINNY GIANNOTT



The year 2000 brought many changes with retirement from Islip Schools after thirty-seven years of teaching. With no longterm plans, I began my life of leisure. Before the first summer had passed I received a call from **St. Joseph's College** in Patchogue asking if I would be interested in doing a few classroom observations for an undergraduate class. Thinking that opportunities don't knock twice, I took advantage of the invitation. I must have done something right because the next semester, I was asked to teach a seminar. **Twelve years later** I'm still teaching and observing.

Life is funny and things do go full cycle. This semester, I'm very happy to be assigned to the **Commack Road School** where one of my former 5th grade students (**Jeannette Moss**) is the principal.

School has played an important part in my life through good and bad times. I'm so happy I answered that phone call in the Summer of 2000.

Many of the friends I had the pleasure of knowing have played an important part in my life. **Gloria and Roger Bleidner** invited me on many special vacations in St. Croix. **Gloria** and I also enjoyed cruising Europe. **Kathy Marx** and I keep up with family news each day with a short telephone call. **Cindy Leis** always has stories to share about her grandchildren.

Life has been good in spite of the challenges it brings, but I'm lucky to have taught in Islip and enjoy a comfortable retirement.





THE RETIREE TRAVELER

BY

CAROLYN CAAMANO

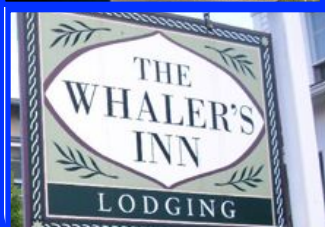


Lovely Mystic Seaport, located just east of I-95 in Mystic Connecticut is a great place to enjoy a leisurely visit, climb aboard real sailing vessels, take a boat ride on the Mystic River, clip-clop around town in a horse-drawn carriage, and talk to the interpreters who can explain what went on in a 19TH-Century New England Seacoast Town.

Stroll streets of a true-to-life 19th-century New England seacoast village, with a bank, print shop, chapel, tavern, stores and other institutions. It sure looks real. Mystic Seaport's most impressive exhibits are the tall ships themselves. You can climb the gangplank and explore these vessels as you like, and really see what life on board was like.

The entire Mystic Seaport "**Village**" is an exhibit & each of its buildings contains displays that are both fun and educational. Along with the restored village there are modern museum-style buildings with exhibits & displays that educate us about America's history with the sea. **Mystic Seaport's Planetarium** explains the significance of stars to sailors, and how celestial navigation worked. Tony & I had a wonderful time there.

Consider Adding Mystic, Connecticut To Your Travel Plans Itinerary.





IRTA MEMBER NEWS

Hi Carolyn: Just wanted to remind you that you do not need to send the Newsletter by snail mail. My email address is tiaweil@gmail.com and I have already gone online to read the paper. You are doing an amazing job in writing, editing and designing the paper. It looks wonderful and it truly catches everyone up on the latest news and events that relate to **IRTA**. Thank you for all your hard work. Hope all is well with you and your family. We send regards to all our friends from **Islip. Sending sunshine and warmth from Florida. Tia Weil**

Hi Carolyn: Another wonderful Newsletter! Thank you for all your hard work on our behalf. Unfortunately, I will not be at breakfast on Thursday, as my dad has a doctor's appointment at 8:30 AM. See you in April, hopefully. **Donna Ketcham.**

UPCOMING EVENTS

A Day In The City: April 19, 2012. **Tour** 9-11 Memorial & United Nations. Cost:\$96.00. Checks to **Revelle Schaper**, 50 Division Ave, East Islip, NY 11730. Tel: 631-581-2546.

Friends of the West Islip Public Library is sponsoring a shredding day on **April 28th** from 9:00 am to 1:00 pm in the library parking lot. It is an opportunity to safely dispose of documents containing personal information. No registration is needed, just show up. For additional information call the library at **631-661-7080**.

AARP Defensive Driving: May 2, 2012 - (9:30 - 4:30 p.m) West Islip Public Library- **Simonne** - 631-661-4446.



BLAME WALL STREET & WASHINGTON

FOR ALL YOUR GASOLINE PAINS



Since the first of the year the price of gasoline has skyrocketed and will continue to fluctuate in the future. Everyone in the media, politics and business community have their own versions of why this is happening. There will be rationalizations, there always are. Some experts will tell you its seasonal or global politics. Others will point to increased demand or fuel efficient vehicles using less therefore municipalities are losing critical tax dollars.

The truth is **Wall Street** controls much of the price on gasoline. It has for a long time and, until someone does something about it, the financial community will continue to determine how much of your **hard-earned money** is burned in your car. **Wall Street** has this control because it trades gasoline futures contracts, which are basically nothing more than a bet on where gas prices will be headed in the weeks and months ahead. As gasoline futures contracts expire new bets are placed and trading begins anew. Unless there's some miracle or — **government intervention** — **the price at the pump will continue to climb.**

Without a doubt there is plenty of oil and gas around. Over the past few years there are more energy-efficient cars — not to mention the recession — that have reduced demand worldwide. **If Washington ever gave the go-ahead on domestic energy projects, we'd be in even better shape.** The latest refrain in Washington is that nobody can do anything about rising gas prices. That's ridiculous! **Wall Street's** trading in futures contracts can be restricted or made more expensive. **We are paying more because traders are allowed to gamble on vital resources without responsible public safeguards.**



FINANCIAL RECORDS



WHAT TO KEEP?

WHAT TO TOSS?

Everybody has a **paper trail** -- everything from utility bills and financial statements to tax records and receipts. With so many records it may be difficult to determine which you should keep (**And for how long**). Filing and organizing records is critical to maintaining healthy finances. Not only will tax time be easier, but your spouse and/or other family members will be able to locate important information should the unexpected happen to you.

THE FOLLOWING GUIDELINES MAY HELP YOU ORGANIZE YOUR RECORDS

Bank or Credit Union Documents; Destroy all checks that have no permanent importance. Keep copies of checks related to your taxes, business expenses, & housing and mortgage payments.

Utility Bills; Throw them out unless you need them for tax purposes

Tax Records; Most experts recommend destroying these after six years.

Insurance Records; Keep them for the life of your policies.

Life Documents; Birth certificates, marriage certificates, diplomas, death and/or divorce decrees and military records must be stored in a safe place.

Homeowner Records; The deed and title to your house and other properties must be kept in a safe and accessible place.

Life and Estate Planning Documents; Keep only the most current records and copies.

Receipts For Major Purchases; Keep receipts of your furniture and electronics bought for as long as you own them.

A SAFE DEPOSIT BOX IS A SECURE WAY TO KEEP YOUR IMPORTANT DOCUMENTS

Our Next IRTA
Breakfast
Is Scheduled For
APRIL 5th, 2012



SPRING

Please continue to **RSVP** Marilyn at marilyndarz@gmail.com or Carolyn at ccaamano13@optonline.net or 516-680-7322. It helps us plan for seating and wait staff.

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**"REMEMBER" TO JOIN US
AT OUR UPCOMING
APRIL 5th "BREAKFAST"
ISLIP OCONEE EAST DINER**

START TIME: 9:00 A.M.

NEXT MONTH'S BREAKFAST
MAY 3rd 2012

