



4—RMGC meeting held at 2022 Fall DA



7—Retiree one of three to earn Mitchell Award

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The Active Retiree

A Newsletter for Retired Members of United University Professions

Kreh, Zubrow named ‘outstanding retirees’

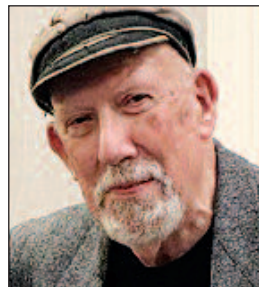
Each fall, UUP honors select members with the Pearl H. Brod Outstanding Retiree Award. The award remembers a beloved late UUP activist, and recognizes retirees who have rendered outstanding volunteer service to their communities and have provided exemplary service to UUP and SUNY after retirement.

This year’s recipients are David Kreh of Cortland and Ezra Zubrow of Buffalo Center.

Kreh retired in 2000, but has remained active in the Cortland Chapter and as a delegate to UUP, NYSUT and the AFT. For years, Kreh chaired the statewide Elections and Credentials Committee, now the Constitution and Governance



Kreh



Zubrow

Committee. He now volunteers for that committee. He was also a longtime elections official at annual NYSUT Representative Assemblies.

Zubrow retired in 2020, but remains active in his chapter. A member since 1977, Zubrow has served a wide range of chapter and statewide roles, as chapter

vice president for academics, president and delegate, and as a member of the Negotiations Team, Executive Board and several statewide committees.

“Both outstanding retirees, David and Ezra have shown—and continue to show—exemplary commitment to UUP, SUNY and their communities,” said Charlie McAteer, RMGC chair. “We gratefully and proudly presented them the Brod award for 2022.”

The late Pearl H. Brod of Farmingdale was a long-time academic delegate who served as elected chair of the statewide Committee on Active Retired Membership from 1999-2003, and as COARM’s Long Island Region representative from 1993-2009. The award was renamed in her honor in 2011.

Writers awarded

Retirees Larry Wittner of Albany and Charlie McAteer of Stony Brook each took home an award of merit for articles published in *The Active Retiree* and entered in the union’s 2022 Journalism Contest judged by UUP Communications.

The awards were handed out during the 2022 Fall Delegate Assembly,

see AWARDED, page 17

Governing committee bylaws adopted

UUP retirees now have an official set of bylaws for the statewide Retiree Membership Governing Committee.

A five-person RMGC subcommittee produced the document, which was adopted at the 2022 Fall Delegate Assembly in Albany. Serving on the subcommittee were Loraine Tyler and Rich Tyler of Oneonta, Jo Schaffer of Cortland, Eric Russell of Downstate and RMGC Chair Charlie McAteer.

Read the full document, beginning on page 10.

“The bylaws—which tie nicely into the UUP Constitution—are now in effect for the upcoming RMGC elections,” McAteer said. “My thanks to all for their hard work on getting this done.”

The Active Retiree

UUP Officers

Frederick E. Kowal/President
Carolyn Kube/VP for Professionals
Allisa G. Karl/VP for Academics
Jeri O'Bryan-Losee/Secretary/Treasurer
Thomas C. Hoey/Membership Dev. Officer

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The opinions expressed in this newsletter are those of the individual authors and not necessarily the opinions of United University Professions.

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Letter to the editor

'We have to change our behavior'

To the editor:

In recent months, it appears that journalism has finally discovered and begun to publicize our multiyear, multidecade drought. The case that keeps being cited in North America is the Colorado River. While this is possibly the most glaring example, it is not the only one. Every river is experiencing decreased flow and, in tidal zones, increased salt incursion.

Simply put, this is not good.

If we continue as we have for the last 5,000 years, we face unprecedented problems. We have passed the limit of feeding Earth's growing population in today's conditions.

We have to change our behavior.

The greatest demand on our water resources is agriculture, specifically open field agriculture. In this style of food production, most of the water consumed evaporates. It does not go to its intended purpose. It is wasted.

The change that is needed is greenhouses, tremendous greenhouses. It will require huge investment in greenhouses and in water recycling [possibly Atmospheric Water Generation] systems to not only keep the water in the system, but to minimize losses and reduce aquifer and surface water demand.

Where will the power for this come from? Solar energy is constantly getting cheaper; many areas have reliable supplies of wind.

Another advantage of this approach is that it could increase albedo, energy reflected back into space. Consider that one of the problems caused by ice caps and glaciers melting is decreased albedo and accelerating temperature rise.

Another effect of this change would be to increase the reliability of crop yield by making growing less dependent on the vagaries of weather. Consider growing crops all year. Famine could become a thing of the past. There are already small-scale projects trying this in many states.

The time to be bold is now.

— Eric Russell
 Metropolitan Region rep

Results of NYS TRS board election

UUP congratulates David Keefe on his re-election to a new three-year term on the NYS Teachers' Retirement System 10-member Board of Trustees.

The board helps oversee that pension fund. Keefe was first elected in 2004 and currently serves as the board president.

CONTACT INFORMATION

Retirement Systems (Pensions)

NYS Employees' Retirement System	866/805-0990
NYS Teachers' Retirement System	800/348-7298
Optional Retirement Programs	
Fidelity	800/343-0860
TIAA	800/842-2776
VALIC	800/448-2542
VOYA	800/584-6001

From RMGC Chair Charlie McAteer

Goodbye 2022 and Welcome 2023!

As this year ends, I hope you, your family and friends are ready to reflect on the old and look forward to the new possibilities that 2023 may bring.

Your Retired Membership Governing Committee has worked to bring back regional retiree events, where possible, and it was nice to meet so many of you!

I reflect on and appreciate the hard work your retiree leaders—both RMGC and chapter officers for retirees—have done to support the more than 6,700 UUP retirees. Kudos also to the UUP staff and our elected officers, most notably Tom Hoey, our long-serving membership development officer and RMGC officer liaison. They do the day-to-day work to help and support our benefits and requests for assistance. Thank you to all of them on our collective behalf!

This year did bring some long-worked-on changes, such as the first-ever RMGC operating bylaws (thanks for your comments; we tried to incorporate them when possible), as well as the passing—on its second try—of limited voting on the UUP statewide Executive Board for

your RMGC chair. I, as your chair, will now be able to vote on issues concerning retirees (with certain restrictions). Developing bylaws and securing a Executive Board vote have been proposed and worked on for close to 20 years. So many thanks to those who kept those flames alive!

As the new year arrives, so will the UUP election cycle. Yes, the elections are not over yet! The UUP elections are for your RMGC chair and the regional representative from your area (three year terms); a separate one for your chapter officers, including chapter officers for retirees and academic and professional delegates (two-year terms); and for our affiliate delegate nominations for New York State United Teachers and the American Federation of Teachers conventions (two separate nominations, both two-year terms). So, look for those various nomination petitions and their separate rules. All positions start June 1, 2023. Please consider running for a position or supporting someone who has been nominated. Remember to cast your vote on the various ballots. It's your chance to



make a difference in your union.

Finally, the next issue of *The Active Retiree* will be the candidates' statements for the RMGC positions I have mentioned. A regular edition will appear in the spring/summer 2023, with photos and articles from you, our retirees.

Please visit your UUP retiree webpage at <https://uupinfo.org/retiree/>

Stay safe and healthy, and I hope to see you at one of UUP's many upcoming spring retiree events.

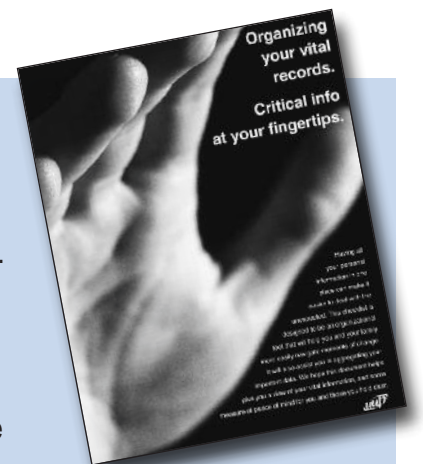
Charlie

Organizing Your Vital Records booklet available online, by mail

Having your personal information in one place makes it easier to deal with the unexpected. The Retired Membership Governing Committee (formerly COARM) created a checklist designed to be an organizing tool that will help you and your family more easily navigate moments of change. It will assist you in aggregating your important data.

We hope this document helps give you a view of your vital information, and some measure of peace of mind for you and those you hold dear," said RMGC Chair Charlie McAteer.

The document can be found on the website at <http://uupinfo.org/reports/reportpdf/OYVR2016fillable.pdf> or by contacting Walter Apple, retiree member services coordinator, at wapple@uupbenefits.org or at (800) 342-4206.



Retiree meeting highlights: Oct. 14, 2022

by Loraine Tyler
Oneonta

The union's Retired Membership Governing Committee met to discuss myriad issues related to retirees. The meeting was held Oct., 14, during the 2022 Fall Delegate Assembly in Albany.

The following represents the draft meeting minutes.

Present were: Charles McAteer, chair RMGC; F. Glenn McNitt, Capital District; Dan Marrone, Long Island; Stacey Johnson, Western NY; Eric Russell, Metropolitan; Loraine Tyler, Southern Tier; Ray Guydosh, North Country; and Doreen Day, presidential appointee.

Membership Development Officer Tom Hoey, liaison officer; Richard Tyler, Finance Committee; Walter Apple and Dan Quackenbush, retiree member services coordinators; Rob Trimarchi, UUP organizer; and 12 other guests.

Not represented: Finger Lakes and Central NY.

McAteer called the meeting to order at 8:30 a.m.

Minutes of the April 8, 2022, meeting were approved as submitted. Moved by Ray Guydosh and Dan Marrone. Passed.

Chair Report—McAteer

- Dan Quackenbush was introduced as the assistant to Retiree Member Services Coordinator Apple.

- There are more than 6,600 retirees.
- Trimarchi discussed UUP's new data system, which provides email addresses to RMGC regional reps and presidential appointees. L. Tyler and Guydosh moved to allocate retiree dues to pay a one-time fee of \$1,500 for access to the new data system. Passed.

- NYSUT Retiree Council report—Five attended the NYSUT Retiree Council: Day, Russell, R. Tyler, L. Tyler and McAteer. They met with the representatives of community colleges and presented two resolutions.



NICK KORIDIS PHOTOS

RMGC members, from left, Stacey Johnson of Buffalo Center, Glenn McNitt of New Paltz and Dan Marrone of Farmingdale listen to a discussion on a range of issue relevant to UUP retiree members, including political action, pension deduction, retiree elections, and myriad online workshops.

- VOTE-COPE—ORP members later this year will be able to automatically deduct donations from pension checks. Seventy-five present of UUP retirees are in ORP. UUP has its own political action fund, to which retirees contribute. Retiree leaders can ask for funding support to political events that qualify.

- Discussed the next election cycle for the RMGC (three-year terms) and chapter officers for retirees (two-year terms)

- Pearl Brod Outstanding Retiree Award nominations are due April 15.

MDO—Hoey

- VOTE-COPE—UUP now has its own PAC that gives the union direct input to our legislators. Retirees are an important part of political action.

- Pre-retirement workshops are digital.
- Hoey said he will not run for re-election, but has enjoyed serving the members and our RMGC.

Finance Committee, Budget and Report—R. Tyler

- Balance, \$624,009;
Revenue, \$297,079;
Expenses, \$269,416.

Ending balance, \$651,673.

Marrone and Johnson moved to accept the report. Carried.

Regional Meetings

- Representatives from Long Island, Metro, Western NY, Southern Tier and Finger Lakes reported that regional meetings were held in spring 2022. All representatives asked for funding for regional meetings in spring 2023. Moved by Guydosh and L. Tyler to fund spring meetings. Carried.

- Oneonta Chapter Officer for Retirees L. Tyler plans to hold a reception for recent retirees (2020 to 2022) to inform them on how to become a retiree member. Marrone and Johnson moved that RMGC pay one-half of the expenses and that the Oneonta Chapter pay the other half. Carried.

Retiree Benefits Report—Apple

- Noted MetLife program.
- Retirement seminars are now offered via Zoom every month. Encourage retirees to attend. Campus presentations are possible as well.
- Apple introduced Quackenbush.



Committee members, from left, Loraine Tyler of Oneonta, Chair Charlie McAteer, Eric Russell of Downstate are joined by an unidentified retiree to discuss proposed bylaws during a meeting held at the 2022 Fall Delegate Assembly in Albany.

Old Business

- Discussion on proposed constitutional amendment to allow RMGC chair to vote on the statewide Executive Board. It was noted that the word “retiree” occurs 25 times in the NYS/UUP contract. Very important that we speak to the amendment when it comes to the floor.

- Draft No. 7 of By-Laws—Subcommittee consisted of Jo Schaffer of Cortland, L. Tyler and R. Tyler, Russell and McAteer. Several drafts were completed after looking at the last 20 years of various draft by-laws/rules. Proposal was emailed to RMGC members more than 21 days, as required. In Article #7, Section 2C, add “Regional representatives shall” along with other minor wordsmithing edits. It was noted this is a “living document” that the RMGC can consider amending in the future should the need arise. Marrone and Guydosh moved to approve. Passed unanimously.

New Business

- Discussion to have the RMGC co-sponsor two NYSUT RC 40-42 resolutions:

- 1) Adjunct and Part-time Employees Retiree—“NYSUT will continue to assist higher education local leaders to communicate with former adjuncts to establish procedures for part-time employees who leave service to be a member of their NYSUT Retiree Council.” Moved to co-sponsor the resolution made by Marrone and Johnson. Carried.

- 2) NYSUT Retiree Recognition Resolution—to designate a time in each calendar year to recognize NYSUT Retirees. Moved to support by Marrone and Russell. Carried.

The next meeting of the RMGC will be a Zoom meeting around January 2023, then an in-person RMGC meeting during the 2023 Spring 223 DA in Albany, scheduled for April 21. There will be a pre-RMGC meeting the evening of April 20.

Meeting adjourned at 10:07 a.m.

Retiree rights: Lessons learned from Spring, Fall DAs

by Daniel Marrone
Farmingdale

At the union’s 2022 Spring Delegate Assembly in April, a two-thirds majority of delegates in attendance was required to adopt a proposed amendment to the UUP Constitution permitting limited voting rights to the RMGC chair. It failed by three votes.

At the 2022 Fall DA in October, the proposed amendment received affirmative votes far exceeding the required two-thirds majority. Thus, the amendment is now fixed into the UUP Constitution.

Here are some lessons that I learned from this whole affair:

Lesson 1—Inform ... and inform again: In the ensuing months after the proposed amendment failed April 9, nonstop efforts to inform, both in-person and in print, were undertaken to explain the details of the proposed amendment. These efforts included details concerning built-in voting limitations of the proposed amendment. Probably the most crucial limit to explain was that the RMGC chair was ineligible to vote on contractual issues between the state and UUP. Charlie McAteer and RMGC members spoke about this particular voting limitation many, many times. Repetition is vitally necessary.

Lesson 2—Motivate DA speakers to strongly support your proposed amendment. On April 9, the majority of the speakers from the DA floor spoke in favor of the proposed amendment. However, I noticed a lack of passion from many of the speakers—so did my Farmingdale delegates. In fact, they criticized me for my lack of enthusiasm when it was time for me to speak. At the Fall DA—in a loud and clear voice—I excluded unmistakable passionate support for the amendment. Thankfully, I was not the only one motivated. Perhaps this is wishful thinking on my part, but I noticed those speaking against the amendment were the ones who lacked motivation.

Lesson 3—Be prepared. Prior to the Fall A, I scanned the NYS/UUP contract and found the words “retire,” “retiree,” “retirees” and “retirement” several times in this document. Specifically, one or more of these words appeared in Articles 16, 20, 23, 37, 39, and 41 of the NYS/UUP contract. When I spoke at the Fall 2022 DA, I was prepared with incontrovertible evidence by citing these many instances within the contract. This contradicts the notion that “retirees are not part of the NYS/UUP contract.”

I hope these “lessons learned” help when members again are asked to support a proposed UUP constitutional amendment.

RMGC and retiree news from the chapters, regions

Binghamton

by Robert L. Mess
Binghamton

On Nov. 22, retirees met for a luncheon in the Tau Room at Binghamton University. The event was well attended and there was an excellent buffet lunch. Our leaders filled us in on several issues of concern to retirees.

This was followed by a presentation by professor Suzy Lee, director of the university center’s Master’s in Human Rights, which is a fairly new program. Her presentation was followed by a several questions centering on current world events.



ROBERT MESS

Delhi/Oneonta

by Loraine Tyler
Oneonta

Excitement brewed as the campuses in the Southern Tier Region were able to meet in person for the first time in two years!

On Oct. 21, Loraine Tyler, Southern Tier rep, welcomed 24 Oneonta/Delhi retirees at the Bluestone Restaurant at the Delhi College golf course.

Delhi Officer for Retirees Jackie Howard, Delhi Chapter President Kelly Keck and Oneonta Chapter Secretary William Simons, welcomed all.

After the brunch, Dan Quackenbush (the new assistant for UUP Retiree Services Coordinator Walter Apple) reviewed the MetLife travel assistance program.

UUP member Leonel Diaz Jr., Ph.D., presented the new/current initiatives in diversity on the Delhi campus.

Retiree Membership Governing Committee Chair Charlie McAteer brought everyone up to date on the work of the RMGC and other information relevant to retirees.



TONI COON PHOTOS

Cortland

On Nov. 11, Cortland retirees braved heavy rain to gather at the Inn in Groton, where retirees, above, networked over lunch. Speaker Laura Gathager, left, of the SUNY Cortland women’s studies program gave a presentation on “Powerful Women in the 15th and 16th Centuries.” Also addressing the retirees were Loraine Tyler, Southern Tier rep, and RMGC Chair Charlie McAteer.



Cortland retiree earns Nina Mitchell award

Former statewide vice president for academics Jamie Dangler was among three UUP members honored this fall with the Nina Mitchell Award for Distinguished Service.

She was the only retiree to receive the union's highest award during the 2022 Fall Delegate Assembly in Albany.

A Cortland Chapter member, Dangler has spent more than 30 years as a UUP member, and she's certainly made her mark as a chapter leader, a statewide Executive Board member, a chief negotiator, a member of the NYSUT Board of Directors and as statewide VPA. In that role, she led campaigns to develop re-



Dangler

source materials on family leave, intellectual property, piracy of course materials, and workload creep.

She also led UUP's Task Force on Teacher Education, a committee that strongly—and successfully—advocated against SED teacher certification mandates instituted in 2014.

Also receiving Mitchell awards were active members Richard Stempniak of Buffalo State and Tom Tucker of Buffalo Center.

The Mitchell award recognizes UUP members who have served the union with distinction. Recipients' service must reflect extensive and significant contributions to UUP at the chapter and statewide levels.

Nominations—which are reviewed by

the UUP Membership Committee—must come from a chapter executive board or the statewide Executive Board.

The late Nina Mitchell was a substance abuse counselor at Downstate Medical Center, who used her quiet intelligence and gift for forging genuine relationships to further the goals of UUP.



Stempniak



Tucker

Long Island

by Daniel Marrone
Farmingdale

On Friday, Oct. 21, the UUP Long Island Region held a statewide webinar on the topic, "Eldercare Finance and Law/UUP Retiree Benefits." There were more than 210 participants signed

up for this event.

Wealth Planner Robert Campbell, TIAA vice president of client services, and TIAA eldercare attorney Scott Chester offered their professional expertise and guidance at the webinar.

UUP Retiree Member Services Coordinator Walter Apple also addressed participants.

Several retirees asked questions pertaining to eldercare finance and law, as well as on retiree benefits available to them through UUP, NYSUT and SUNY.

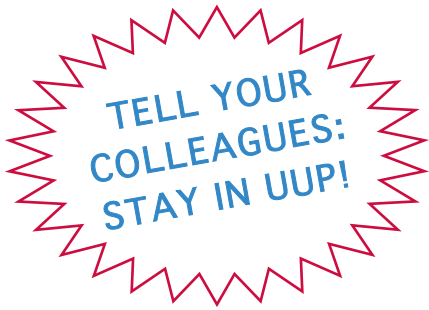
The 90-minute webinar was videotaped and will soon be available to all UUP retirees and their families. Check out the union's retiree webpage at <https://uupinfo.org/retiree/>



EMILY MURPHY

Get out the vote!

A Get Out the VOTE event was held Nov. 7 at the NYSUT Suffolk headquarters, Hauppauge, Long Island. AFT President Randi Weingarten, fifth from left, spoke to the volunteers. Endorsed candidates Bridget Fleming, Congressional District 1, and state Assemblyman Steve Englebright also addressed the group. In the photo are Weingarten and members of her team, as well as members of NYSUT higher education groups (retiree and in-service leaders) from Suffolk County. Several UUPers from Stony Brook University's chapters and Suffolk County Community College were among the volunteers.



United University Professions

RETIRED MEMBERSHIP APPLICATION

THE BENEFITS OF UUP

Whether you're retired or just thinking about retirement, you don't have to stop being active in UUP.

Retired Membership is open to any UUP member in good standing who has retired from SUNY with a minimum of five continuous years of UUP membership in good standing. If a member has fewer than five years of continuous bargaining unit employment, the member must have continuous membership in good standing for the length of their employment in the bargaining unit.

Benefits of Retired Membership include:

- \$1,000 of life insurance coverage;
- Value Advantage discount vision program;
- Opportunity to purchase UUP's voluntary dental and vision plans;
- Opportunity to purchase additional programs: Aflac, Collette Tours; Liberty Mutual and MetLife Group Universal insurance;



RMG Committee Chair
Charlie McAteer

MetLife Legal Plans; Mid-Island Mortgage; Real Estate Advantage Program; and Trupanion pet insurance.

- Discount products and services from: Apple; BJ's Wholesale Club; Barclays Center; Brooklyn Nets; Enterprise Rental Car; Goodyear; hp Academy; NYCB Live; NYPIRG Fuel Buyers Group; The Walking Company; and TicketsatWork.

- Opportunity to participate in and/or purchase NYSUT, AFT and NEA discounted programs and services.

In addition, Retired Members have the right to vote and to serve in elected and appointed positions, such as the chair of the Retiree Membership Governing Committee (RMGC). The RMGC chair also serves as the elected delegate to UUP Delegate Assemblies and as a nonvoting member of the UUP Executive Board. Retired Members may be elected as a regional RMGC representative, or as a chapter officer for retirees.

MISSION STATEMENT of the Retired Membership Governing Committee

The statewide Retired Membership Governing Committee (RMGC), through education and action, shall advocate for retiree benefits on the state and national levels for current and future retirees and for the UUP agenda for public higher education, and shall work with other organizations to improve the lives of seniors.

www.uupinfo.org/retiree



Retired Membership Application

Retired from: Campus _____ Date of Retirement _____

Home Phone _____ Cell Phone _____

Name _____

Address _____

City _____ State _____ Zip _____

Secondary Address _____

City _____ State _____ Zip _____

Email _____

Dues are assessed on an annual basis.

Send check for \$50 payable to: UUP, P.O. Box 15143, Albany, N.Y. 12212-9954
Current Retiree Members are asked to update their information using this form.

UUP, SUNY reach milestone anniversaries in 2023

by Daniel Scott Marrone
Farmingdale Officer for Retirees

In 2023, SUNY celebrates its 75th anniversary and the union—UUP—that represents its faculty and professional staff celebrates its 50th anniversary.

Why SUNY? Why UUP? How did it all begin?

SUNY

Since its inception in 1948, SUNY's faculty and professional staff have served Empire State residents, as well as those from across the nation and from many foreign lands.

According to SUNY's website, the following is SUNY's mission:

"The nation's largest comprehensive public university system, The State University of New York (SUNY), was established in 1948. Since its founding, the SUNY system has evolved to meet the changing needs of New York's students, communities, and workforce. SUNY initially represented a consolidation of 29 unaffiliated institutions, including 11 teachers colleges. These colleges, with their unique histories and backgrounds, united for a common goal: To serve New York State."

Today, the system includes 64 schools, a mix of 29 state-operated campuses and five statutory colleges—including research universities, liberal arts colleges, specialized and technical colleges, health sciences centers, land-grant colleges—and 30 community colleges. These institutions offer programs as varied as ceramics engineering, philosophy, fashion design, optometry, maritime studies, law, medical education, and everything in between. The University also operates hospitals and numerous research institutes.

SUNY's essential role is to fulfill the need for New Yorkers to have a state-administered and funded institution of higher education. Fundamental to achieving this aim, SUNY must be open to all regardless of race, religion, sexual orientation, physical abilities, and other criteria.

Prior to World War II, more than a few of New York's private institutions of higher learning were loath to admit Jews and African Americans. After the war ended, those previously denied admission to these private institutions justifiably clamored for the establishment of a nondiscriminatory, publicly funded university. Also seeking such a university were WWII veterans with "GI Bill" benefits at their disposal.

The GI Bill was, and has remained, a strong incentive for veterans to pursue their education.

Despite the obvious need for state-supported colleges addressing the needs of so many, there also existed post-WWII a deep-seated reluctance among conservative ideologues—and voters—toward taxpayer-funded higher education.

Overcoming immense opposition, the legislation establishing SUNY was endorsed by then Gov. Thomas E. Dewey in 1948. SUNY has strived to fulfill its mission during the last 75 years.

UUP

It took 25 years following SUNY's 1948 beginnings to finally have a union permanently representing its faculty and professional staff.

After decades of organizing efforts and numerous court battles involving competing labor groups, United University Professions (UUP) in 1973 was officially recognized as "the collective bargaining agent for the faculty and non-teaching professionals of SUNY."

The following is an excerpt from the UUP website:

"United University Professions, UUP, is the nation's largest higher education union, representing the faculty and professional staff of the SUNY system (referred to as professional faculty in the contract). This encompasses the 29 comprehensive, technical, specialized and university centers of SUNY. The 29 campuses are broken into 32 chapters. These chapters include the (state-operated) campuses ... as well as separate chapters for Buffalo Health Science Center, Stony Brook Health Sciences Center and System Administration." UUP is Local 2190 of the American Federation of Teachers, and is affiliated with New York State United Teachers, the National Education Association, and the AFL-CIO.

Let's take the time to celebrate, and to comprehend these achievement!

(Daniel Scott Marrone, Ph.D., is a distinguished service professor emeritus from SUNY Farmingdale. He was the college's first recipient of the Chancellor's Award for Scholarship and Creative Activities.)



What your beneficiaries need to know

Don't forget to remind your beneficiaries that, upon your death, they need to inform the campus Human Resources Department *and* contact UUP Retiree Member Services Coordinator Walter

Apple at (800) 342-4206. If they don't contact the campus or UUP, they won't get the survivor's benefits: that's \$3,000 from the state and \$1,000 from UUP. Remind them to make the calls!



OPERATING BY-LAWS for the Retired Membership Governing Committee of the United University Professions

APPROVED on Oct. 14th, 2022

Article I: Name

The name of this UUP constituency shall be the Retired Membership Governing Committee of the University Professions (AFT local 2190, NYSUT Retiree Councils 40, 41 and 42).

Article II: Retired Membership Governing Committee (RMGC)

Section 1. Composition

The RMGC consisting of twelve voting members is the governing body of this organization. Its membership will be in good standing as defined to be up-to-date in payment of dues and are:

- a. Statewide Chairperson
- b. Eight Regional Representatives:
(Empire State College chapter retirees will be included in the region in which the member's primary work site was located prior to retirement)
 - A. Capital District
Includes Albany, Cobleskill, New Paltz, and System Administration
 - B. Long Island
Includes Farmingdale, Old Westbury, Stony Brook, and Stony Brook HSC
 - C. North Country
Includes Canton, Plattsburgh, and Potsdam
 - D. Western New York
Includes Buffalo Center, Buffalo HSC, Buffalo State, and Fredonia
 - E. Central New York
Includes Environmental Science and Forestry, Morrisville, Oswego, Polytechnic Institute, and Upstate Medical University
 - F. Metropolitan
Includes Downstate Medical Center, Maritime, Optometry, and Purchase
 - G. Southern Tier
Includes Binghamton, Cortland, Delhi, and Oneonta
 - H. Finger Lakes
Includes Alfred, Brockport, and Geneseo
- c. UUP's Membership Development Officer
- d. Two appointees of the President of UUP

Upon retirement from the post of RMGC chairperson, that individual will continue to serve, ex-officio, as a non-voting member of the RMGC for a period of three years from the date of said retirement, unless they are elected or appointed as a RMGC member.

Section 2. Duties

- a. Duties are those stated in the UUP Constitution. These are:
 1. To work to encourage and promote retired membership.
 2. To make recommendations with regard to organizational structure wherein retirees and the Union may continue their mutually beneficial relationships.
 3. To propose means whereby the interests of retired members are referred to appropriate bodies.
 4. To support actively, as a key partner, the advancement of UUP's policy, legislative agenda and report to the President, the Executive Board, and the Delegate Assembly.
 5. To consider such other matters as may be referred to it.
- b. Members of the RMGC shall assume responsibility for the following committees:
 1. The chair may appoint a chair and committee of retiree(s) for assistance, when necessary, with approval by the RMGC such as financial, outreach, newsletter, website, benefits, or any other ad-hoc committees.
 2. The chair shall serve as ex-officio member of all RMGC committees.
 3. Any committee chair, who is not a voting member of the RMGC will serve, ex-officio, as a non-voting member of the RMGC.
 4. Any appointed committee member and chair's position will end at the beginning of the next RMGC term.

Section 3. Meetings and Quorum

- a. The RMGC meeting shall be called by the chair or a majority of the RMGC voting members.
- b. The meeting may be held in-person, electronic conference (zoom or approved equal) or a hybrid (combo) of the two methods.
- c. A quorum is to be defined as a majority of voting RMGC members in good standing.

Article III: Purpose

- a. To promote and ensure the interests of the retired members of UUP both current and prospective.
- b. To support the mission of UUP according to its Constitution.
- c. To promote mutual assistance and cooperation with other organizations with which it is affiliated.

Article IV: Affiliations

UUP retirees are affiliated with the New York State United Teachers Retiree Councils 40, 41 and 42, the American Federation of Teachers, the National Education Association, the Alliance for Retired Americans, the New York Statewide Senior Action Council, and other appropriate retiree organizations.

Article V: Finances – Dues, Budget, and Disbursements

- a. All financial transactions will be in accordance with UUP fiscal policy standards and pre-approved by the RMGC.
- b. Dues for the membership shall be assessed each fiscal year (September 1st thru August 31st). Retiree dues (and other funds, if any) shall not be comingled with active membership funds and are spent only for the benefit of the retired membership. The joint RMGC / Finance Subcommittee will review the dues for needed changes, if any, and the subcommittee's chair or designee will submit the recommendation for a vote by the RMGC.
- c. The joint RMGC / Finance Subcommittee, in coordination with the UUP Finance Department, shall be responsible for development of the yearly RMGC budget. The subcommittee's chair will submit the recommended budget for a vote by the RMGC. Much of the information needed for budgeting will come from the UUP Finance Department, but some must be provided by the RMGC Chair and the Regional Representatives. The Chair must provide an estimate for expenses of governing and for travel to meetings. Regional Representatives, with consultation from the Officers for Retirees in their regions, must estimate the cost of regional meetings with the retirees they represent. A form for this purpose will be provided and must be turned in to the UUP Director of Finance.
- d. The Director of Finance will keep the financial records and approve disbursements.

Article VI: Terms of Officers and Election Procedures

Section 1. Chairperson

The chairperson of RMGC shall be elected at large by and from the retired membership of UUP in accordance with the UUP Constitution for a period of three years, starting June 1st as per UUP Constitution. The chairperson shall be eligible to serve for no more than three consecutive terms.

Section 2. Regional Representative

Each region shall elect a representative by and from the retired membership of UUP in that region in accordance with the UUP Constitution for a period of three years, starting June 1st as per UUP Constitution. The regional representative shall be eligible to serve for no more than three consecutive terms.

Section 3. Secretary

The secretary of RMGC shall be a member of the RMGC, nominated by the chairperson and approved by the RMGC for a period of up to three years or until the next RMGC election cycle, whichever is shorter.

Section 4. Resignation and Removals

- a. Any member of the RMGC may resign at any time giving written notice to the chair or secretary. Such resignation shall take effect at the time specified therein, if no time was specified, then upon receipt.
- b. Any member of the RMGC may be removed for cause by a vote of two-thirds of the RMGC voting members present, providing that the vote to remove shall represent a majority of the voting RMGC members.

- c. If a RMGC voting member is removed, it takes effect immediately. No RMGC member will be removed without written cause and will be notified prior to a RMGC meeting that will discuss removal. The notification will include the written cause and offer the opportunity to reply to that document in writing and/or at that RMGC meeting.

Section 5. Vacancies

- a. In the case of a vacancy, the candidate receiving the next largest number of votes in the most recent election (either chair or regional representative) shall assume the position. If there is no such person or all the eligible persons decline, the RMGC chair may propose a temporary appointment for a regional representative position with the approval of the RMGC, for the remainder of the term for such position.
- b. If the vacancy is the RMGC chair, the position must be filled by the order of the statewide election results. If no one accepts the position then a statewide special election must be conducted to fill the position, since this position occupies a seat on the UUP Executive Board.
- c. If the vacancy is from one of the UUP President's appointments, the RMGC chair will notify the President of that vacancy and request a new appointment from the UUP President.

Article VII: Duties of Officers

Section 1. Chairperson

- a. The chair shall serve as the Elected Retiree Delegate to the UUP Delegate Assembly, the NYSUT Representative Assembly and the AFT Convention.
- b. The chair shall convene and preside over at least three RMGC meetings per year (September 1st thru August 31st) and may convene and preside at retiree retreats as appropriate.
- c. The chair shall conduct the business pertinent to retiree affairs and shall report those activities to the President, Executive Board, Delegate Assembly of UUP, and retiree membership as appropriate, with assistance from UUP's central office for printing and mailing, as necessary.
- d. The chair shall recommend to the President of UUP a retiree liaison for these statewide committees: Outreach, Finance, Membership, and any ad-hoc committees formed that may deal with retiree issues.
- e. The chair shall work with the RMGC and UUP retiree services coordinator(s) to keep the *RMGC & Officer for Retiree Handbook* up to date and coordinate retiree leadership retreats at least every two years in line with chapter officer for retiree elections.
- f. The chair shall edit and solicit articles for *The Active Retiree* newsletter and other retiree publications and submit to UUP's central office in Albany for statewide printing and mailing.

Section 2. Regional Representatives

- a. The regional representatives shall represent their respective regions and develop and maintain a working relationship and network of communication with their chapter Officers for Retirees to assist with retiree activities in their regions.
- b. The regional representatives shall report back to the RMGC all activities and needs from their respective regions.

- c. The regional representatives shall submit regional communications to UUP's central office in Albany for printing and mailing.

Section 3. Secretary

- a. The secretary shall take minutes of RMGC meetings and retreats and provide copies of them to the RMGC. In addition, the secretary shall send a summary of the minutes to the editor(s) of the retirees' newsletter, *The Active Retiree*, for publication and the posting of that newsletter on the retiree website.

Article VIII: Nomination and Election of Officers

Nominations and election procedures for elected officers of the RMGC shall be in accord with the UUP Constitution.

Article IX: Amendments

Section 1. Initiation

Amendment to these Operating By-Laws may be proposed by any retiree member to the RMGC for consideration and possible adoption. Any amendment shall be considered at the next regularly scheduled meeting of the RMGC.

Section 2. Procedure

Publication and electronic announcement of such amendment to the membership shall be necessary, at least 21 days prior to consideration by the RMGC.

Section 3. Adoption

Adoption of any amendment shall be by a two-thirds vote of the RMGC members present, providing that an affirmative vote shall represent at least a majority of the voting RMGC members and if passed the revised Operating By-Laws will be effective immediately and be posted on the RMGC website as soon as possible.

Section 4. Operating By-Laws Review Task Force

A review task force shall be formed at least every **six** years by the chairperson and approved by the RMGC to review these operating by-laws and propose any amendments for consideration in accordance with Article IX Amendments.

Article X: NYSUT Regional Division of Retiree Membership

- a. Regional division of retiree membership shall be in accord with the UUP Constitution and these operating by-laws Article V, Section 1.b: A thru H.

- b. The eight regional representatives and one chairperson will be divided into the three NYSUT retiree councils as follows to conform with the three NYSUT retiree votes per retiree council:
 1. Retiree Council #40 three primary delegates are the elected RMGC regional representatives from D-Western New York, E-Central New York & H-Finger Lakes. The two retiree alternates from RC 40 are chosen from elected chapter Officers for Retirees and RMGC members from those three regions and approved by the RMGC.
 2. Retiree Council #41 three primary delegates are elected RMGC regional representatives from A-Capital District, C-North Country & G-Southern Tier. The two retiree alternates from RC 41 are chosen from elected chapter Officers for Retirees and RMGC members from those three regions and approved by the RMGC.
 3. Retiree Council #42 three primary delegates are the elected RMGC chair and elected regional representatives from B-Long Island & F-Metropolitan. The two retiree alternates from RC 42 are chosen from elected chapter Officers for Retirees and RMGC members from those two regions and approved by the RMGC.

Article XI: Newsletter and Website

A retiree newsletter, *The Active Retiree*, shall be published at least three times a year and be posted on the UUP website. The RMGC will work with UUP to maintain a retiree page(s) on the main UUP website and have it accessible from the NYSUT retiree website.

Article XII: Parliamentary Authority

The current edition of Roberts Rules of Order shall govern the conduct of meetings and the transactions of this organization in all matters not specifically provided for in the UUP Constitution and in these Operating By-Laws.

NYSUT Leader Council

Right, top, NYSUT Higher Education retiree leaders come together to discuss several issues related to retirees. Attending the Sept. 29 gathering in Albany are, from left, UUP RMGC Chair Charlie McAteer; Joyce Gabriele and Kevin Peterman, representing SUNY community colleges; and UUP retiree members Loraine and Rich Tyler of Oneonta.

Right, bottom, are UUP RMGC members Rich Tyler, Eric Russell of Downstate, McAteer, Loraine Tyler and Doreen Day of Stony Brook HSC.



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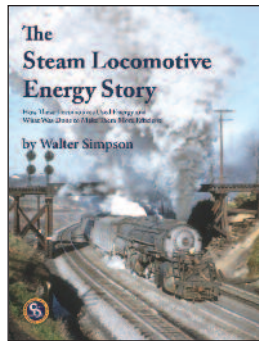
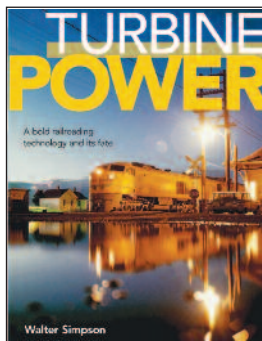
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Retiree pens two more books on locomotives

UUP retiree Walter Simpson, energy officer at the University at Buffalo from 1982 to 2008, has published two more books on locomotives.

Turbine Power: A Bold Railroad Technology and Its Fate (Kalmbach Media, 2020) and *The Steam Locomotive Energy Story: How These Locomotives Used Energy and What Was Done to Make Them More Efficient* (Chesapeake & Ohio Historical Society, 2021) come on the heels of Simpson's book *Diesel-Electric Locomotives: How They Work, Use Energy, and Can Become More Efficient and*



Environmentally Sustainable (Simmons-Boardman Books, 2018).

An energy expert and life-long environmentalist, Simpson said he “loves this stuff” and writes with affection about steam locomotives, even though “they are probably the most energy

wasteful, environmentally damaging machines on Earth,” he added.

“The title of the steam locomotive book is ironic because even after a multitude of things were done to make steam locomotive more efficient, their energy efficiency was at best 8 percent,” Simpson said. “Yes, they actually wasted 92 percent or more of the energy contained in the coal that was fed in great quantities into their boilers.”

Simpson occasionally lectures on steam locomotives, as well as climate change. For him, energy is key to understanding both topics.

He can be reached at enconser@buffalo.edu.

AWARDED ...

(continued from page 1)
Oct. 14 in Albany.

Wittner's Best Original article, *The Fateful Choice: Nuclear Arms Race vs. Weapons-free World*, ran in the Spring/Summer 2021 issue.



“Wittner is dead-on, once again, with his writings on nuclear weapons/war/arms race,” wrote one of the judges. “Strong writing, insightful and informative. Top notch.”



McAteer's winning editorial, *Let's Be Civil*, ran in the Fall/Winter 2021 issue.

“McAteer takes a tough topic (civility) and handles it deftly,” according to one judge. “He clearly and simply states what will and will not

AARP featured volunteer:

UUP retiree Doreen Day

(The following article was printed in the AARP New York Volunteer Newsletter, Vol. 69, November 2022.)

UUP retiree Doreen Day of Stony Brook HSC, a presidential appointee to the Retired Membership Governing Committee, was recently named AARP's “featured volunteer” for October 2022. Her printed comments are below.

“I started volunteering with AARP after my retirement in 2018. I was looking for volunteer opportunities and I was a member of AARP and felt it was a good place to start.

“I started volunteering mostly to keep myself occupied. I didn't want to get in bad habits after retiring.

“Once I became involved with AARP, I realized that they provided a variety of opportunities that would keep me busy, as well as doing good for the community. I enjoy providing needed services to my community, as well as the sense of camaradery I share with my fellow volunteers.

“I would highly recommend volunteering with AARP. It gives the volunteer the opportunity to try different types of volunteering assisted by experienced senior volunteers when needed.”

Thank you for everything you do for AARP, Doreen!



Day

Life is complicated. NYSUT Member Benefits can help.

PEER SUPPORT LINE



The Peer Support Line is a new service available through NYSUT Member Benefits that's offered at no cost to all NYSUT members and their families.

**MEMBER
BENEFITS**



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- Finding mental health services or support groups
- Answering questions about Medicare and Medicaid
- Managing work-related stress
- Providing support to new members
- Sourcing elder care or caregiving services
- Assisting with marital, relationship or child rearing concerns
- Reducing feelings of isolation and loneliness

The Peer Support Line is a partnership between NYSUT Member Benefits and Rutgers University Behavioral Health Care.

For more information or assistance, call toll-free 844-444-0152.

Nov/Dec 2022

Oral health is key to better health overall

by Frances S. Hilliard, RN, MS
Professor Emerita
Nassau Community College

Do you know that the status of your oral health gives health care providers important clues about your general health?

Are you aware that problems with your teeth and gums have a connection to systemic health problems?

With good oral hygiene—especially regular brushing and flossing—the bacteria that normally occupy your mouth can be kept under control. However, without good oral hygiene, these bacteria—and perhaps even more harmful bacteria—can multiply, and may even travel to other parts of the body and contribute to significant medical issues.

About two-thirds of adults have peri-

odontal (gum) disease, putting them at increased risk of heart attacks and strokes. The wayward bacteria from your mouth trigger an immune response by the body, resulting in inflammation and clot formation in the blood vessels. Moreover, a number of factors associated with older age and an already higher risk of cardiovascular disease—diabetes, high blood pressure, high cholesterol, and being overweight—are more prevalent in people who have periodontal disease. Also, certain drugs such as those used for pain relief, antihistamines, decongestants, diuretics, and antidepressants, can decrease saliva flow and worsen periodontal disease.

To protect your oral health, experts recommend the following:

- Brush your teeth at least twice a day for two minutes at a time (30 seconds for each quadrant of the mouth).
- Use a soft toothbrush and fluoride

toothpaste. Your toothbrush should be replaced every 3-4 months; sooner if the bristles become worn or spread out.

- Floss daily.
- Use mouthwash after brushing/flossing. This will help remove any remaining food particles.
- Eat a healthy diet and avoid sugary food/drinks, especially “sticky” sweets, hard candy, etc.
- Avoid tobacco in any form.
- Schedule regular dental examinations and cleanings—twice a year, if possible.
- Contact your dentist promptly if an oral problem arises, especially if you notice gums that are reddened, swollen, tender, or bleed easily.

This column is not intended as a substitute for medical advice, diagnosis or treatment. You are urged to seek the advice of a health care practitioner for any questions about your medical condition or treatment.



**Problems come in many forms.
So does the help NYSUT provides.**

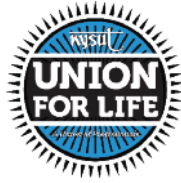
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NYSUT Social Services is a free and confidential benefit for all members, in-service and retired, and their families. Tell your concerns to one of our staff professionals who will make an assessment and suggest strategies which may improve your situation. We provide follow-up and reassurance through difficult times and periodic telephone contact for those in need. No question or concern is unimportant to us.

uup *The Active Retiree*

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