



THE NEWSLETTER

of the CSA Retiree Chapter, New Jersey Region

Fall 2015

www.csanj.org

Volume 6, Number 2

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Message From the Regional Unit Leader

Lucille Vecchiarelli, Regional Unit Leader
(luluvecch@gmail.com or 732.919.1801)



Welcome back, and I hope you had a wonderful summer full of adventure, fun with family and friends, and memories to treasure for a lifetime.

The year 2015-2016 has four meetings planned, the first of which will be the Buffet Breakfast on October 7 at 9:30 AM at the Radisson Hotel, which is subsidized by the NJ Unit. We have added a surprise to the menu to improve your dining experience. Dr. Douglas Hathaway will bring us up to date on changes in some of the medical plans. You should have received an email or mailing regarding this meeting.

The second meeting will be the "bagel meeting" at the Manalapan Library Headquarters in Manalapan at 9:30 AM. One guest speaker will be from Novy and Associates which is a law firm that specializes in Elder Care issues. The speaker will present on the topic of Aging in Place. Lisa Poris will also address our group regarding volunteer opportunities as a Court-Appointed Special Advocate, representing children involved in Family Court proceedings. You will be receiving an email or mailing regarding this event in the near future.

In the spring we will have a second bagel breakfast meeting while hosting a Health Fair, and then the annual luncheon at the Radisson will take place in June. No set date has been confirmed for these two meetings.

This year we did have wonderful success with our International Luncheons which were well attended. Everyone had a great time, and so far we have enjoyed Greek, Portuguese, and Japanese cuisine. We are looking forward to a Russian luncheon this fall. Be sure to sign up early for the luncheon once you receive the flyer. Don't miss out on the fun, good food, and good friends.

Once again, our membership has increased this year and we welcomed several new retirees into our Unit. Because the membership keeps increasing, we are able to subsidize more activities and offer more on the menus at our meetings. Please look through this Newsletter to see where to send in your 2016 dues (or your 2015 dues if you have not paid). Thank you for your continued support of the NJ Unit. Without your support, none of this is possible.

On a sad note, we lost one of our very dear members this summer. Murray Hoffman passed away. He was one of the founders of the NJ Unit and served as its second president. Murray's wisdom and sweet smile will be missed at our meetings. We offer his wife, Kitty, our sincere condolences.

We have fun at our meetings where we receive important information regarding our benefits and have a chance to win gift cards! I urge you to attend the meetings and become active in the Unit. All suggestions on how to improve our Unit are welcome.

Please let me know how we can assist you in any way. As always, I look forward to meeting and greeting you at our meetings.

Your Health

SKIN CANCER

The Surgeon General has identified skin cancer as the most commonly diagnosed cancer in the U.S. Most cases are preventable. Skin cancer greatly affects the quality of life; it can be disfiguring or even deadly and create substantial health costs. The number of Americans who have had skin cancer in the last 3 decades is estimated to be higher than the number of all other cancers combined. This has risen sharply as many of us “winter” in Florida or cruise warm climates in the winter. More than 9000 people die from melanoma each year. Although genetic factors such as being fair-skinned or having a family history of cancer contribute to a person’s risk, the most common types of skin cancer are strongly associated with UV radiation, both from the sun and tanning lamps.



Reducing exposure to UV radiation is the recommended course of action to prevent skin cancer. One out of every three adults has been sunburned in the last year, since most do not take any action to protect themselves. There are many actions you can take to protect yourself. These include:

- Wearing lightly woven, protective clothing.
- Wearing a hat that provided adequate shade to the whole head.
- Seeking shade whenever possible.
- Avoiding outdoor activities during periods of peak sunlight.
- Avoiding artificial tanning lights.
- Using sunscreen that is at least SPF 30. Reapply it frequently when outside.
- You can receive adequate vitamin D through food and dietary supplements.

HEALTHY VISION

Taking care of your eyes is a top priority just like eating and being physically active. To keep your eyes healthy get a comprehensive DILATED eye exam: an eye care professional will use drops to dilate the pupils to check for common vision problems and eye diseases. It is the best way to find out if you need glasses or contacts, or are in the early stages of eye disease. Some eye conditions, if untreated can cause vision loss and even blindness.



These include:

- Cataracts, a clouding of the eye.
- Diabetic Retinopathy, which causes damage to the blood vessels in the back of the eye.
- Glaucoma, increased eye pressure that damages the optic nerve.
- Age-related macular degeneration, which can effect the central portion of your vision.

You can protect your vision by: getting regular, comprehensive, dilated eye exams; knowing your family history of eye disease, eating dark green leafy vegetables such as spinach, kale and collard greens (check with your doctor if you are on a blood thinner); eating fish that is high in omega-3 fatty acids; maintaining a healthy weight; wearing protective eyewear when playing sports; not smoking; wearing sunglasses that block 99% of UVA/UVB radiation (not the cheap ones from the dollar store) and practicing workplace safety when using tools.

**AFSA TRIANNUAL CONVENTION
NEW ORLEANS, LOUISIANA
JULY 23-27, 2015**

by Jeff Karger (CSA Rockland-Orange-Bergen Counties Retiree Chapter)

The American Federation of School Administrators held their 14th triannual convention at the Lowes Hotel in New Orleans, Louisiana. The theme of this year's convention was "Engaged Leadership For a Brighter Future". Over 500 school administrators from around the United States, Puerto Rico and the Virgin Islands were in attendance. The four-day conference presented over fourteen interesting and educational workshops on a variety of themes ranging from "Raising a Reading Program", to "Education and Community Relations". A keynote address by Ras J. Baraka, the Mayor of Newark, New Jersey told how his experiences as a high school principal prepared him to become its Mayor.

Three workshops were outstanding: "Retiree Strands"; "How Many Ways Can I Get Social Security To Give Me More Money"; "Supporting Grieving Children and Sandy Hook and Beyond". The workshop I felt was most noteworthy, since its presenter, Dr. Anthony Salvatore, was a former Assistant Principal at Sandy Hook Elementary School who knew all the staff members who were killed. It should also be noted that our own retired Executive Board Members Joseph Rosenberg, Dee-Dee Goidel, Stanley Wilson, and Janice Imundi each participated in a workshop entitled "Final Retiree Strand: The Importance of Staying Connected To Your Union".

The balance of the convention dealt with business issues for AFSA in passing resolutions to modify rules of its constitution where the office of Secretary and Treasurer were merged into one. Ernest Logan, President of CSA Local One, was voted into a three-year term as the Executive Vice President of ASFA. Another resolution supporting the arming of teachers was voted down. The AFSA also opposed the arming of school personnel or school volunteers other than sworn police officers at school sites.

Additional resolutions were added to the constitution regarding:

- (1) Testing and Evaluation: The adopted resolution calls upon AFSA to only support legislation and regulations that lead to the development of fair and transparent principal evaluation systems; that place a high priority on outcomes that principals control rather than those they have limited or no ability to impact upon; where no more than 25 percent of the evaluations are based on the results of student assessments; where the evaluation system is collaboratively developed with the input of principals and is designed to measure multiple domains of effective school leadership and provides meaningful feedback to individual principals based on multiple measures taking into account student growth as well as evidence of effective school leadership practices.
- (2) Charter Schools: AFSA believes strongly that federal, state, and local policy makers should not direct funding from traditional public schools to fund charter schools. In addition, set up a meaningful local review of the impact of charter schools on individual districts; that charter school applicants hold no fewer than three public school hearings and to receive public feedback and address any taxpayer and community concerns.
- (3) Student Privacy: AFSA strongly supports educating its members regarding student data, privacy, and security issues. It also supports legislation that prohibits the federal government from overriding student privacy laws enacted by individual states and strikes an appropriate balance between protecting and securing student data and promoting personalized learning as informed by data and powered by educational technology.
- (4) Coalition To Support Grieving Students: AFSA commended the coalition partner of the National Center on School Crisis and Bereavement and the New York Life Foundation for working collaboratively on the issues of crucial importance to students and educators.
- (5) Trans-Pacific Partnership (TPP): AFSA members join the AFL-CIO in actively petitioning Congress to reject the Trans-Pacific Partnership, as its passage poses a threat to the economic wellbeing of the communities we serve and the stability of our students' family lives that is so essential for quality education.

In addition to the workshops and business of the convention, we were treated to an evening boat ride on the Créole Queen with dinner and jazz music, as we sailed up the Mississippi River. On the last day of the convention, an afternoon bus tour of New Orleans was followed by an excursion on a Swamp Boat where we were able to observe alligators and other wildlife.



CSA Retiree Chapter New Jersey Region

PLEASE JOIN US FOR OUR **GALA FALL BREAKFAST**



DATE: WEDNESDAY, OCT. 7, 2015

TIME: 9:30AM–11:30AM

COST: \$12.00 PER PERSON



**PLACE: RADISSON HOTEL OF FREEHOLD
50 GIBSON PLACE, FREEHOLD, NJ 07728
(DOOR PRIZES WILL BE AWARDED)**

Our sumptuous buffet will include: Assorted Bagels served with Cream Cheese & Butter, Assorted Miniature Muffins, Danish & Breakfast Cake, Bacon & Sausage, Country Fresh Scrambled Eggs, Fresh Fruit Salad, Home Style Potatoes, Assorted Chilled Fruit Juices, Freshly Brewed Coffee, Decaffeinated Coffee & Tea

Guest Speaker:

Doug Hathaway (Administrator, CSA Welfare Fund) will be discussing changes in welfare fund benefits. Don't miss this important presentation!

Please return this form no later than September 28, 2015
(with check for \$12 per person payable to CSA –NJ Retiree Chapter) to:
Sandy Poris, 51 Lakehurst Way, Monroe Twp., NJ 08831

Name _____
Guest _____

DON'T FORGET—*IF* YOU HAVEN'T YET SENT IN YOUR 2015 \$15 MEMBERSHIP DUES, PLEASE SUBMIT YOUR CHECK TO THE ABOVE ADDRESS ASAP!!!!

Please share this information if you know of any CSA Retirees in New Jersey who are not yet members of our chapter.

Obituary for Murray Hoffman,

Past President, CSA New Jersey Retiree Chapter

Murray Hoffman, 86, of Marlboro, New Jersey, passed away on July 30, 2015, at CentraState Medical Center in Freehold. He was born and lived in New York before moving to the Greenbriar section of Marlboro 20 years ago. He was a proud U.S. Navy World War II veteran and a member of the Jewish War Veterans. Murray was a District Principal and Superintendent for the New York City School System in Queens, and later served as a board member of the Marlboro School System for 18 years.

Murray is survived by his wife, Catherine; and 5 children, 2 nieces, and 5 grandchildren.

A Common Reimbursement Question

(Excerpt from Douglas Hathaway's Column in the CSA News, May 2015)

QUESTION: I became eligible for Medicare in February. I have my Medicare card, which I sent you for submission to GHI and the city Office of Labor Relations. I remember you saying that I will be reimbursed for my Medicare Part B premiums. When do I start getting the checks? It has been three months already!

ANSWER: Perhaps I was a bit unclear when I explained the way the reimbursement works. Reimbursement takes place the following August. In your case, since you were Medicare eligible in February 2015, you will receive a check in August 2016 for the standard Medicare Part B deduction (\$104.90 in 2015) for the 11 months you have been eligible. If you have been notified this year (2015) by the Social Security Administration that you must pay an extra amount for Medicare Part-B (and Part-D) under the IRMAA (Income Related Adjustment Amount) assessment, once you receive the standard reimbursement in August 2016, you will receive instructions on how to claim the IRMAA reimbursement. Additional paperwork is required, which is sent to the City Office of Labor Relations. The reimbursement information is manually processed (there were over 8,000 submissions in 2013) and reimbursement checks will be sent in March of 2017.

Don't forget—it's that time of year again! Please send your membership dues for the year 2016. Dues remain at \$15. This includes all the usual benefits, including a one-year subscription to the CSA/New Jersey Newsletter. Don't miss out on the benefits, and don't let your subscription to the newsletter lapse.

To pay your dues, send a \$15 check payable to CSA Retiree Chapter/NJ Region to:

**Sandy Poris, Treasurer
51 Lakehurst Way
Monroe Township, NJ 08831**



CSA Retiree Chapter New Jersey Region

BAGEL BREAKFAST MEETING

Wednesday, November 18, 2015, 9:30am
Monmouth County Library Headquarters
125 Symmes Drive
Manalapan, New Jersey 07726



ALL ATTENDEES WILL BE ELIGIBLE TO WIN A DOOR PRIZE!

Speakers will include:

CSA Representatives

Novy and Associates:

Aging in Place: Preparing Your Home for Independent Living

Lisa Poris, Esq.:

**Volunteer Opportunities with CASA
(Court-Appointed Special Advocates)**

**Be prepared for coffee, tea, bagels, and other goodies:
useful information, having your questions answered, and the pleasure of
meeting your colleagues.**

**You can pay your 2016 membership fee (\$15) to Sandy Poris
at the meeting (or see tearoff below).**

**Please park in the lower parking lot and use the elevator on the right
(facing the building). The elevator is at the end of the corridor.**

You can use this tearoff to send a check for \$15.00 to
Sandy Poris, 51 Lakehurst Way, Monroe Township, NJ 08831.
Make it payable to CSA NJ Retiree Chapter.

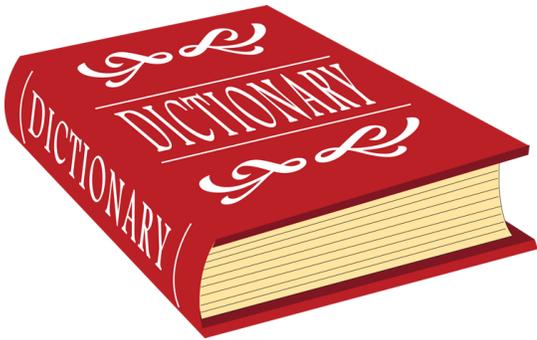
Name _____
Address _____
Phone # _____
Print e-mail address _____

Wordplay

by Steve Poris

The complexity of words and wordplay is endlessly fascinating. One can find strange word juxtapositions that lead to (almost) plausible theories, and one can find words that look like they should mean one thing but really mean something else.

Here's an example of an (almost) plausible theory: William Shakespeare wrote The King James Version of the Bible at the age of 46. The "evidence": He was 46 the year it was actually first published, *Shake* is the 46th word from the beginning of Psalm 46, and *Spear* is the 46th word from the end of Psalm 46. Proof positive? Well, maybe...what do *you* think?



Here are examples of words that have completely different meanings from what they sound like (these are sometimes called “phantonyms”, and were featured in a *NY Times Magazine* column):

1. Enervated—nope, it doesn't mean “energized”, it actually means “weakened”
2. Presently—nope, it doesn't mean “at present”, it actually means “soon”
3. Penultimate—nope, it doesn't mean “the ultra-ultimate”, it actually means “next to last”
4. Disinterested—nope, it doesn't mean “not interested”, it actually means “impartial”
5. Enormity—nope, it doesn't mean “enormousness”, it actually means “excessive wickedness”
6. Noisome—nope, it doesn't mean “noisy”, it actually means “offensive” or “disgusting”
7. Fortuitous—nope, it doesn't mean “lucky”, it actually means “by chance”
8. Restive—nope, it doesn't mean “restful” or “restless”, it actually means “stubborn”
9. Fulsome—nope, it doesn't mean “fully”, it actually means “insincere”
10. Synecdoche—nope, it doesn't mean, uh, well, I guess it doesn't look like it means anything. Actually, I'm throwing it in just because I think it's an interesting word (and I wanted to have a ten-word list). It means using a small part of something to stand for the entire thing (e.g. “Nice wheels” meaning “Nice car” or “500 head of cattle” meaning “500 cattle”)

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Quick Quiz

What is the oldest public high school still in use in New York City (pictured at left)?



Answer to previous quiz:

PS 387 is housed in a building designed by Frank Gehry.



CSA Retiree Chapter
New Jersey Region
9 Edie Lane
Howell, NJ 07731

Annual Fall Breakfast
Wednesday, October 7, 2015
9:30am at the
Freehold Radisson Hotel

General Membership Meeting
(“Bagel Breakfast”)
Wednesday, November 18,
2015, 9:30am at
Monmouth County Library

