

IRTA
ESTABLISHED 1988



EDITOR
CAROLYN CAAMANO

ISLIP 'CONNECTIONS'

AWARD WINNING NEWSLETTER

"SUMMERTIME FUN"



JUNE 2013



"FROM THE PRESIDENT"

Marilyn Gutierrez

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It is becoming increasingly evident that the 2% tax cap is hurting school districts. Schools and students are suffering the loss of programs, increased class sizes, staff cuts and building closings. The law, which caps revenues the district may collect does nothing to cap the increased expenses school districts face each year or relieve them from the "unfunded mandates" imposed by the state. The law, when it was passed, was combined with significant reductions to state aid. In Massachusetts, when it enacted a tax cap in 1980 provided the schools with increasing amounts of state aid in the succeeding years, as much as 22% in 1982 alone. New York has done the exact opposite and actually cut aid or tied it to specific conditions, which if not met, result in a loss of funds.

The New York Tax Cap Law could further limit the ability of schools to generate revenue by capping increases if the level of inflation is below 2%. Our New York law does allow districts to override the tax cap if they obtain 60% of the community vote. This is undemocratic in principle because it challenges the standard of "one person, one vote" by allowing a minority of 41% to veto a budget that is supported by a 59% majority of the community. In effect, a "no" vote is worth more than a "yes" vote. **NYSUT, RC21** and the **IRTA** encourage you to continue to stay informed, join the pro-education rally in Albany on **June 8th**, and contact your local representatives urging their support for increased state aid as well as to reform the inequalities of the current NYS Tax Cap Levy Law.

I look forward to seeing you in September and hope that you have a happy and a healthy summer. **Marilyn**



ONE VOICE UNITED

RALLY TOGETHER

Educators, parents, students, community

June 8th • noon • Empire State Plaza • Albany

We encourage **NYSUT** members, parents, students and community activists to come to Albany on June 8th to speak with one voice for the future of **EDUCATION**.

IRTA NEWS & NOTES

Hi Carolyn and Tony: WOW!! Three Awards including 'two-first' places. All of our members know what a great newsletter you put out now it's only right that you get the recognition from NYSUT. 'Well Done' and well deserved. Congratulations. Diana Baranec.

Editors Note: Congratulations also to Diana Baranec, Editor & Joan Perrini, President of **RC#21**, for receiving an Award of Distinction (Best Profile) and a First Place Award (Best Opinion Writing) in the **NYSUT 2013 Journalism Competition**. We always enjoy reading the **Spotlight 21** publication @ rc21.ny.aft.org

Article In The South Bay's Neighbor - Science Olympiad: Students from the Islip Middle School EXCEL Science Olympiad team participated in the Science Olympiad regional competition, held at Candlewood Middle School in Dix Hills on March 16th, and walked away with nine medals. The team's outstanding performance earned them a fifth-place finish, qualifying them for the NYS Competition to be held April 12th-13th at Syracuse University. From Diana Baranec.

IRTA has recognized three **IHS** seniors with gift certificates; Mike Novarick, Bowling-All L.I. 2nd Team. Lori Greenblatt & Kylie O'Miller - Girls Lacrosse - Athletes of the Week. Congratulations to All. Marilyn

ITA News: Congratulations to Judy Burton on her recent Islip Public Schools retirement. Judy attended our May 2nd Breakfast meeting at the Oconee Diner and as usual we treated Judy to a delicious breakfast as well as sharing our **IRTA** retirement news with her.

Hi Marilyn: Yes, we finally have a contract!! -- After more than two years: an ITA record. I think it is a fair contract for our times. We have not met to create the printed version yet, and I will certainly pass it along to you when we do. Our membership chairperson is Lucy Delise at Wing. Her email is eepskweek@yahoo.com. Whenever I want to find out about what is going on in the world in general, or in education, I never miss the **IRTA Newsletter**. It is amazing. Also I wish to let you know the **ITA** is endorsing two challengers for Board of Education seats. They are: Tom Sattler and Russ Dietz (Mom taught in Islip). We need change in Islip. We would very much appreciate spreading the word at your next meeting at the Oconee, and via email. Your support for us is critical. We are trying to maintain the standards of excellence that your group created before us. Best regards to our retired brothers and sisters, Gary Fernando, President, ITA.

Hi Carolyn: I hope all is well. I am so impressed by your Newsletter. The time and effort it must take to put it together is incredible! What an impressive representation of the **IRTA**!!

The **ITA End of Year Recognition Party** is Tuesday, June 11th at 4:00 at Timber Point Country Club in Great River. We will be honoring 25 Years of Service members, Newly tenured members & past **ITA** members Vince Veglia and Diane Druckman as they are both retiring. (There could possibly be more...) Tickets are \$30. Please call Lisa Dieumegard at 631-988-6585 for details. Thanks so much! Have a good day.

The RC#21 Awards Luncheon - June 18, 2013 @ The Irish Coffee Pub, East Islip, NY. - Noon to 3:30pm. **IRTA** members will be receiving Awards. Contact **Revelle Schaper** at Prs95@optonline.net or Tel: 631-581-2546 for additional information and tickets. **IRTA** always has a great turnout.

Art Exhibit: Jeanne Fields Rogers of East Islip and a former star **IHS** art student of Angela Hamm, had a One Women Art Exhibit of her Watercolor Florals & Scenes of L.I. at the Cold Spring Harbor Library during the entire month of May. Jeanne grew up in Islip and in an AAUW publication she was honored as a recipient of the 'Remarkable Women in NYS History Award.' A Reception was held in her honor at the CSH Library on Sunday, May 5th. For additional information contact the CSH Library in Nassau County, NY.

From Methel Gale: **Babylon Chorale, "A Potpourri of Pop"** Saturday, June 8, 2013 at 8:00 pm Our Lady of Grace Roman Catholic Church, 666 Albin Avenue, West Babylon, NY. Come and enjoy an evening of Music and Fun for everyone.

IRTA NEWS & NOTES

Judy Koenig: Judy had serious medical and surgical procedures recently and all of us at the IRTA will keep her in our prayers. Hope you get well soon Judy.

HI-TO ALL MY BELOVED FRIENDS AND FAMILY- 4/30/13

I am back in my house..... 6 months after Sandy hit Long Island. I slept here last Friday Saturday and Sunday evenings. What a treat to wake up in your own bed. For the past 6 months I've have felt like a kite floating above Islip. I wanted to land but it wasn't possible. I have finally returned to my home. Thank you God. It is not all together yet but I can function here. I can't wait to invite you all over to lunch in my beautiful sunny kitchen that looks out into my FORMER GORGEOUS back yard. Sandy left salt water and killed many of my favorite shrubs and plants. For the past 3 years I had developed a lovely shade garden with hostas, ferns, heuchera, astilbe and hydrangea. The only ones to survive are the hydrangeas. Soooo here is my thought..... I can go to the store and replace many things. But a beautiful garden takes seasons to develop. Soon many of you will be out in your gardens and you may be considering making division on your perennials. I'd appreciate being the recipient of those divisions. In my old shade garden I had various hostas green and white and my favorite the giant bluish green variety, Nastilbe white and pink, heuchera green and maroon, a variety of ferns and several Japanese fern. Any divisions you share with me will be gently cared for and appreciated. You are welcomed to come by, enjoy a cup of tea, and visit with your plants. If you have any bushes that you are considering removing, I'd gladly welcome them in my back yard. too. My phone number is 631-581-5254. Call at any time. Address 5 Surf Ave, Islip NY 11751. I'd be happy to come by and pick up any [plants.at](#) your house if that is more convenient. Thanks for your help and support. Looking forward to a new BEAUTIFUL GARDEN **Mary Frances Cunneen**. IRTA sent a Gift Card to Mary to be used at her local nursery.

Upcoming Events: You can refer IRTA questions concerning upcoming trips to **Revelle Schaper** at Prs95@optonline.net or 631-581-2546.



June 8th Save The Date; A Rally for the **Future of Public Education** at the New York State Capital. **NYSUT** has issued a clarion call to all union members, parents, students, grandparents and community members to be at a rally in Albany to fight for the future of public education. The rally begins at noon and features speakers and music. Children are welcome. Contact your NYSUT regional office for details. Get updates here at www.nysut.org and www.twitter.com/nysut or use the Twitter hashtag **#rallyJune8**. You can also **RSVP via Facebook**. **Retiree bus** will leave **NYSUT Hauppauge Office** on Sat, June 8th @ 7:30am

June 13: The Museum of Moving Image & Queens Tour - Contact Simone Harkavy - 631-661-4446

July 4-13: A 10 Day Tour of Edinburgh, Glasgow & The Castles of Scotland - Contact: Dorothy Zuckerman
631-661-4446

July 4th - Statue of Liberty To Reopen: New York City's Statue of Liberty, closed to visitors since Superstorm Sandy hit will reopen by Independence Day, the National Park Service announced Tuesday. "Sandy inflicted major damage on facilities that support the Statue of Liberty by destroying the docks, crippling the energy infrastructure on Ellis Island and wiping out the security screening system, but we are fully committed to reopening this crown jewel as soon as it's safe for visitors and not a second later," Secretary of the Interior Ken Salazar said in a statement. "Based on the tremendous progress we have made, **Lady Liberty** will be open to the public for the upcoming **July 4th celebration**."

August 1st: Exciting Theater Party - '**Singing In The Rain**' at the Gateway Bellport Playhouse. Box Office: 631-286-1133. <http://www.gatewayplayhouse.com> Contact Marilyn or Revelle for additional information.

The Giving Doll, NY Project: The GDP was organized to provide comfort and understanding to children in need, especially those in hospitals and settings worldwide. Volunteers are needed to sew, cut, stuff, paint and assist in doll making on L.I. Contact Maureen Ennis @ 631-278-4699 and mns622@aol.com.

YOUR HEALTH NEWS

VERTIGO

SENIORS AND THE AGING PROCESS



Getting dizzy and feeling faint are troublesome enough when you are young and sturdy, but for the older population, the medical condition known as **vertigo** can be downright frightening. Combine a loss of balance with more brittle bones and you have a recipe for disaster.

According to the Centers for Disease Control and Prevention, more than one third of seniors over age 65 fall each year. Falling is the leading cause of injury related death for seniors and broken bones from falling can lead to a loss of independence. A recent study published in the journal **Age and Aging** reports that dizziness is a common cause of falling, that seniors with vertigo are the most likely to fall and that many of these falls among seniors can be prevented by recognizing and treating vertigo.

WHAT IS VERTIGO?

Vertigo is a feeling of spinning or whirling when you are not moving. It can also be an exaggerated feeling of motion when your body is still. Vertigo is different from passing dizziness or light-headedness.

Causes:

Generally, causes can be attributed to problems in inner ear nerves and structures that sense the position of your head & body in space. Vertigo is caused by problems with nerves and structures.

Benign Paroxysmal Positional Vertigo (BPPV):

There are tiny particles that naturally exist in the inner ear. Sometimes these particles can be displaced when the head is tilted. The particles then push against hair-like sensors in the ear. This can cause vertigo. BPPV may result from: Head Injury, Infections, Disorders of the Inner Ear, Idiopathic {No Obvious Cause}, Acoustic Neuroma {A Slow Growing Tumor Of A Nerve To The Ear}, Decreased Blood Flow To A Certain Area Of The Brain and maybe Deposits of Fats In The Arteries.

Medications and Other Substances:

Vertigo may also be brought on by: Medicines, such as aspirin, streptomycin, gentamicin, anticonvulsants, antihypertensives, tranquilizers, Caffeine and Alcohol.

Risk Factors:

Factors that may increase your chance of vertigo include: Age, Family History, Head Injury, Viral Upper Respiratory Infections, Cerebrovascular Disease—Deposits Of Fat In Blood Vessels Leading To The Brain and a Brain Stem Tumor.

Treatment:

Vertigo due to BPPV, labyrinthitis, or vestibular neuritis may go away on its own. They usually go away within six months of onset but some may take longer. **Treatments Include:** Medications, Rehab and/or Surgery. It is very important to schedule an immediate appointment with your physician when symptoms persist and seek out more than one medical opinion. Be Healthy and Be Well.



THE IRTA RETIREE TRAVEL LOG

CHECK OUT CHATTANOOGA WITH METHEL & WALTER GALE



We decided to make a "slight" detour on our trip back to Long Island after our winter in Florida, to spend a little time in Chattanooga, Tennessee, in order to visit the Tennessee Aquarium. Situated on the banks of the Tennessee River, the Aquarium is housed in several buildings. In the River Journey building we wound our way down through the exhibits from the top level to visit the frisky otters, turtles, fresh water fish

and colorful frogs. In the Ocean Journey building we saw beautifully patterned stingrays, sea turtles and salt water fishes. We also walked through a tropical rainforest with colorful birds and brilliant butterflies.

Of most interest to us, however, was the 3D movie in the IMAX Theater called "The Flight of the Butterflies" which documents the amazing migration of the fragile Monarchs. Each fall the 4th generation of butterflies finds their way back to the very mountain in Mexico where their great-great-grandparents spent the preceding winter. After wintering there, they fly back as far as Texas where they lay eggs on Milkweed leaves and die. Their offspring go as far as the middle of the country where they also lay eggs and die. Their offspring fly to Northern states or to Canada where they lay eggs and die. Their offspring are the "super-butterflies" which fly all the way back to Mexico where they winter. And the cycle goes on and on.



At the recommendation of friends who are from Chattanooga, we stayed in a B&B called Bluff View Inn which is about 3 blocks from the Aquarium and a block from the Hunter Art Museum. The museum exhibits American art from the Colonial period to the present in 3 separate and distinct but connected buildings right on the bluff overlooking the river. Outdoor sculpture is displayed throughout the area, known as the Bluff View Art District.

The Rembrandt coffee shop next door rivals Starbucks with good coffee and plenty of tempting pastries as well as breakfast and lunch selections. Two interesting restaurants are in the same block. We had a lovely Italian meal at Tony's where their pasta is hand-cut and their sauces are homemade. Their herbs are grown in their own garden.

One of the longest pedestrian bridges in the country connects the Bluff View Art District with the North shore of the Tennessee River and offers lovely views of the river, the Aquarium and the Art Museum on the South Side.



There are other sights to draw one to Chattanooga like Lookout Mountain and Ruby Falls but we can save those for another time.

**A Perfect Ending to an
Enjoyable Visit.**



Carolyn

HAVE A SAFE, HEALTHY AND WONDERFUL SUMMER.

This will be our final IRTA CONNECTIONS NEWSLETTER until you receive the September "News" by "Mid-August." I would like to Thank our members, both near and far for all of your support and positive Newsletter comments you have expressed to us during the 2012-13 year. I would also like to thank my husband, Tony, for playing a major role in helping me



with formatting, adding & editing photos and publishing our IRTA CONNECTIONS Newsletter. The Executive Board has tried to make our publication informational, newsy and current for you each month. We are always open to new ideas and suggestions from you so please continue to send them along to us. We enjoy hearing, reading and writing about our members in Retirement as well.

THANK YOU - THE EDITOR

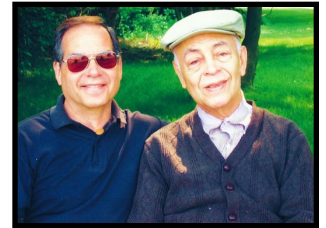
The following tentative dates have been scheduled for the 2013-2014 Oconee Breakfast meetings: September 12th, October 3rd, November 7th, December 5th, January 9th, February 6th, March 6th, April 3rd, May 2nd and June 5th. Marilyn Gutierrez.

Retirees, Please take time to jot down your wonderful retirement experiences and send them to Carolyn Caamano at ccaamano13@optonline.net or Post Office Box 655, Kings Park, New York, 11754-0655. Photos are always welcome.

If you would like to see back Issues of our Award Winning 'ISLIP CONNECTIONS NEWSLETTER', log onto <http://rc21.ny.aft.org/>. Click on Membership, and in the drop-down menu, click on RC 21 Chapters. The ten chapters are listed in Alpha-order. Click on Islip.



A FATHER HAS MEANT SO MANY THINGS TO EACH OF US.. AND THE IRTA WISHES YOU & YOUR LOVED ONES THE VERY BEST ON FATHER'S DAY!!!



OUR NEXT IRTA BREAKFAST IS SCHEDULED FOR JUNE 6th 2013 (Weather Permitting)



Jousting Is The Official Sport Of MARYLAND

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. If you are unsure there will be an IRTA BREAKFAST, contact the Oconee Diner-631-581-2663 for the latest information. Thank You.

IRTA 2012-2013 EXECUTIVE BOARD
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"REMEMBER" TO JOIN US AT OUR UPCOMING JUNE 6th "BREAKFAST" ISLIP OCONEE EAST DINER
 START TIME: 9:00 A.M.
 LOOKING FORWARD TO SEEING EVERYONE THERE.

