



Our LIZ Fall Luncheon will be held at the Irish Coffee Pub on Wednesday September 21st. Save the date and join us! (See the form in this newsletter for details).

The LIZ Board and Convention Planning Committee has been finalizing the hosting details for the RENY Convention to be held October 12-14th at Turning Stone Resort and Casino in Verona, NY. Our delegates will be traveling there on October 11th to set up tables, raffles, etc. There is still time to sign up as a delegate (if your dues were up-to-date in June) and join us. LIZ will provide fabulous polo shirts (ice-dyed by Alicia Winowsky, Jo Anne Powell & myself - *below left*), bus travel and basic accommodations expenses (so don't plan to hit that mini-bar!). On Tuesday, October 11th, the bus will pick up delegates at LIE exit 63 at 9:30 a.m. and LIE exit 36 at 10 a.m. We will return on Friday, October 14th with an estimated time of arrival to those exits around 4 p.m.



Eileen Holmes
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CALENDAR

September 21, 2022 LIZ Fall Luncheon
October 12-14, 2022 RENY Convention
November 8, 2021 Please VOTE
November 15, 2022 EERTA Board Mtg.
December 7, 2022 EERTA Holiday Party
January 5, 2023 LIZ Board Meeting
March 6, 2023 LIZ NEWS Deadline
April 19, 2023 LIZ Spring Luncheon

DIRECTORY

President Eileen Holmes
 Vice President Valentine Stype
 Secretary Alicia Winowsky
 Treasurer Dominic LiCausi
 Awards Co-Chair Mary Ella Moeller
 Awards Co-Chair JoAnne Powell
 Bylaws Chair..... JoAnne Powell
 Community Service Angelo Grande
 Finance & Budget Chair Leigh Powell
 Friendly Service Co-Chair.... Dee McKinnon
 Friendly Service Co-Chair. Alicia Winowsky
 Health Advocacy Chair..... JoAnne Powell
 Historian..... Valentine Stype
 Legislation Action Valentine Stype
 Membership Chair Open
 Nominations Chair..... Kathy Grande
 Program Chair Valentine Stype
 Public Relations Chair..... Eileen Holmes
 Resolutions Chair..... Bob Svoboda
 Newsletter Editor JoAnne Powell
 Website & Facebook..... JoAnne Powell
 EERTA President..... Dominic LiCausi
 WERTA President..... Emily Caristo



The Long Island Zone was pleased to present the 2022 \$1000 Hudson-Kramer Award to Richard Rosenfeld (*above right*), a gifted & talented teacher in the Valley Stream #13 School District. He will use the funds for a Gravitrax project, a marble-based learning system that is student-oriented and can be used to teach STEM curriculum.

Awards - Mary Ella Moeller & Jo Anne Powell

Join us at the Irish Coffee Pub on Wednesday September 21st to learn the recipient of the Distinguished Service "Silver Pin" Award!

Bylaws - Jo Anne Powell

There are no by law changes being introduced at the LIZ Annual Meeting or at the RENY Convention this year.

Community Service - Angelo Grande

Our zone made a food donation to Helping Makes U Happy in August for their "End of Summer/Back to School" program for needy families. We are continuing to collect personal-sized toiletries, new socks, and clothing for needy veterans and hope to deliver 100+ holiday greeting cards to the vets at LI Veterans Hospital to boost their spirits and thank them for their service.

Friendly Service - Dee McKinnon & Alicia Winowsky

We continue to send out birthday cards to our members – email is becoming a very popular and cost-effective method! It is important to let us know who is in need of get well wishes or sympathy. You can email the info to mawinowsky@gmail.com or call Eileen Holmes and leave a message at 631-722-4504.

Health Advocacy - JoAnne Powell
BE SMART! I've had my two vaccinations and two boosters, but I still avoid crowds and keep my distance from others. I had an appointment at the local TSAprecheck office and was the only person wearing a mask in that confined space. When asked to type in my social security number, I used my knuckle. Overly cautious? While the latest COVID-19 surge seems to be waning, it is known to leave lingering "long covid," symptoms that can include debilitating fatigue, difficulty breathing, chest pain, and brain fog. I just don't want those symptoms at this late date and I'd like to live to be 100!

BE KIND! It's easy and makes you feel better. Here are a few suggestions. Compliment others – on their work or smile or hair.... Buy something extra at the grocery store and donate that item. Treat a less fortunate person to lunch. Feed a stray. Donate books to the nearest school. Spend time with elders. Teach a child anything - a recipe, cursive, how to make a cellphone holder (it's inexpensive, easy and fun, visit theseamanmom.com/easy-diy-phone-holder-with-toilet-paper-rolls/2).



LOOK AT THE BRIGHT SIDE! When she was a child, my adult daughter often reminded me to do just that. It's easy to become depressed – there are so many aging drawbacks. (A few which annoy me are extra pounds, skin tone, and arthritis.) But focus on the benefits – that retirement bonus, not having to remove your shoes at airport security, people willing to do things for you like opening a bottle of prosecco, discounts! Okay, you may not like waking up at 3 a.m., but you *can* sleep late....

Historian - Val Stype
I am preparing pages of LIZ NEWS and photos for the years 2021 & 2022, These will be delivered to the 2022 RENY Convention to be added to the state history book.

Legislative Action - Val Stype
Medicare Prescriptions: President Biden signed into law the Inflation Reduction Act which will reduce the cost of prescription drugs covered by Medicare. The law will also put a cap on annual prescription out-of-pocket drug costs.
Social Security: A Cost of Living Adjustment (COLA) for 2023 will be determined in late September/October.

LIZ NEWS - Jo Anne Powell
...is available in full-color via FaceBook's "Long Island Zone of the Retired Educators of New York," email, nysrta.org and retirededucatorsny.org (just click "Zones & Counties" at the top of the page, then "Long Island" in the middle, then "LIZ NEWS 45/2 Fall 2022" at the bottom left). If we don't have your email, please send it to KCecala@nysrta.org. If you have news, please send it to Llzonenews@gmail.com. Thank you!

Membership - Eileen Holmes
We are in need of a volunteer to chair this important committee. While I have been handling it, Lois Thornberg has been of great assistance. We sent out over 175 "Oops, your dues are due" notices to remind members who are delinquent in paying their dues to RENY. Many members do not realize the LIZ has NO DUES; the \$30 annual dues that are paid to RENY automatically makes a person a member of LIZ and the LIZ treasury gets a reimbursement for each member. Life Members do not pay annual dues, as they paid a larger sum upfront, and Honorary Members are not required to pay annual dues.

Resolutions - Robert Svoboda
There are no Resolutions being introduced at the RENY convention this year.

EERTA - Dominic LiCausi
On June 14th, at the well-attended Flag Day luncheon at Birchwood Restaurant in Riverhead, organized by Agnes Dansereau, EERTA board officers for the 2022-23 year were announced: President Fred Conway, Vice President Robert Svoboda, Secretary Sue LiCausi and Treasurer Eileen Holmes. Eileen is replacing John Ruggiero, who has served as treasurer since 1995 and has decided to 'retire' from this position at the fine age of 94 years young! EERTA will be donating \$125 to a needy family in the Longwood School District in December.

WERTA - Emily Caristo
Get well wishes are sent to Evelyn Paola who is undergoing physical rehabilitation.

Fall Luncheon Meeting

September 21, 11:30 Irish Coffee Pub
131 Carleton Avenue, East Islip, NY

IMPORTANT: Distinguished Service Silver Pin Award – voting on officers, pending bylaws & resolutions – information about the 2022 RENY Convention!

We are looking forward to getting together and would love to have you bring a friend.

MENU: penné à la vodka; Monterey salad; choice of sliced steak, chicken, salmon, or sheperd's pie; apple pie à la mode; soft drinks, coffee, tea; cash bar

Name _____

Phone/email _____

Entrée _____

Guest's name _____

Guest's Entrée _____

Please send a check payable to Long Island Zone for \$35 per person to Valentine Stype, 202 Tyler Court, Riverhead 11901 by 9/16/22 to help us plan. If you expect to pay at the door, please let Val know in advance at 631-839-8910.