Blue Cross/Blue Shield’s Medical Insurance informational session at Roy

BC/BS meeting well attended, informational

C. Ketcham High School cafeteria drew over 130 retirees on June 5. The meeting came as a result of popular demand by the WCRT membership for clarification of the new policy that IngenioRx (IRX) replaces Express Scripts Inc. (ESI) and other health insurance issues.

"Bottom line: use the new card with the blue band on top right away. The old card is all white. Empire starts process claims to make the transition from IRX to ESI," Grimshaw stated. "Phone numbers on the back go into effect immediately to answer questions and process existing accounts and prescriptions. Present the new card to your pharmacy. Call Customer Service for summaries and answers to questions."

He explained the difference between Special meds like Rheumatoid Arthritis, cancer, diabetes, and Hepatitis C and Maintenance drugs. Mail order is mandatory for the first order of a new prescription, which can be changed or transferred to a brick-and-mortar local pharmacy, such as CVS. An active prescription will have refills transferred.

IngenioRx will call to verify your account information, but you must first call them with your payment information because of the law and for security reasons. IRX moves back to better in-house oversight starting on July 1, 2019.

Another topic was negotiations between Westchester Medical Center and Empire. They have to renew their reimbursement contracts every two to three years, which affects our health insurance premiums. Empire is aggressive to keep them in check, while WMC wants Empire and Empire wants WMC along with affiliates and those not in the network.

Bobbi Fernandez, Empire BC/BS rep to the District for 25+ years, emphasizes a point.

This is a great program for Snowbirds nationwide because CVS has nationwide stores when traveling or in emergencies. The list of formularies available has not changed. A cell phone app (EmpireAnywhere) gives the pharmacy access to your information to process your order.

Explanation of Benefits forms highlighted if you overpaid or what you still owe.

Presenters were given a list of 10 general questions most WCRT people wanted answered rather than individual personal questions.

Susan Savas, with the law offices of Rose and Kiernan for 13 years, is the representative to the Dutchess Educational Health Insurance Consortium.

Cathy Reynolds runs WCT office p.7
Golf Tourney for Meals on Wheels registration p.9
Fall Luncheon registration form p.12
Dear WCRT members,

I hope you are all enjoying this wonderful summer. Our garden is flourishing with eggplant, peppers and a ton of green tomatoes.

The other day I had a doctor's appointment. As I looked around the waiting room, you can guess what I saw. I told the doctor that he could save the money spent on magazines because everyone was being entertained on their phone. Last weekend we observed two people in a restaurant across from each other and both were on their phones. They appeared to be talking to each other! (An exaggeration? I'm not sure)

It seems there is a weakening of people skills when we don't interact in person. Emojis don't tell everything, and if you are going to text, you better know how to spell.

I am particularly worried about the younger people in our world. Grandchildren come to mind. The article "Concerns Over Excess Screen Time" in the July/August NY United had some frightening statistics. They said that 50% of 13-17 year olds spend 40 hours a week gaming. There was a list of warning signs of addiction. Cues are important in reacting and communicating which are absent on line or texting.

You just might want to ask your grandchildren how many hours a day they spend looking at a screen.

Hope to see many of you at the Fall Luncheon on Sept. 19 at Christos Restaurant.

Susan Roger

Protect your WCRT, NYSUT membership

Members with email addresses registered on the website wcteachers.org will receive publications and notices by email. Please keep email information up to date on that site. Our files are not linked to that site, so please notify the WCT office of any changes in address, phone, or email, etc.

Prohibitive U.S. Mail costs may soon force us to cancel postal mailings, so please consider going green to save money.

The Commentator and PostScript may be viewed at www.wcteachers.org once a member registers.

If you have not paid your dues by now, your name will be removed from our files and you will not be eligible for NYSUT benefits until dues are paid. Make checks payable to WCT and mail to WCRT.

Renewal notices go out in the fall. Dues for 2019-2020 are:

$ 20.00 Yearly;
$200.00 Individual Lifetime;
$325.00 Couples Lifetime.

Pay Lifetime and alleviate the yearly task of renewing.

wct@frontiernet.net or www.wcteachers.org
THE SUPREMES

CLIFF FOLEY
Political Action Chairperson

If you thought this column was going to be about the politics of Motown’s biggest stars and America’s most successful vocal group, I am sorry to disappoint you. The actual Supremes are working to prevent you from having a distinctive conservative leaning. We will review two past decisions which have had an impact on unions.

In 2010 there was a decision in a case known as Citizens United. The five conservative justices made the call. Citizens United vs the Federal Election Commission changed campaign finance in the United States by overturning long-standing restrictions and giving unlimited political spending power to corporations, nonprofits, and unions. Unfortunately, even though unions were included, there is no match for the spending power of large corporations. One example is Koch Industries which is the second largest privately held company in the United States, with annual revenues of $110 billion. The Citizens United ruling has allowed Koch to create political action committees known as super PACs which work to pass or stop legislation and get people elected who share their conservative views. There is basically no limit to how much money they and other corporations can pump into our election system.

The case got its name from Citizens United, which is a conservative nonprofit founded in 1988. When the group produced a documentary attacking Hillary Clinton during the 2008 Presidential election, a court blocked it from being shown on TV just before the Democratic primaries. The piece titled Hillary: The Movie ended up being the basis for the far-reaching decision which has impacted federal elections ever since.

The head of Citizens United, since 2000, is David Bosse. He did take a leave from that post in 2016 to become deputy campaign manager of Donald Trump’s Presidential bid. In June 2018 Bosse, who had been a Fox News regular, was suspended by the conservative network for an on-air ra-
Here’s how to register your email with the website:

1. Go to www.wcteachers.org
2. On the right-hand side, go to the “Member Login” module.
3. Click on the “Click Here to sign-up” link (It is yellow)
4. Enter all of your information on the form. This is the information that we will use to maintain our records and to send email and/or text notifications. Make sure that you choose a username and password that you will remember.
5. Click submit
6. Review all of your information
7. Click Submit again
8. Wait 24-48 hours for us to verify your membership. You will receive an email advising you that you are good to go. At this point, you can come back to the website and login.

Hope this helps. Thanks, Nancy

NANCY BEINER
WCT Webmaster
webmaster@wcteachers.org

CONSTITUTION ON WCT WEB SITE:

The WCRT Constitution/By-Laws is now available on the WCT web site under the Retirees section.

This is the Constitution that was voted on at the May 2015 Spring Luncheon.

If you have any questions, please contact me at the address below.

JANE STOCKSLAGER
WCRT Constitution, By-Laws

Financial Report available

As a service to any interested WCRT member, our union’s financial report is always available upon request.

Address your questions or concerns to tderito@verizon.net and we’ll make arrangements to satisfy your numerical curiosity.

We provide communicative services to our former colleagues, philanthropic support through student academic scholarships, and donations to community libraries and Meals on Wheels.

www.WCTeachers.org or tderito@verizon.net
The budget for the WCT passed with no opposition. Mostly Pasquale went over what he reported at the last meeting about the Westchester Medical Center Health Network. There will be an Extension/Continuation of Care. Do not go there if you are experiencing a new issue until there is a settlement. They will accept emergencies or ongoing care.

As of July we will be using Ingenio Rx for our prescriptions. This should be seamless, but you can check with your doctor and Ingenio to be sure. You can also use CVS or whatever pharmacy was on the previous list.

Lastly, please don’t forget Heartship. This will provide money to members within the WCSD community, including all district employees who suffer a hardship.

Happy Summer!

Ellen Korz

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WCT HeartShip Fund will not disadvantage anyone for any reason of the amount of their contribution or decision not to contribute. Contributing to WCT HeartShip Fund is purely voluntary. The WCT HeartShip will provide all monies toward members within the WCSD community, including all district employees. (As per application process)

In Memoriam

Donna M. LaSota

POUGHKEEPSIE – Donna Marie LaSota passed over the rainbow Sunday, June 2, at home after a valiant fight with cancer.

Donna was born April 4, 1944 in Poughkeepsie, NY to Michael and Genevieve Mensler. She graduated from Arlington High School and SUNY New Paltz. Donna had taught first grade for 35 years Wappingers Central School district. [She retired in 1999 from Myers Corners Elementary School.]

Donna was known for her thoughtful and generous nature by all who knew her. It gave her great joy to give to others, bringing smiles to the many lives she touched.

Donna often surprised people with a special treat to show her appreciation for their kindness. She established an immediate rapport with her Hospice team. Donna had fun showing folks her latest holiday leggings, she maintained a positive attitude until the very end.

Donna is survived by her daughter Desiree LaSota, granddaughter Caianne LaSota, her mother Genevieve Mensler, her sister Veronica Carroll and brother-in-law James Carroll. She also leaves behind her beloved cat Mew.

Calling hours are Thursday, June 6, 2019 4pm-7pm at William G Miller & Son FH, Inc., 371 Hooker Ave, Poughkeepsie, NY 12603 with a prayer service at 6pm. In lieu of flowers, please make donations to Hudson Valley Hospice. If you wish to send an online condolence please visit our website at www.wmgmillerfuneralhome.com

(Photograph courtesy of Myers Corners Elementary School library, 1999 Yearbook.)
RC #13 Luncheon features Musso

NYSUT bigwigs galore

Agenda in pictures

POUGHKEEPSIE, NY—NYSUT Retiree Council 13 Mid-Hudson Chapter held its spring luncheon at Christos Restaurant on May 30.

Co-Presidents Janice Scriber and Victoria Schulte welcomed retirees and their guests.

NYSUT Mid-Hudson Regional Conference is October 3 at Le Chateau, Kingston, NY.

NYSUT 2nd VP Paul Pecorale offered the Medicare 800-333-4114 phone number for primary health insurance answers.

NYSUT Retiree Consultant Jennifer Shaad-Derby noted the number of retirees is growing and we all should encourage new retirees to remain involved in the union and its activities.

Newly elected RC13 officers, from left, 1st VP Kathleen Taylor, Ulster BOCES; outgoing Co-Presidents Victoria Schulte and Janice Scriber; President Patrick McCarthy, Sullivan BOCES; Secretary Susan Eagan, Marlboro; and Treasurer Mary Lou Davis, Spackenkill.

Election of officers, directors, and RA Delegates was run by Committee Chair Jane Eisenberg.

Newly elected RC13 President Patrick McCarthy from Sullivan BOCES wants to drive political action to maintain high quality education and rights as public employees.

>>2019 NYSUT Community Service Award winner is Paula Ptaszek, representing Chatham, Mid-Hudson Bridges editor, and working on RC13 website. Co-Chair Susan Eagan presents Paula’s plaque while Co-Chair Carole Chambers explains award criteria. (WCRT PostScript Editor Bill Dourdis won this award in 2018.)

NYSUT 2nd VP Paul Pecorale offered the Medicare 800-333-4114 phone number for primary health insurance answers.

Marcus Molinaro, Dutchess County Executive, stands with Cliff Foley, WCRT Political Action Chairperson. Cliff was Marc’s 6th Grade Science teacher at Fishkill Elementary School.

Newly elected RC13 President Patrick McCarthy from Sullivan BOCES wants to drive political action to maintain high quality education and rights as public employees.

NYSUT Member Benefits Director Michael Ostrander highlighted many discount programs offered to retirees.

2019 NYSUT Community Service Award winner is Paula Ptaszek, representing Chatham, Mid-Hudson Bridges editor, and working on RC13 website. Co-Chair Susan Eagan presents Paula’s plaque while Co-Chair Carole Chambers explains award criteria. (WCRT PostScript Editor Bill Dourdis won this award in 2018.)

Guest speaker Anthony Musso gave selected highlights from his newest book Hidden Treasures of the Hudson Valley, Volume Three.

HIDDEN TREASURES OF THE HUDDSON VALLEY

VOLUME 3

ANTHONY P. MUSSO

HIDDEN TREASURES OF THE HUDDSON VALLEY

VOLUME 3

ANTHONY P. MUSSO

Newly elected RC13 officers, from left, 1st VP Kathleen Taylor, Ulster BOCES; outgoing Co-Presidents Victoria Schulte and Janice Scriber; President Patrick McCarthy, Sullivan BOCES; Secretary Susan Eagan, Marlboro; and Treasurer Mary Lou Davis, Spackenkill.
Cathy Reynolds to run WCT office

Cathy Reynolds recently accepted the WCT’s administrative assistant position, replacing Shari Ciorciari.

Cathy started her new job at the WCT office March 20. Cathy will staff the WCT/WCRT office Monday thru Friday, 12:00 noon to 5:00 p.m. during the school year. Summer hours are Wednesdays and Thursdays, 10:00 a.m. to 3:00 p.m.

Cathy spent 33 years with the Wappingers Central School District in the Business Office, Human Resources, Instruction, Administration, and as principal’s secretary at Fishkill Plains for three years. She retired in 2009.

In her spare time, she enjoys reading, needle work, and gardening.

Cathy is married with two children and two grandchildren.

The WCRT welcomes Cathy Reynolds and thanks Shari Ciorciari for her service to the WCT & WCRT. We wish them well.

Cathy added, “I was both honored and surprised to get the call from Pasquale about this vacancy. After convincing my husband and myself that this was a good idea, I accepted the position.”

Going green a slow process for WCRTers

The new WCT/WCRT union website, www.wcteachers.org, was introduced on August 26, 2014.

A PostScript newsletter in October and December of 2014 featured, highlighted, emphasized the benefits and advantages of this new communications tool and cajoled readers to register and “get on board” with the newer, better technology. Helping the WCRT lower postal costs was what members were asked to do. Members are now put on notice that they should follow the eight steps outlined by the webmaster on page 4 of their communication with the WCT/WCRT and may stop.

Liken it to, “Don’t expect an IRS refund if you don’t file a Form 1040.” However, you can guarantee a return of ongoing communication with the WCRT and NY-SUT, get copies of insurance claim forms, view videos, and much, much more.

Factoids by the numbers

Now with 604 members, the WCRT printed and mailed newsletters to 230 postal members, while sending 370 e-mails way back in 2014. It now prints and mails 130.

It cost $112.70 to mail 230 every other month in 2014. It now costs $71.50 per issue for the 130 postal subscribers. To mail all 604 newsletters would cost $332.20. The technology has made it cheaper to communicate with our members.

Officers thought 20%-25% was a reasonable goal to strive for since this initiative started in October 2013. Conversions have accounted for a two-thirds drop in postal mailings. WCRT officers now want to cut that cost to half the current number.

Bill Dourdis, PostScript editor, pleads with his fellow members. “On a personal note, I want our retirees to have access to news about their colleagues and friends through the PostScript. Too many of us contribute to our local communities by sitting on executive boards of non-profit organizations, raise and give money to worthy causes, work in food pantries, shelters, and outreach programs. They offer their time, talent, and treasure, and we want to recognize them. Register your email address on the website so we can keep in touch. FYI: Full-color graphics in this issue add up to 75. Tell that to your black and white office copy-machine postal copy!”

Nancy Benner, WCT webmaster, added, “What I like to see is that the website also takes retirees into account.”

Officers’ notes on mailings

◆“Last mailing went out to 440 people. That includes paper for invitations, envelopes, and postage. That’s about $250 per mailing, twice a year in postage alone. It takes 3 people, all volunteers, about 3 hours plus a trip to the Post Office. As our membership gets bigger, the mailing gets bigger.

“Also, the people who get the PostScript by mail end up getting 2 invites to the luncheon via postal mail. That’s over $1 per member.”

“Time to go green and economize.”

◆“To mail the PostScript: 4-5 people for usually 1 hour. We mail approx. 120 envelopes at approx. 65 cents each (depending on # of pages mailed).”

◆“The membership letter (600+) goes out every September to all retirees who pay dues yearly.

“We encourage new retirees to pay Lifetime when first retired. This takes the task off their backs and lessens the number of letters mailed.”

“We have found that many people do not update their email address and do not register with the district. Therefore, a U.S. mailing for membership seems to work the best, although some do not update mailing addresses either. I guess you could put the membership letter in the Postscript also.”

Here’s how to register your email with the website:

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2. On the right-hand side, go to the “Member Login” module
3. Click on the “Click Here to sign-up” link (It is yellow)
4. Enter all of your information on the form. This is the information that we will use to maintain our records and to send email and/or text notifications. Make sure that you choose a username and password that you will remember.
5. Click submit
6. Review all of your information
7. Click Submit again
8. Wait 24-48 hours for us to verify your membership. You will receive an email advising you that you are good to go. At this point, you can come back to the website and login.
WAPPINGERS CENTRAL SCHOOL DISTRICT

Adam Panzer • Director for Mathematics and Science 7-12
WCSD District Office – Instructional Center
25 Corporate Park Drive • P.O. Box 396 • Hopewell Junction, NY 12533 • (845) 298-5000 x40172 • Fax (845) 897-2315

February 8, 2019

Wappingers Congress of Retired Teachers
280 New Hackensack Road
Wappingers Falls, NY 12590

Attn: Ms. Mary Coiteux, Chairperson,
W CRT Gifts and Contributions

Dear Ms. Coiteux,

I would like to extend my sincere thanks to the Wappingers Congress of Retired Teachers for your generous donation to the 2019 WCSD STEAM/Science Fair. Your donation will be used to purchase plaques which will be awarded to students for “Most Original Idea/Experiment” in each of our three age groups. Our district is so grateful for the support your organization has given our students each year.

The 2019 WCSD STEAM/Science Fair will take place on Saturday, March 9, 2019 at John Jay High School, and we are expecting over 300 students to participate! I invite any members of your organization that may wish to attend, and I am enclosing our agenda for the day for your reference. I look forward to this event which highlights our hard-working and inspiring students, and hope you have the opportunity to join us for this fun-filled day!

Again, on behalf of the Wappingers Central School District, thank you for your generous support of our students.

Sincerely,

Adam Panzer
Director for Mathematics and Science 7-12

Encl.
/ib

The mission of the Wappingers Central School District is to empower all of our students with the competencies and confidence to challenge themselves, to pursue their passions, and to realize their potential while growing as responsible members of their community.

Attention
WCRT members who receive the Post Script by postal mail.
Please use the invitation enclosed in this newsletter for all up-coming luncheons.
The WCRT is going green and saving postage costs.

A reminder
THE VOTE-COPE DRIVE IS UNDERWAY: In 2019 the Wappingers Congress of Retired Teachers hopes to raise about $15,000 for VOTE-COPE. We want to be ready for whatever threats are thrown at us on the federal, state, and local level. Please help. Thank you.

New Hamburg Annual Day of Golf for Meals on Wheels
September 13.

The New Hamburg Yacht Club’s 16th Annual Day of Golf Tournament is scheduled for Friday, September 13th at the Beekman Golf Course.

Total proceeds will again go to Wappingers Meals on Wheels. We are proud to say the Annual Day of Golf has raised over $100,000 to help MoW stay on the road.

Information and entry forms are available at powersie@optonline.net (Charlie Powers) or fox230@aol.com (Jack Devine).

Many of our “repeat” golfers say this is their favorite tournament!
**OUTING INCLUDES:**
- Highland & Valley Course
- 18 Holes of Golf with Cart
- FREE Driving Range Balls
- Hole-in-One: Specialty Holes Give Away
- Hole-in-One Prize: 2019 Chevrolet
- Putting Contest
- Lunch On Course
- Refreshments and snacks all day
- Prizes for top three teams
- Goodie bag for all golfers
- Prize for Longest Drive (Men, Women & Seniors)
- Prize for Closest to the Pin
- Double Your Money Hole
- Team photographs
- Awards Buffet
- 50/50 Raffle
- Prize Raffle
- NY Giants vs. Mia. Dolphins Ticket Raffle
- 4 Tickets with Parking Pass Sunday, Dec. 15 @1pm (time subject to change)

**REGISTRATION FEE:**
$125 per Golfer / $500 per Foursome

**TOURNAMENT SCHEDULE**
9:30 AM – Registration / Team Picture
Warm-up / Driving Range
11:00 AM – Scramble Shotgun Start

**ITALIAN FEAST**
BUFFET DINNER

**AWARDS AND PRIZES**
To be given out during dinner

**REGISTRATION**
**IN APPRECIATION OF YOUR SUPPORT WE AGAIN HAVE KEPT THE REGISTRATION FEE THE SAME.**

**GOLFERS:** Must include shirt size Circle Preference for each Golfer

1. Captain:
   - Address:
   - Phone:
   - E-mail:
   - M/F S M L XL 2XL 3XL

2. 
   - E-mail:
   - M/F S M L XL 2XL 3XL

3. 
   - E-mail:
   - M/F S M L XL 2XL 3XL

4. 
   - E-mail:
   - M/F S M L XL 2XL 3XL

**Amount Enclosed:**

**REGISTRATION FEE:**
$125.00 per Golfer / $500.00 per Foursome

**CHECKS PAYABLE TO:**
NEW HAMBURG YACHT CLUB

Mail completed forms to:
Skip Rottkamp
57 DeGarmo Hills Road
Wappingers Falls, NY 12590
Editor’s notes:
Rhoda never participated in Miles of Hope. That organization was only one year old (or so) when she passed away. Her next door neighbors and friends began the Goals for Hope tournament in her memory to honor her. She was the first honoree. The WCRT was an initial sponsor and a donation was given. Leslie Leventhal and Saranne Ratner made sure a donation was made each year thereafter, and that has continued even after their retirements. Now the WCRT does a donation to Miles of Hope in her honor (memory).

Goals for Hope Soccer Tournament suspended for 2019

by Mary Coiteux,
Gifts & Contributions Chairperson

Our Goals for Hope Women’s and Men’s Soccer Tournament is suspended for 2019, but we will be back, bigger and better than ever in August 2020!

Our committee understands the importance of running a successful and quality event of this magnitude. We plan to take some time to reorganize and rebuild aspects of our event and our committee, which is vital to our future success.

While this was not an easy decision, we believe it is in the best interest of the event. The Goals for Hope committee is dedicated to continuing the success of Goals For Hope in 2020 for the Miles of Hope Breast Cancer Foundation and all of the women we have honored and helped in the 15 years of this tournament.
Jeff MacNelly's Shoe by Gary Brookins and Susie MacNelly

"BIZ, WHAT WOULD YOU DO IF YOU WON THE LOTTERY?"

GET A PRESCRIPTION FILLED.

"FACE IT, SVEN. WE'RE OLD - "PILLAGE" DOESN'T MEAN WHAT IT USED TO MEAN."

"You may experience irritability and pain in the hands and wrist...and that's just from trying to get the cap off."

AGE TEST
GOTTA BE OLD ENOUGH TO GET THIS ONE...
(Apollo 11, 50 years later.)

"Why didn’t Jack and Jill just have the pail of water delivered?"

"...it’s Alice Kramden."
Thursday, Sept. 19, 2019  11:30 a.m.

Christos Restaurant,
155 Wilbur Blvd. Poughkeepsie, NY 12603

Huge Hot and Cold Buffet Lunch served at 12:00 noon
Cost per person is $23.00.
Soft drinks included. Cash Bar.
Free parking on the premises.
All facilities ground floor accessible. No steps or stairs.

A short business meeting and a 50-50 raffle will be held.
Bring non-perishable food items (cans, boxes, bags) and/or shampoo, soap, and other personal care items to be donated to local food pantries.

Please send check payable to WCRT to office address:
attn: Leslie Leventhal, WCRT,
280 New Hackensack Rd. Wappingers Falls NY 12590
(and must be received no later than Sept. 13, 2019.
Luncheon is for WCRT members and their guests.)

WCRT SPRING LUNCHEON   Thursday, Sept. 19, 2019

$23.00 Per Person               Guests are welcome with a member
Name(s):_________________________    Phone Number:_________________
Address:___________________________________________________________________
Number of Reservations: _______                Amount Enclosed: $ ____________