

CALENDAR

May 10, 2023 LIZ Spring Luncheon

Sept. 20, 2023 LIZ Fall Annual Mtg

DIRECTORY

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

Now that we have an email service,
sending out bulletins has been facilitated.
Are you reading this on the RENY website?
Send in your email address (and news!)
to receive LIZ NEWS & Bulletins directly!
lizonenews@gmail.com, KCecala@nysrta.org

MARCH BULLETIN

Join Us at the Spring Luncheon

Val Stype, LIZ Vice President

Mark your calendars! Our LIZ luncheon will be held at the Irish Coffee Pub, 131 Carleton Ave in Islip on May 10th at 11:30 a.m. Good food, good people, good conversation, and door prizes!

Legislation Committee at Work

Val Stype, Legislation Chair

Our RENY Legislation Committee spent many hours creating state and federal legislative priorities. If you would like more details, contact me email me at vwstype@outlook.com.

RENY supports the following State legislative protections:

- Retired public employees health benefits (see below to help).
- Gov. Hochul's Plan to rebuild New York's teacher workforce.
- An elder abuse registry, mandating the reporting of abuse, as well as increasing training for elder abuse prevention.

RENY supports the following Federal legislative measures:

- Long-term financial security for Social Security & Medicare.
- Mental health programs.

STILL Extremely Important:

The NYS Legislature approved Bills A-10425 & S-09347 which would have guaranteed educators' health insurance benefits with which they retired. In June 2022, Acting Gov. Hochul said she would approve this bill. However, she vetoed the legislation on December 12, 2022.

PLEASE write letters to your legislators to pursue this legislation again in 2023 AND to Gov. Hochul to sign them into law: Hon. Kathleen C. Hochul, NYS State Capital Building, Albany, NY 12224 or www.governor.ny.gov/content/governor-contact-form.

Thank you!!

St. Joseph's Feast Day - March 19th

Most of the members of this group remember 1950. That was the year that The Talisman Italian Cook Book by Ada Boni was published. One of our members shared this recipe for Sfingi di San Giuseppe, served on St. Joseph's Feast Day. While it may not be the healthiest item on your table, if it brings you joy and laughter, studies show your life may be extended!

St. Joseph's Day Cream Puffs

Combine **1/2 cup butter**, **dash salt** & **1 cup water** in saucepan and bring to a boil. Add **1 cup flour** all at one time & mix well until dough leaves sides of pan.

Remove from stove & cool a little. Add **4 eggs** one at a time, mixing well after each addition. Add **1 tbsp sugar**, **1/2 tsp. grated orange peel** & **1/2 tsp. grated lemon peel**; mix thoroughly.

Drop by **1/2 cup** on greased baking sheet, leaving 3" space between. Bake at 400° for 10 minutes, reduce heat to 325° and bake 30 minutes or until golden brown. Makes about 16 Sfiingi. Make a slit in side of each puff and fill with pasticciera cream.

Pasticciera Cream

Place **3 tbsp. sugar**, **3 egg yolks**, **3 tbsp. flour**, **1/2 grated lemon rind** and **1/2 tsp. vanilla flavoring** in a saucepan and mix together well. Scald **2 cups milk** and pour over mixture, beating constantly with a rotary beater. Continue cooking on low heat, stirring with a wooden spoon, until mixture reaches the boiling point. Cook 4 minutes longer, stirring constantly. Remove from heat, add **1 tbsp. butter** and mix well. Pour into a bowl and let cool, stirring occasionally to prevent skin forming over the top. Fill puffs.

Or you can buy similar pastries at the supermarket this time of year!

Happy St. Paddy's Day! - March 17th



Want to live longer? Plant a tree.

*Condensed from Dino Grandoni
The Washington Post, February 2023*

The more trees planted in a neighborhood, the longer people live, according to U.S. Forest Service researchers. The health benefits of living among trees rises as the trees grow, reducing mortality. Other research suggests nature is good medicine for many ailments, including depression and high blood pressure. Trees shade sidewalks, suck up air pollution, soften traffic noise, are visually pleasant, AND take taking climate-warming carbon out of the atmosphere.

Interested in Long Island History?

The Long Island Museum has volunteer positions open for working with children and adults. For more information, contact Beth Chiarelli, L.I. Museum, 1200 Route 25A, Stony Brook, NY 11790, call 631.751.0066 ext. 212, or email educators@longislandmuseum.org.

Membership News

Long Island Zone has a total of 1,974 members. Statewide, LIZ ranks 2nd in membership, behind Western Zone (which includes the city of Buffalo) but we aren't too far behind them, YET! As of February 2023, 9% of our members' dues have lapsed. If that gives you an "OOPS, that's me!" reminder, please \$30 to RENY, Box 490, Amsterdam, NY 12010. Your membership will be up-to-date and our total membership numbers will be back over 2,000! Thank you!!