

Final
Reminder!
DUES
ARE NOW
DUE!
See Back Page

Volume 22 / Issue 3



SMITHTOWN SCHOOLS RETIREES' ASSOCIATION





March 2022

## Life can get the best of us sometimes.... Yeah—actually, most times, even in retirement.

I dare say that we all have been blessed with a wonderful retirement. But even in retirement, our lives can become overwhelming at times. One day rolls into the next, and then, the next thing you know, it's 2022. Things are happening around us (*like global pandemics and errant variants —BA.2.*) that can cause us to be thrown off our normal schedule and routines. Or, there may be illness (hopefully not), or issues in the family that requires our full and immediate attention\*. And of course as we age, our own physical issues step to the forefront. But aside from physical concerns, this pandemic has introduced an increase in emotional distress, as well. Both emotional and physical fronts are equally important. So, here's my advise:

Do not get complacent. Yes, still wear your mask in crowds,(N-95), and wash your hands, even though you're SICK OF IT at this point. But take care of your mental-self, too. Keep on top of things. Stay active. Join a club. Take yoga. Help out at the local library. Talk to people. Keep in touch with family. Reach out to friends. Commit your special talents to the SSRA Board! (*Did you pay your SSRA dues this year?*) Or perhaps, use your SSRA directory to email an old colleague.

I optimistically planned a cruise in March 2021 for the end of January 2022 thinking that ALL of this would be over by then. I had to cancel these plans because ports were shutting down and cruise lines were transferring all of the sick people from one ship to another creating, in effect, "plague ships" to consolidate the infected all together. It sounds like a movie plot, but it's happening.

It's okay to venture out, but precautions still need to be observed. Omicron is highly contagious, infecting more than 100,000 people per day. Doctors feel that it is high risk to more vulnerable people, like the elderly (hey, that's me now!), and those with underlying health conditions. Doctors are also worried that this latest variant will result in more "long-Covid cases", which can result in lingering and worsening symptoms, such as fatigue, brain fog, and racing heart rate, which can persist for months after the infection and for which there is no single treatment at this time.

While this virus will probably always be with us, we are hopefully very near the finish line.

So hang in there!! —m.mills-desjeunes

This just in! Our annual luncheon is resuming on May 11th!

See Page 12— \$25 pp

Now, That's something to celebrate!

### **KEEP CALM and CARRY ON .....**

You. got. this. (Just remember the hand sanitizer.)

\*NYSUT has coupled with Feldman, Kramer and Monaco to offer Covid-19 Funeral assistance providing up to \$9000 allowance per incidence. Contact Kathleen Rose at 800-832-5182 ext 249 for more information.

Go to https://memberbenefits.nysut.org/ and search FEMA. & We are sorry for your loss.

### **Smithtown Schools Retirees' Association**

26 New York Avenue • Smithtown, NY 11787 • (631) 585-8316

### Email: ssraeditor@gmail.com



President Patty Stoddard Vice President ...... John Pettit Treasurer ...... Susan Fink Recording Secretary ...... Donna Milgrom

**Membership Coordinator/** 

Social Committee ...... John Pettit SSRA WebMaster ...... Richard Davis Communication Liaison ...... Bobbi Miller RC Delegate ..... Lou DeBole Alternate RC Delegate ...... Donna Milgrom

Sunshine Committee ....... Wini Snyder Consultant ...... Larry Hohler Newsletter Editor ....... Mary Mills Desjeunes

The Smithtown School Retirees' Association is affiliated with the Smithtown Teachers' Association, the New York State United Teachers, and the American Federation of Teachers.

and is comprised of members from all of the bargaining units in the Smithtown Central School District.

Monthly meetings are held on the second Monday of each month at 9:30 AM at the STA office Visit our website at: myssra.com and Like us on facebook

# Editor's Notes: ~m.mills-desjeanes



1) It has come to our attention that one of our SSRA members received an email from another member's email address whose account was spoofed (forged), requesting the purchase of \$500 in gift cards in support of veterans.

#### **NO SUCH REQUEST WAS SENT BY THAT MEMBER!.**

Gift cards are the easiest way for crooks to extort money from you. Please take every precaution to avoid falling victim to this basic fraud. If you get that request or one like it, **DO NOT RESPOND.** 

Delete the email immediately and keep an eye on your email account. It would be helpful to inform the other person about the situation in a separate email (DO NOT reply to the suspicious email) or a call so that they can secure their email account.

#### 2) I set up a RECURRING payment.

payable to the SSRA, to be made annually on December 1st of each year, for our \$15.00 dues. It can be cancelled or changed at any time. Your bank will need to know where to send your check.

Please include our address:

**Smithtown Schools Retirees' Association** 26 New York Avenue, Smithtown, NY 11787

# Our Deepest Sympathy:



### ◆ To the Family and Friends of Janice Kaval

Janice Kaval passed on December 20, 2021. Burial was on December 30, in Newington, CT.

Jan taught third grade, was a reading consultant, and worked for many years in the Smithtown Central Office as an Administrative Assistant to the Superintendent. She retired in 1999.

Condolences can be sent to Jan's husband:

Sam Kaval 231 Skyline Drive, Coram, NY 11727

Jan's parents, John and Adele Sliva established the *Young People's Literary Series*.

Memorial donations may be made to:

-the *John and Adele Sliva Young People's Literary Series*, c/o Lucy Robbins Welles Library, 100 Garfield, St., Newington, CT 06111.
-or to your local diabetes association.

### ◆ To the Family and Friends of Barbara Marcinkowski

Barbara began her career as a Speech Pathologist in Smithtown, NY. Barbara was an extraordinary person, an angel on earth, full of color with a warm contagious smile and a lively, beautiful spirit. She loved life. She was hugely enthusiastic about all things tennis and loved travel, the theater and especially appreciated the beauty of Hilton Head.

She was actively involved in her community and generously volunteered her time to many organizations including being a founding member and president of the youth tennis association of HHI in the 1980's and Memory Matters, to name a few.

She could find the fun in everything and the good in everyone. She was a true blessing and her bright light will be missed everyday.

In lieu of flowers, donations may be made in her honor to Memory Matters of Hilton Head, 117 William Hilton Pkwy, Hilton Head Island, SC 29926.



Terry lost her husband Jim on February 1, 2022.
Condolences can be sent to sent to her at:
Theresa Shepard
555 North Avenue Apt 12B,
Fort Lee, NJ 07024

## ◆ To the Family and Friends of Gail Shelley

Gail was an secondary English teacher. She taught in Smithtown for 33 years.

She dedicated her life to caring for her students, family,

and loved ones.



### Principal Mary Grace Lynch Nostalgic after Announcing Upcoming Retirement

Reprinted from Smithtown Central School District Website 1/26/2022

Mary Grace Lynch has served as the principal at St. James Elementary for the past 20 years. At the end of the academic year in June, however, she will be celebrating her retirement.

The board of education formally approved the upcoming retirements of Lynch and district athletic director **Pat Smith** at its meeting on Tuesday night.

"The most special thing has been the people — absolutely the people," said Lynch, who plans to remain in the area after retiring. "The students, the staff, the families, the community as a whole — it's all just exceptional."

Lynch expects the next several months to be emotional and nostalgic. She will be joined in retirement by her secretary at St. James Elementary, **Jane Groneman.** 

"The building itself is a historical building that I'll miss," Lynch said. "Teaching and learning are my passions. I started in education 39 years ago. It's going to be a different life. But I have two grandchildren and I have a lot of hobbies that I've put on the side, and many, many books to read. I'm looking forward to it."

Before joining St. James Elementary, Lynch taught for a combined 15 years at the elementary level in New York City and Brentwood. She also served as an assistant principal and principal in the Connetquot Central School District before joining St. James Elementary.



## **OFF THE CUFF** by John Pettit



s the days grow longer, the grass gets greener, leaves and flowers begin to bloom and temperatures rise, we are happy to enter a hopefully "normal" spring season.

**Spring Luncheon**: After several years of postponements, it is with much pleasure that we will have our traditional Spring Luncheon -- from 12 to 3pm, Wednesday, May 11 at The Old Street Pub (92 East Main Street, Smithtown). The Pub has been most cooperative and flexible in recent years as we have had to adjust, and re-adjust, our plans due to circumstances - we look forward to being able to gather with everyone in-person, and in good health, again. Use the coupon on Page 12 to make your reservation and payment. Looking forward to seeing you.

**Newsletter:** For several years, we have produced this Newsletter via the internet with the belief that the vast majority of members could receive and enjoy SSRA news/info in that manner. Recently, upon reflection, we have come to the realization that the membership finds it easier and more beneficial if the Newsletter is published in the traditional print format; the Newsletter will be mailed to you from now on.

**Membership:** Since you are asked to renew your dues (\$15.00) annually, on the 1<sup>st</sup> of January, I want to give my great appreciation to the vast majority of members who have already submitted their dues renewal. Those who have yet to do this are asked to utilize the coupon found on the back page of this Newsletter. Susan Fink deserves a huge thanks for sending dues reminders to the membership her reminder yielded great results.

**Just Thinking:** With the percentage of folks already vaxed and mask mandates being relaxed, I reflect back on the last two years. Initially, I don't think I've been changed by the home confinement; my daily routines have adjusted nicely to the quarantine – I had more time for reading, my nap-time fit in nicely and household chores went well. However, I do notice a significant change in attitude: many people are much more prone to debate (not merely discuss) topics and issues; everyone has a very strong opinion, on every topic, and they are ready for battle; advice is readily offered leaving little or no room for disagreement -- a wide range of topics are literally "off the table" when dining out with friends. This is particularly bothersome since I am certain that I am correct, and if you disagree, well.....

**A Thought:** Any politician who can be elected only by turning Americans against Americans is too dangerous to be elected ---Thomas Sowell

### **Certification Questions? Registering with SED and CTLE Hours**

As of July 1, 2016, all permanently and professionally certified teachers working in a NYS public school or BOCES were required to register with the State Education Department (SED) using the TEACH online system. Registering is a step in the process of maintaining a certificate; registering creates a five (5)-year registration cycle. Registration cycles are automatically created in TEACH for professional certificates issued after July 1, 2016.

Permanently certified teachers are required to register every 5 years but are not required to complete Continuing Teacher & Leader Education (CTLE) hours. Professionally certified teachers are required to complete 100 Continuing Teacher & Leader Education (CTLE) hours during each five (5)-year registration cycle.

For additional information on the registration process and CTLE requirements, please visit NYSUT's website at www.nysut.org. Search "certification"

Retired teachers who plan never to teach again do not have to register.

## News from our members.....



#### Once upon an Island, or two, or three!

By Joseph Gilkey, Ed. D.

Well, here it is early February and I'm sitting in North Central Florida, and that has not been the way it was. Usually, and this goes back to my Smithtown School District years, I would be preparing for a midwinter getaway to someplace warm and tropical. That hasn't happened in a couple of years, but I do have memories of having been to so many wonderfully warm and tropical places when Smithtown was snowed or iced in. The islands of the Caribbean, and especially the

U.S. Virgin Islands provide me with wonderful memories. I learned to snorkel around the reefs of Buck Island and Trunk Bay. I saw my first mongoose at Caneel Bay Plantation and studied the Annaberg Ruins, learning the history of slavery on the islands. I travelled to the "Top of the Mountain" to view the perfectly rectangular bay called Magens Bay and got a view of the British Virgin Islands off in the distance. I learned the Banana Daiquiri originated here. I remember the days when Heather and I could, on a 3 day weekend, take a Pan Am jet to San Juan for \$99 round trip and after a day or two in San Juan take a Caribair flight for \$19 round trip to St. Thomas to enjoy the island. Now, all those days are gone, but we still have the memories.

The pandemic and fear of infection have kept us pretty close to home. So what do we do when we are kept close to home? We take courses though the Institute for Learning in Retirement. Faculty from the University of Florida frequently conduct the courses. Those courses are all by zoom for this semester. Our swimming pools and fitness center are open for limited use. Our food is being delivered to us so we have "room service" for all meals. Our dining rooms are closed during the current COVID surge. We are involved with committees and they meet by zoom or in person depending on the room size and the committee size. We have had some performers appear with spaced out seating.

So, yes we do live the good life and we are well taken care of, but the Caribbean is still a strong lore and I hope the pandemic soon ends - I mean really ends - so I can leave my computer and return to my islands in the sun.

<u>Editors Note:</u> Dr. Gilkey also does a travel series. Here is a link to his Virgin Islands presentation *The Incomparable Virgins at* https://youtu.be/TgPRawFhqQc

# Congratulations & Best Wishes to LOIS RUDIN and FAMILY!

She welcomed her 6<sup>th</sup> grandchild on July 5, 2021. His name is Connor. He lives with his sister, Addison, and parents, Leah and Troy Szopo, in Michigan."





### Congratulations to Bobbi Mastrangelo

Bobbi Mastrangelo's art, "Da Gracias Por Agua" (Give Thanks for Water) is in "**Dreamshapes**," an exhibition in March 2022 by Florida Sculptors Guild at Osceola Center for the Arts in Kissimmee Florida.

https://www.osceolaarts.org/product-page/bobbi-mastrangelo-da-gracias-por-agua

Bobbi Mastrangelo is internationally known for her unique wall relief cityscape interpretations of water covers and manhole covers. Her Triptych is collectively titled: "Da Gracias Por Agua." (Give Thanks for Water)

Bobbi enjoyed researching the ancient Aztec, Mayan and Nahuatl Cultures for the borders and designs of the two outside pieces. The center piece features the Four Elements. She was influenced by the Poet Jorge Argueta: "Hablando con La Madre Tierra." ("Talking with Mother Earth") and the contemporary Water Researcher, Masaru Emoto, author of "The True Power of Water, for the creation of her triptych."

Emoto believes that: "It is our individual responsibility to learn all we can about water, the most precious resource on the planet and to help shift the consciousness through our thoughts, words and prayers. May our understanding of water help to bring peace to all mankind."

In addition, her 'manhole art' is featured in a podcast from **Women in the Arts**. Check it out at: <a href="https://beta.prx.org/stories/384613">https://beta.prx.org/stories/384613</a>

#### A doctor who was, herself, reborn....

By Larry Hohler

The best gift Yvette and I ever received over the holidays was an email that arrived from Doreen Gatwiri in Kenya.

"Hello, Merry Christmas and Happy New year, as well. My Christmas was good. I have already settled in at the hospital in Maua. (Near Meru in Eastern Kenya). This is the third week of my residency. The training is going well and a lot of work, but I am holding on. We have even night shifts, one per week. I am currently



working with the pediatric and in the newborn unit."

We met Doreen when we opened the Hope Children's Home in 2005. She was nine years old, and recovering from malnutrition and abandonment. With regular meals, TLC, and the opportunity to attend school, she blossomed. Nine years later, Doreen was accepted in the Pre-Med program at Jomo Kenyatta University in Nairobi. Financial help from a doctor in California enabled her to attend. Dr. Gatwiri was about to begin her residency in Ob/Gyn when the pandemic shut down her program. She was forced to sit out until late last year. For a time, Doreen was forced to sustain herself by selling chickens in a local market.

Life in Kenya is returning to normal, and Doreen began her residency just before Christmas. Dr. Gatwiri is not typical of the 86 orphans we now provide for, but her hard work and dedication are an inspiration to them all.











## **Health tip: Soothing Stress**

Stress is defined as the body's response to the demands of everyday living and is the underlying cause of 60% of all human illness and disease. While there is no magic pill to reduce or eliminate stress, there are several ways we can learn to manage the stress in our lives.

# Stress may affect health in multiple negative ways

#### Stress can affect:

- The digestive system stress may cause issues such as heart burn, acid reflux, nausea, diarrhea and constipation.
- Heart health-increased blood pressure may increases risk for stroke and heart attack.
- The Immune System stress may weaken the immune system which increases susceptibility to viral illness and infection.
- Weight Gain the stress hormone cortisol may increase the craving fats and carbohydrates, which may cause weight gain, particularly in the abdominal area.
   This raises the risk for heart disease and diabetes.
- Mental Health chronic stress is a factor in behaviors such as overeating or not eating enough, alcohol or drug abuse, and social withdrawal.<sup>2</sup>

### The 3 stages of stress

Dr. Hans Selye broke the stress response into three stages, which he called the General Adaptation Syndrome:<sup>3</sup>

- Alarm Stage also known as "fight or flight", this stage occurs when you are frightened or under threat. Your heart rate speeds up and the body releases stress hormones such as adrenaline and cortisol. If prolonged it can take a toll on your body.
- Resistance Stage occurs after the initial extreme reaction. Your body tries to adapt to the continued stress. If the stress passes, you can start to rebuild your defenses. If it becomes long-term, you move to the third stage.
- 3 Exhaustion Stage is the "burnout" or overload phase. Continued pounding by stress depletes your body's reserves, which puts you at risk for disease. Facing multiple long- term stressors piles extra strain on your system and may quickly lead to exhaustion.



## The power of positive thinking

Whether we see the glass as half empty or half full is an indication of how we perceive things in life. Research suggests negative thinking not only affects health, but also our stress level. Individuals with an optimistic attitude:<sup>4</sup>

- May be better able to cope with stress
- · Have a better immune system
- Are less likely to get depressed
- · Catch few infectious diseases
- · Have better health habits
- Often live a longer, healthier life<sup>5</sup>

Continued on Page 9 →











### What is resilience?

Resilience is the process of adapting well in the face of adversity. It means "bouncing back" from difficult experiences.

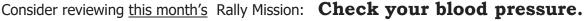
Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts and actions that may be learned and developed in anyone.

A few characteristics of people who manage stress well include:

- · Being committed toward a greater or long-term objectives or goal
- · Belleving they are in control of their environment
- · Welcoming new challenges and seeing them as positive opportunities
- · Manage their time:
  - Make a list of everything to do during the day
  - Prioritize responsibilities. List the most important things at the top of the list and work down
  - Use down time effectively
  - Take care of routine tasks first
  - Delegate work don't be afraid to ask for help
- Practice breathing techniques just five minutes of deep breathing may be enough to ease stress
- Practice yoga
- Get a massage
- Seek support from a friend or a professional if they have trouble managing stress on their own

# What is United Healthcare's RALLY MISSIONS?

Rally Missions a service provided at no additional cost to you, as part of your health plan benefits with UnitedHealthcare. Rally Missions may help support members in taking small steps to live healthier lives.



Get started today at myuhc.com®

# Church ladies with typewriters — Apparently, a dangerous combination! Submitted by Donna Milgrom

- The sermon this morning: 'Jesus Walks on the Water'.
  - The sermon tonight: 'Searching for Jesus'
- A bean supper will be held on Tuesday evening in the church hall.
   Music will follow.
- At the evening service tonight, the sermon topic will be 'What Is Hell?'
   Come early and listen to our choir practice.
- Pot-luck supper Sunday at 5:00 PM prayer and medication to follow.
- Low Self Esteem Support Group will meet Thursday at 7 PM. Please use the back door.
- Weight Watchers will meet at 7 PM at the First Presbyterian Church.

  Please use large double door at the side entrance.
- The Associate Minister unveiled the church's new campaign slogan last Sunday:
  - 'I Upped My Pledge Up Yours!'



## **2022 SSRA VOTE COPE DRIVE**



### CHOOSE ONE OF THREE WAYS TO CONTRIBUTE:

1) MAIL YOUR CHECK TO THE SSRA OFFICE

(Mail check to: SSRA—26 New York Avenue, Smithtown, NY 11787)

- 2) **ONLINE** at nysut.org/ my-nysut **OR**
- 3) MONTHLY PENSION DEDUCTIONS

(Print; Fill out this form; Mail it to Latham, NY address listed below)



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VOTE-COPE is	the NYSUT political	action fund. • Con	tribution	is or gifts to VOTE	-COPE are not tax
	deductible as charita	ble contributions for	r federal	income tax purpos	ses.

## Explore all your union membership has to offer!

When you're planning for the future, what's at the top of your list?

A comfortable nest egg for retirement

Providing for your family

· Purchasing a new home

Home improvements

· Purchasing a new vehicle

· Travel and entertainment

NYSUT Member Benefits offers

dozens of endorsed programs to help

turn those dreams into reality.

When it comes to saving you money, protecting your family and helping you plan for the future, NYSUT Member Benefits has a variety of programs and services to help with your goals. Whether you are just starting out on your journey, well into your career or enjoying a well-deserved retirement, there is a Member Benefits-endorsed plan that may be of assistance featuring value-added extras unavailable to the public.

Get started by first bookmarking the Member Benefits website at *memberbenefits.nysut.org*. There, you will find numerous tools and resources available to you as a NYSUT member – including a **Financial Learning Center** with articles designed to help educate you on financial decisions and topics. Member Benefits also endorses important **legal and financial services** along with an **online savings program** featuring some of today's most competitive interest rates.

Next up would be looking in the "Shopping, Travel & Personal" section of our site for MB Discounts & Deals. This program utilizes the nation's largest private discount network to provide NYSUT members with exclusive access to savings of up to 50% on restaurant dine-in or take out, groceries and food delivery, clothing and shoes, hotels and flights, vehicle maintenance, and much more.



Learn more by scanning the QR code to the left, visiting memberbenefits.nysut.org or calling 800-626-8101.



For information about contractual endorsement arrangements with providers of endorsed programs, please contact NYSUT Member Benefits.

Mar/Apr 2022

# Classified

**FOR SALE:** Double power Recliner Love Seat. Chocolate colored, microfiber from Raymour and Flanigan. Quiet motors. In perfect condition. Wall saver. Including two quality quilted sofa protectors at no extra charge. \$599.00 for all. Available immediately. **Call 631-476-4559** 

**FOR SALE:** Patio Set. 5' Round heavy duty aluminum table with nice sized built-in lazy susan. Six slightly padded swivel sling chairs. Set is in perfect condition. Currently selling at BJs for \$999.99. Selling for \$625.00 and including 7 quality protective covers (over \$300.00 value) for the chairs and table at no extra charge. **Call 631-476-4559** 

# Our Annual Luncheon is Back!



# Now that is cause to celebrate!! Wednesday, May 11th 2022

Old Street Pub

92 East Main Street, Smithtown 631.979.9073

12 noon—3pm

\$25 per person

RSVP by May 2nd

Please Note: At the luncheon, we will continue our practice of collecting funds for Smithtown area Food Pantries. If you would like to contribute, please bring your separate check made payable to Smithtown Schools Retirees Association. Enter Food Pantry in the memo.

Name	
Guest	
Contact Cell #	
\$25 per person. Amount enclosed: \$	
Make check payable to: Smithtown Schools Retirees Association	

Mail to John Pettit. SSRA 26 New York Avenue, Smithtown, NY 11787



VOTE COPE VOPE

See
Page 10
to contribute



# Additions/Changes to Directory

Submitted by John Pettit

New Members:		Jo-Ann Goldwasser	add: 631-379-2794
Coleen Catrini (Returnee) 9022 Cotswald Way,		Michelle Gray	6272 Sweet Gum Drive, Wilmington, NC 28409
	New Port Richey, FL 34655 207-478-3880	Gloria Grynkorn	new: 516-302-6099
	salcol@tampabay.rr.com	Donna Gunther	717-253-7618
Maureen Kraeter	14130 Rosemary Lane –	Janice Kaval	Deceased 12/20/21
	Apt.3304, Largo, FL 33774	Susan Lee	add: 910-679-4231
	727-483-2344	Muriel MacLean	add: 845-291-4430
Gregg Pisano	kraeterm@yahoo.com 8 Domino Way, Centereach, NY 11720	Catherine Massaro	608 Gotham Drive, St.James, NY 11780 631-584-7209
	631-580-2193 cell: 631-766-9668	Joyce McLaren	new: 980-444-0086
	iregreda@yahoo.com	John Nocero	add: 631-830-5830
Donald Wallace	32 Woodbury Road,	Hank Parkinson	add: 631-521-6391
Doridia Wallace	Farmingville, NY 11738	Warren Parnell	warpar44@gmail.com
	631-484-3416	Ellen Papadopolous	add: 631-751-8759
Changes, Additio	anc.	Joanne Rapp	add: 631-361-3484
Marjorie Alley	1 Jefferson Ferry Drive –	Joan Rein	<u>jrmarketing64@gmail.com</u>
Apt. 5254, So. Setauket, NY 11720		Tracy Rinker	221 Old Ballentine Way, Holly Springs, NC 27540
	631-650-3054	Helene Rosenthal	add: 516-443-3205
Leslie Bienstock	add: 919-240-4057	Nancy Rymer	4 Suffolk Down,
Anita Buxton	add: 631-214-6885		Shoreham, NY 11786
Flo Chase	441 Tamarind Place,	Cathy Sebesta	sebesta160@gmail.com
Tom DePolle	Vero Beach, FL 32962	Linda Seltzer	add: 561-445-7440
Tom DeBello	4940 Merrick Road #346, Massapequa Park, NY 11762	Kathy Simon-McDonald	6469 Mourning Dove Dr., Apt. 402, Bradenton, FL
Patricia Craigen	add: 631-525-7107		34210-43114
Lizbeth		Maureen Smilow	631-338-6463
Dooley-Zawacki	correction: 516-443-4231 DZSLP@gmail.com	Rosemary Solomon	160 Hamlet Drive, Mt. Sinai, NY 11766
Wendy Erdman-Surlea	add: 631-875-24843	Sandra Wicker	631-796-4713

Your SSRA Board has decided to mail hard copies of this newsletter in an attempt to keep in closer touch with our members. Electronic copies also available at

## Time to Renew Your Membership for 2022!

Complete the form below and mail it with a check for \$15 made payable to the

Smithtown Schools Retirees' Association ASAP\*

We operate on a calendar year and these dues are independent of the STA.

#### **IMPORTANT NOTE:**

If you receive any endorsed programs & services from NY state other than a pension, you are **required by law** to belong to your local retiree Association – the SSRA

Kindly cut out this coupon and mail it with your check to:

## Smithtown Schools Retirees' Association c/o STA office 26 New York Avenue, Smithtown, NY 11787

(For those with more than one address please list your PRIMARY one only)

Name:	Year Retired :		
Address:	Apt. #:		
City/Town:	State: Zip		
Home Telephone:	Cell Phone:		
Email Address:  Affiliation: Circle one:  STA SSEA SSAA  Security Guard Nurses  See <u>Dues Payment</u> note as explained on Page 2	We will provide mailed printed copies, as well as ELECTRONIC DELIVERY of our newsletter each quarter. To find an electronic version, go to myssra.com and click the newsletters link.		

### S.S.R.A.

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