



September 2025

RETIREE COUNCIL 10 SKYLINE NEWS

NYSUT RETIREE COUNCIL 10: SERVING OVER 11,000 NYSUT
MEMBERS WHO WERE EMPLOYED IN
ALBANY, RENSSELAER, SARATOGA, AND WASHINGTON COUNTIES
TEACHER AND SRP SOLIDARITY

RETIREE COUNCIL 10 OFFICERS nysutrc10@gmail.com

Join our private Facebook group! NYSUT Retiree Council 10 and visit our website: <http://rc10.ny.aft.org>

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NOTE FROM RC 10 PRESIDENT, BARBARA MCCARTHY

Greetings, and a special welcome to our newest retirees, *the class of 2025!* I remember that feeling of new-found freedom like it was yesterday...but it was 18 years ago! I want to encourage everyone to make the most of every day as you begin this new adventure because time goes by so quickly. Travel to places you've been dreaming about, volunteer with an organization that would benefit from your expertise and talents, spend time with family, especially grandkids, and turn off your alarm clock.

Many of you may be familiar with RC 10 because you attended one of our Pre-Retirement workshops that we have been offering for 17 years. Those workshops provided a window into some of the considerations you needed to make before retiring and some of the important decisions you might have to make after retirement. Because you were focused on departure information, you probably were not focused on who we are and what we hope to promote and accomplish, so I'd like to remind you of some important considerations and share a little of what we do as a council.

As a retiree, you do not lose your membership in NYSUT just because you retired. In most instances, you remain on your local roster as a retiree and are reported to NYSUT as a retired member of the local from which you retired. However, some locals delete their retirees when they retire. If your local does this, you do not lose your membership in NYSUT. You are just not listed as retirees from a particular local when we receive those lists.

One important consideration: **Before you retired, did you check with your local to be sure your local does not have any requirements for remaining a NYSUT member in good standing?** This is especially important if you are enrolled in any Member Benefit programs (*insurance, legal plan, etc.*). Most locals **do not** have requirements in place, but it is wise to check. Say to your leadership: *"I want to remain a NYSUT member in good standing. Does my local have any requirements for me to remain a member in good standing so that I can continue to receive my life and homeowner's insurance, my legal plan, etc. through the NYSUT Benefits Trust?"* That is something only the local can answer as we do not keep a record of which locals have such requirements. Again, *most* locals don't have any requirements in place but don't assume you are not affected. Ask someone in the know.

Annually, we send out a sustaining contribution appeal. The contribution is based upon your retirement income and is used to support the many programs we offer throughout the year. Some of those programs (*mostly offered by the Travel/Social Committee*) give you a discount if you have paid the contribution; as a result, the discount offered often more than covers your contribution. RC 10 sponsors at least one luncheon and one dinner each year and in most instances, we subsidize the cost of attendance to make it affordable. We award four scholarships to public high school seniors attending school in the four counties we represent and are entering the field of education. Additionally, we honor four retirees who have contributed to their communities in an impactful way after they have retired. The June meeting and dinner, which honors both the scholarship winners and the retiree honorees, is coordinated by Jeannie Bush and Laraine Gillette. They recruit an able group of readers of the scholarship applications, who will carefully weigh all accomplishments to find the most deserving candidates for the four scholarships. (*Wow, were we impressed!*) We also award a monetary gift to one new teacher in each county, nominated by his or her local President, to use for anything they might need. (*Remember waiting for that first paycheck when you were first hired?*)

RC 10 is involved in several volunteer opportunities. What has surprised me the most is that we are constantly seeing new faces, which supports the notion that we need to continue to offer different opportunities for our more than 11,000 members to get involved in our Council. We are always looking for new ways for our members to become engaged and that requires additional leadership. If you have ideas and an interest in leading our members to become involved in a volunteer organization, reach out to any of the officers or Board members to make a proposal.

Currently our opportunities include volunteering for specific events at the *Ronald McDonald House*, which is ably coordinated by Paula Johannessen. Sign-up is usually for a one day event like the RMH Radiothon or cooking a meal for the families staying at the RM House, or stuffing envelopes for an upcoming appeal. Prior to volunteering, each member is introduced to all that the RMH has to offer families and gets a tour of the house, which is an exhilarating experience. Personally, I was astonished at how much they manage to do for the families that stay there while a family member is seeking treatment. If you have the time and interest, I can't say enough good things about this organization and how good you will feel after spending time there. Look at the website for more information about the wonderful things they do: <https://rmhcofalbany.org>

We have many folks who volunteer at the *Regional Food Bank* sorting salvage, under the able leadership of Michelle Doodian and Mary Ellen Caporta. Their task is to examine food items that are donated, usually by local grocery stores, to determine if the items are still viable to be redistributed (undamaged packaging, dates that haven't expired). Most of these items are sent to local pantries, at no cost, to expand their offerings. Volunteering at a local food pantry that receives salvaged items, I know the value of those donated items and how much it saves the pantry's budget.

Volunteering is another opportunity to get to know members from other parts of our four-county community that you might not otherwise meet. Most of us were too busy or unavailable at the times these organizations needed help. When you see this retired workforce in action, you will realize that there is no one to do these jobs if retirees don't volunteer. Not everyone currently has the time to get involved, but we hope you will consider joining us when your current schedule changes.

We participate in activities with other labor unions, including the Labor Day Picnic and food distributions that address specific needs at some locations. We also advocate for legislative changes that will address the inequities in the pension system, specifically Tier 6. Our newest in-service members will not have the same experience we enjoy if these disparities are not addressed now.

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One final reminder, make sure you have made it known how you want to receive our newsletters. NYSUT is discontinuing the **mailing** of our five newsletters unless you have **signed up** to receive the newsletter by mail. If you do not want to receive the newsletter by mail, you can have a digital version sent via email, **but you must provide an accurate email address**. You will not receive any communication through NYSUT if you did not designate how you would like to receive this newsletter. If you think you signed up to receive the digital version but are not receiving it or the mailed version, contact rc10communications@gmail.com.

As the summer winds down and students return to the classroom, enjoy that wonderful September weather and rejoice in all that fall has to offer now that you are retired. Hoping to see many of you at one of our upcoming fall events. Find us on Facebook at **NYSUT Retiree Council 10** and on the web at <https://rc10.ny.aft.org>

SOCIAL JUSTICE COMMITTEE **2025-26 BACKPACK/SCHOOL PANTRY PROGRAM**

SEPTEMBER is "*Back to School, Child Awareness and Hunger Action Month*." September is about Back to School needs and necessary routines. It's a time to focus on Child Awareness specifically—their wellbeing, safety and education. As a member of Feeding America, The Regional Food Bank sponsors Hunger Action Month. "Hunger Action Day" on September 9.

Thanks to the dedicated school staff and the Regional Food Bank, most local districts have a Backpack or School Pantry Program alleviating food insecurity faced by so many families.

Retiree Council 10 is committed to supporting students by participating in these programs during the 2025-26 school year with donations to The Regional Food Bank.

LET'S JUMP START the 2025-26 School year campaign, **DONATE to your school of choice**

ONLINE: give.regionalfoodbank.net/rc10 CHECKS payable to: Regional Food Bank, In the memo section specify school/district Send to: Mary Ellen Caporta, 6 West Bayberry Rd, Glenmont, NY 12077

A donation in any amount is appreciated...Thank You!

REGIONAL FOOD BANK MILK AND EGG COUPON MAILING

Our annual milk and egg coupon mailing at the Regional Food Bank is upon us—7-10 volunteers are needed for *Tuesday, September 30*, and *Wednesday, October 1*, from 10-1 to help with this project. If interested, please contact Michele Doodian at mdoodian@outlook.com.

Recent Qi Gong Class



Retiree Council 10 Annual Fall Meeting: September 24, 2025
NYSUT Headquarters 800 Troy-Schenectady Rd. Latham, NY

Mailed registrations must be received by September 16 or register online by September 19. If you have food allergies, notify us by September 16.

Send the above registration to RC10 secretary: Colleen Condolura, 623 Michelle Way, Schenectady, NY 12304

Name _____ Email _____

School District from which you retired _____

Food Allergies, restrictions _____

Emergency Contact & Number _____

Guest Name _____ RC 10 Retirees? _____

Total enclosed _____ (\$20 pp)
or register using the following QR Code:

More details can be found at
<https://rc10.ny.aft.org/events/fall-luncheon-meeting>



RC 10 ADIRONDACK LEAF PEEPER CRUISE
October 20, 2025

Join us for an autumn leaf peeper cruise aboard The Mohican Steamboat located in Lake George. The Islands of the Narrows Cruise takes you on a leisurely 14-mile afternoon trip through the many Islands of Lake George. The area called “The Narrows” is easily the most scenic, peaceful, calming and beautiful spot on the entire lake. No roads line the water’s edge and it is easy to imagine life here hundreds of years ago. Learn about Lake George’s points of interest, its history, geology and ecology as you sail.

WHAT: Mohican Island of The Narrows Cruise **WHERE:** Lake George Steamboat Company
WHEN: Boarding at 2:15 pm, Sailing 2:30 – 5 pm **COST:** \$41.00/\$37.75 (over 65).

Available on your Cruise: Captain narration, snack bar/grill, cocktail bar, and photo purchase

USE THIS LINK TO REGISTER AND PURCHASE YOUR TICKET: <https://lakegeorgesteamboat.com/mohicannarrows/> OR call the company directly at Cruise Ticket Reservations: 518-668-5777, ext. 4. **Make sure to choose October 20, 2025.**

Questions: Contact Dawn Castle at dmcastleeg@gmail.com.

RC 10 ADIRONDACK LEAF PEEPER CRUISE
October 20, 2025

Email form to: dmcastleeg@gmail.com OR mail to Dawn Castle, 48 Rose Lane, Rensselaer, NY 12144

NAME (person 1) _____

HOME PHONE _____ CELL _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

E-MAIL _____

EMERGENCY CONTACT DURING THE TRIP: (Someone different than the person you are traveling with)

Emergency Contact: Name _____ Phone Number: _____

NAME (person 2) _____

HOME PHONE _____ CELL _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

E-MAIL _____

MAKE SURE THAT YOUR MEMBERSHIP INFORMATION IS UP TO DATE- USE THIS LINK
<https://forms.gle/yANdxv14He7Y5zh18>



RETIREE COUNCIL 10 ELECTIONS

Information and timeline located at

<https://rc10.ny.aft.org/news/retiree-council-10-elections-are-coming>

ANNOUNCING

JUMPSTART YOUR FALL RETIREMENT CALENDAR WITH AN OCTOBER RETIREE MEET AND GREET

Join NYSUT RC 10 on **October 15 from 3-6** for a gathering of retirees - seasoned and new - at *The Mill on Round Lake, 2121 Route 9, Round Lake*.
This is a great opportunity to meet new friends and learn about RC 10 and the programs and activities we offer. Attendees will be able to purchase drinks and appetizer specials.
The opportunity to donate to the annual scholarship for high school seniors. Bring a friend!
RSVP by October 10 to Don Finelli at ddl2103@aol.com and include your name and phone number to register for the event.





**GET
FREE
ACCESS**

SCAN ME



Learn more about these along with several other free benefits by scanning the QR code, visiting mb-nysut.org/nocostbenefits, or calling 800-626-8101.

TO THE PREMIUM CALM APP, PEER SUPPORT LINE & MORE!

NYSUT Member Benefits understands the importance of providing support, resources, and tools to help NYSUT members with all aspects of their lives. In light of that, we have negotiated with our endorsed program providers to offer members several benefits free of charge.



Premium Calm Service –

All in-service and retiree members receive unlimited access to the full Calm library of sleep, meditation, and relaxation content. The popular Calm app includes specialized playlists dealing with stress and focus, mindful movement video and audio, nature scenes and sounds, children's content, and more. Members can add up to five dependents (age 16 or older) to receive their own premium Calm subscription. Note: You will need your NYSUT ID number (which can

be found at nysut.org/memberid) to create your Calm account.

Peer Support

Line – Life can throw lots of curveballs at us, and sometimes we don't readily know where to turn for help. The Peer Support Line is a confidential helpline that is available to all NYSUT members and their loved ones for answers, resources, and support when it's needed most. Chat, email, or call toll-free **844-444-0152** to connect with a peer today.



AD&D Insurance &

Travel Assistance Services –

All in-service and retiree members are automatically provided with a \$5,000 accidental death & dismemberment insurance benefit, along with free travel assistance services.

New Member Life Insurance

– All new NYSUT members are eligible to receive a free term life insurance policy providing coverage for up to \$25,000 for one year, guaranteed renewable at the end of the year.

September/October 2021