

April
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OSARC newsletter

OSARC Gets A Revolutionary Experience

OSARC's April trip takes us to the Fraunces Tavern Museum. This year marks the 300th anniversary of the construction by Stephen DeLancey of a building at 54 Pearl Street in Lower Manhattan which eventually became Fraunces Tavern in the 1760s.

The Fraunces Tavern Museum's mission is to preserve and interpret the history of the American Revolutionary War era. Originally, 54 Pearl Street was actually under water, but it was later filled in with landfill.

There is much revolutionary period history connected to the Tavern. On December 4, 1783, days after the last British soldiers left American soil, George Washington invited Continental Army officers to join him in Fraunces Tavern for a farewell address.

OSARCers will take a docent-guided tour of the Museum. There are several exhibitions at present, including *Fear and Force: NY City's Sons of Liberty* and *Confidential: The American Revolution's Agents of Espionage*, as well as the permanent collection.

Those who have prepaid should gather at the Museum at 12:45pm sharp. **Please remember that this trip is in lieu of an April luncheon meeting.** The next regular OSARC meeting will be May 8th at the union office.



THIRD AND FINAL CHANCE TO PAY YOUR 2019 DUES

This month's issue of the *Newsletter* is going out to all OSA retirees. If we've received your dues already, your name appears on the list on the last two pages of this issue. Over 1500 retirees are now members of OSARC. If you have not yet paid your dues, please follow the instructions on page 9 of this issue and send them in, along with the coupon on that page. If we do not receive your dues by the end of April, you will stop receiving the *Newsletter* until you again pay your dues.

**Next Organization of Staff Analysts' Retirees Club Event
Wednesday • April 10, 2019 • Meet At 12:45pm Sharp**

**OSARC TOURS FRAUNCES TAVERN
(Note: This Trip Is In Lieu of An April Luncheon Meeting)**

Fraunces Tavern is Located At 54 Pearl Street At Broad Street, Lower Manhattan

OSARC Officers 2018-2019

Chairs.....Sybil Allen, Edmond Husbands
 Vice-Chairs.....How About YOU?
 Treasurer.....Hattie Thomas
 Secretary.....Theodore White
 COMRO Representatives.....Joan Garippa, Mark Lewis, Jay Warshofsky



Newsletter Editor/Writer/Photos.....Rob Spencer
 Reporter/Writer: Ted White/Carl & Reasa Semper Cartoon: Teddy White



We'll Be Seeing You In All The Old Familiar Places

Forty-Nine (49) OSARC members and friends attended the March meeting:



Allegra Maple

Sybil Allen, Adrienne Alpert, Iris Bailey, Renee Bash, Maxine Batie, Nanette Beatrice, Karen Calhoun, Tsang-Sheng Chen, Joyce Cleveland, Colleen Cox, Orphia Crump, Pranab Das, Joan Garippa, Sally Graudons, Helen Hanigan-Kosuda, Mary Hillman, Ed Husbands, Barbara Jones, Linda Kavanagh, Kaye Lee, Rosanne Levitt, Mark Lewis, Allegra Maple, Alice Moise, Dolores Parson, Eileen Pentel, Doreen Petrus, Ed Platt, Fred Ranzoni, Margarete Rousseau, Nancy Russell, Michael

Schady, John Scrofani, Lorraine Rose Scrofani, John Sellers, Carl Semper, Reasa Semper, Andrew Sessa, David Silverman, Sallie Stroman, Apinya Sukpanichnant, Hattie Thomas, Sarah Vilar, Jay Warshofsky, Herb Wasserman, Teddy White, Isza Williams-Darlington, Margaret Williams McClammy, Eric Wollman

OSARC welcomes **Allegra Maples** and **Karen Calhoun** who were attending their first OSARC meeting.

We look forward to seeing you at our next event!

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Karen Calhoun

In Memoriam

With sadness, we report the deaths of nine retirees. **Robert Noble** retired in 1994 as an Associate Staff Analyst at the Human Resources Administration. **Stanley Landman** retired in 2004 as an Associate Staff Analyst at HRA. **Beth Heller** retired in 2002 as an Administrative Staff Analyst at HRA. **Dennis Goonan** retired in 2004 as an Administrative Staff Analyst at ACS. **Chester Woo** retired in 2002 as an Associate Staff Analyst at ACS. **Hannibal Coscia** retired in 1995 as an Associate Staff Analyst at the Department of Environmental Protection. **Sandra Lessington** retired in 1995 as an Assistant Systems Analyst at the Health & Hospitals Corporation. **Jane Robinson** retired in 1992 as an Associate Staff Analyst at the Department of Business Services. **Carolyn Bennett** retired in 1996 as an Associate Staff Analyst at HRA.

The Newsletter extends its condolences to the families and friends of our brothers and sisters.

Welcome: Recent OSA Retirees

We welcome the following recent retirees to the post-employment world and encourage them all to join the OSA Retirees Club, if they have not done so already.

Attend our upcoming meetings and events and please consider becoming active in your Club. The meetings are fun and informative and a way to stay in touch with your union brothers and sisters.

NYCHA	Donald Giannino	Administrative Staff Analyst
NYCHA	Hillary Buckland	Associate Staff Analyst
NYPD	Deborah Ecklund	Associate Supervisor of School Security
HRA	Carol Feldman	Administrative Staff Analyst
HRA	Madeline Escamille	Associate Staff Analyst
HRA	Cynthia Canty	Associate Staff Analyst
ACS	Gennady Rozhavsky	Associate Staff Analyst
FINANCE	Marciano Fiorentino	Associate Staff Analyst
YS&CD	Laura Grulich	Associate Staff Analyst
DOT	Patricia Briggs	Administrative Community Relations Specialist
DEP	Richard Muller	Administrative Staff Analyst
DOT	Dorothy Szorc	Administrative Staff Analyst
DEP	Susan McCormack	Administrative Staff Analyst
DOHMH	Kazembe Bediako	Administrative Staff Analyst
DOT	Joseph Peklis	Supervisor of Traffic Device Maintainers
DCAS	Janet Luke	Staff Analyst
HHC/EIPQ	Robin Tendler	Senior Healthcare Program Planner Analyst
HHC/PEMS	Delores Richardson	Planner Production Control & Scheduling

Congratulations also to **John Angelillo** a new retiree of the Marine Engineers Beneficial Association and **Thomas Doyle**, a new retiree from the Uniformed Sanitation Chiefs Association who will both now join the OSA Welfare Fund.

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OSARC Gains Awareness Through Movement

by OSARC Secretary Theodore "Teddy" White



Art: Teddy White

The sky was a beautiful blue, but New York's winter chill dominated as Ed Husbands, OSARC's Co-Chair welcomed everyone in a booming voice and with a radiant smile.

He asked if there were any folks present for the first time or who hadn't attended meetings in a long time. New member Allegra Maple introduced herself and shared her story of being a teen mom and beginning her HRA career as an ESIII after submitting several job applications to work for municipal government. She was a colleague of Colleen Cox, our long time former OSARC Co-Chair. Ed Husbands deemed her a good candidate to serve as a future OSARC leader! Husbands heard there was another new member. It turned out to be a former colleague of mine from HRA, Karen Calhoun. Wonderful! We then saluted those celebrating birthdays in March.

To keep things moving,



Noam Gamady

Husbands brought on Jay Warshofsky to deliver the COMRO report. Jay welcomed his fellow COMRO rep Mark Lewis back from a lengthy Florida vacation and noted that both Mark and Joan Garippa had attended COMRO prior to the OSARC luncheon.

Jay mentioned that COMRO guest speaker Vinnie Montalbano is a frequent columnist with the *Chief Leader* and spoke at COMRO about some of the recent teacher union victories in unusual places like Arizona and West Virginia. Teachers often lead us aside from teaching us!

Jay discussed the "Better Deal," a series of proposals from Democrats in the House of Representatives, which focuses on penalties on greedy corporations, and the integrity of the elections that produce officials who do not keep their campaign promises. The fault lies with both political parties and the Board of Elections.

COMRO is pushing hard on fair drug costs and single payer medical care, a battle against the greed of the pharmaceutical companies and the health insurers. Jay also reported on a pending NY State Nurses Association strike targeting three private hospitals, focused on the question of nurse understaffing. We must support them. Doctors treat diseases; nurses treat patients! People can and do die when hospitals are not staffed with nurses in the proper ratio.

Joan Garippa asked OSARC a favor. She is on the committee for RPEA, the Retired Public Employees Association, a group that usually represents State workers. Governor Cuomo is threatening to limit the medical coverage of retired employees. In other words, if there were to be an increase in medical costs, Cuomo wants to freeze the benefits and those costs would have to be taken care of by us! If he gets it through the State legislature it is feared the City will follow, citing budget concerns. So, remember the proposed Retirees Healthcare Cap, and that Joan strongly urged us to call or write Governor Cuomo and our local elected officials to protest the negative, harmful plan.

Mark Lewis remarked that nominating petitions will soon be circulated for upcoming primaries and general elections, and that it is a good idea to sign them and also ask what position the candidates have regarding unions.

Ed Husbands implored members to volunteer to serve as leaders of the Club. At present, there are no vice-chairs at all and both Co-Chairs will be stepping down at the end of the spring OSARC season.

(Editor's Note: A form is enclosed with this Newsletter issue seeking nominations for Chair, Vice-Chair, Secretary and Treasurer. Volunteers are also sought for the various



Gamady discussed gentle small movements as a way to improve range of motion and mobility.



OSARCer Barbara Jones getting in touch with a small movement of her hands.

committees that make OSARC run. Please take a moment and think about how you could become more involved and then please volunteer!)

Guest speaker Noam Gamady is a mind-body practitioner and teacher who has experience with Bio-Energetics and the Feldenkrais practice. He shares tools to help individuals interrupt unhealthy habitual patterns and gain insight while tapping into their body's wisdom.

Gamady wanted to know how many people in the room exercise four times or more per week and a few hands went up.

He went on to ask who worked out three times each week, then two, then once per week.

As in all things, he noted that the Feldenkrais method takes practice to get right. He reasoned that, as analysts, we are quite familiar with trial and error in order to produce desired results. Gamady, who speaks in a soft voice, pronouncing each word and syllable carefully, told us that Feldenkrais is an approach to changing habits. He stood and made eye contact with us as best he could and paced slowly throughout his lecture and Powerpoint presentation.

We will walk with a limp forever unless we change the habit, he said. Gamady works with many elders to get them to better know their own bodies. He works with groups of all ages, but loves working with seniors, primarily using sitting exercises, mindfulness and breath work. Reduction of pain is the goal. He said pushing hard for results usually does not produce the results we seek. Do less.

His own personal journey, working through deep-seated physical and emotional pain, including feelings of unworthiness, depression and loss, has been the driving force in his search for tools to overcome physical and emotional challenges and transform them into opportunities. The goal is to move towards inner balance, happiness and vitality.

Dr. Moshe Feldenkrais was born in Russia in 1904, and emigrated to Israel at age 13. After receiving degrees in mechanical and electrical engineering, he earned his D.Sc. in Physics at the Sorbonne in Paris. He subsequently worked for a number of years in the French nuclear research program with Joliet Curie.

Physically active, Feldenkrais played soccer and practiced the martial arts. He studied with Jigoro Kano, the originator of Judo and, in 1936, became one of the first Europeans to earn a black



Apinya Sukpanichnant

belt in that discipline.

A chronic knee injury prompted Feldenkrais to apply his knowledge of physics, body mechanics, neurology, learning theory and psychology to a new understanding of human function and maturation. His investigations resulted in the formulation of a unique synthesis of science and aesthetics, known as the Feldenkrais Method.

Dr. Feldenkrais wrote five books about the method, as well as four books on Judo. He conducted three professional trainings during his life: one in Tel Aviv, Israel (1969-1971), one in San Francisco, California (1975-1978), and one in Amherst, Massachusetts (1980-1983), in total training approximately 300 Feldenkrais practitioners. Feldenkrais passed away in 1984 and, today, there is a thriving community of over 10,000 Feldenkrais practitioners worldwide.



Feldenkrais practitioner Gamady demonstrated ways of focusing on body movement from atop a table in the union office.

Feldenkrais believed in the power of the brain. Gamady said a few years ago he would have been frantic standing before us in the OSA office, speaking publicly. He had to change his outlook. Medication has its purpose, he said, but it doesn't always really address the problem. With his movement methods, more people find relief to their problems. One of his clients is 96 years old, and he sees her twice weekly. She insists movement is the key to life.

Gamady exhorted us all to keep engaged in movement. There is awareness through movement, which we participated in, and functional integration, which is a one-to-one, hands-on engagement experience.

As an example, he drew our focused attention to turning our heads to one side, and then moving one shoulder.

He observed that if he had a knee replacement, physical therapy may be helpful, but in most cases, we need some very specific therapy and treatment that would benefit us as individuals. Breathing, he noted, is not given the attention it deserves. Proper breathing is precious and he relates breathing to mindfulness.

Too often, Gamady said, people are actually holding their breath when they should be deep breathing. He had us all lift up our right hands to see if we felt the movement.

He suggested that if we were accustomed to carrying a 75 lb bag on our back, he could ask us if we wanted a little help carrying it, but we would be oblivious to the bag and its weight because we always carry it. He equated that with carrying around our pains and ailments.

Gamady then asked how we get up from a chair. We watched him rise from a chair as he described how some folks do it by looking down and sort of placing the weight of their head as a hindrance to the effort of getting up from the chair. Though the head does not weigh 75 lbs, being aware of our posture can make it easier to move.

He suggested we slow down in most cases, enjoy the voice and words of the person conversing with us, enjoy the plants and flowers, etc. Inform your nervous system in order to feel the energy around you and enjoy life.

Gamady mentioned going to the gym, and how important it is to be deliberate and pay attention to each movement while there.

He asked the audience to space out a bit but remain seated, which took several minutes to accomplish given the tables that extend throughout the space.

Gamady climbed atop the conference table adjacent to the podium and sat on his chair so everyone could see him. The demonstration required us to sit on the forward edge of our chairs. Thinking of a Polaroid camera, he asked us to close our eyes and take a quick snapshot of ourselves. The feet should be shoulder width apart, and he told us we should actually feel our feet on the floor. He asked, "How does the contact with the floor feel?" He directed us to concentrate next on the hip area and notice how you feel sitting on the chair. "Are you totally balanced?" Then, concentrate on your lungs and while inhaling and exhaling, he suggested we sense the contractions of the



Helen Hanigan-Kosuda



Sybil Allen

muscles in the chest and the back. "Feel the shoulder blades by barely moving them. Break the habit of locking our jaws; relax the mouth and jaw."

Now, we twisted our heads to the right and focused. This was followed by turning our heads without turning the body. We were asked to consider which movement was easier or less restrictive. Then it was time again to twist our torso and the head to the right, then to the left. Then it was time to turn the head to the right but freeze the body, keeping the shoulders and arms relaxed. Our knees were relaxed and soft and we concentrated on our breathing.

When we next turned or twisted our bodies to the right but kept our heads still and focused straight ahead, it became a conscious effort to do so. Then, coming back to the center, we turned our bodies to the left but kept our heads looking straight ahead, and we alternated these moves several times. He repeated the direction to only do what is easy and to relax and avoid all pain and discomfort. I felt a little like a pretzel.

OSARC greatly appreciated Gamady's presentation. He looks forward to communicating with those who attended or any OSARCer interested in pursuing Feldenkrais. You can reach him at noamgamady@gmail.com or visit his website at www.noamgamady.com.



Joyce Cleveland

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OSARC Plans Baseball Excursion In June

OSARC has arranged to take a group trip to a minor league baseball game on the evening of Friday, June 21st. It will feature a battle between the Brooklyn Cyclones (Mets) and the Staten Island Yankees, along with a private barbeque prior to the game. Your \$37 per person ticket buys you a seat in a field box and food, featuring two meat dishes, pasta salad and dessert. Details are featured on the blue colored flyer inserted in this mailing. Take a look and then join us for what promises to be an evening of sports, food and fun. Be sure to get your check payable to "OSARC" in to the union office by May 8, 2019.

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Political Consultant Sheinkopf OSARC's May Guest

OSARC's May meeting will feature guest speaker Hank Sheinkopf, a political consultant to the DC37 Retirees, who has spent decades decoding the game of politics in New York State. On May 8th, OSARCers will have the chance to hear an assessment of national, state and local politics by someone with decades of expertise, all with an eye toward their impact on public sector union members and retirees. Sheinkopf is outspoken and this promises to be a fascinating session. Mark your calendars.

The Spartan Race Las Vegas, March 9, 2019

by *Teddy White*

In early March, my father and I flew to Las Vegas. Dad is 94 but still likes to get around. His favorite nephew, my cousin Ralph, invited us to be spectators at the phenomenal Las Vegas Spartan Race!

The race consists of the harshest landscape, with desert dirt & mud everywhere, along with hills, mountains and obstacles to push the competitors to their maximum physical and mental levels. Racers must overcome 20-25 obstacles in a 3-5 mile course.

The race was more than an hour's drive from our swanky Vegas hotel to a remote Nevada location. There were thousands of competitors, volunteers and spectators out there. They were of all ages, genders and conditions. My cousin is a 57-year-old Los Angeles firefighter, and he was joined by five more of my Los Angeles cousins who came to root him on. The raw event is reminiscent of the contests seen on television: American Ninja Warrior, or The Titan Games. It also turned out to be a great time for this small part of our family to bond and enjoy the casinos and restaurants. I returned to New York, but my retired New York City firefighter Dad took the drive to California to continue his break from freezing New York and got to have quality time with many of the ladies and gentlemen and kids from our west coast family. So, keep it moving! 'Nuff said.



Ted White with his cousin.

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Spartan Race competitors must handle 20-25 obstacles like these giant tires.

COMRO Report For February & March

The Coalition of Municipal Retiree Organizations (COMRO) meets monthly and brings together representatives of the retiree sections of municipal unions, including OSA. The following coverage is based on minutes provided by COMRO Secretary Eileen Moran and Acting Secretary Michael O'Keefe. Jay Warshofsky and Joan Garippa attended the February COMRO meeting for OSARC and they were joined by Mark Lewis as all three representatives attended the March meeting for OSARC.

COMRO's February guest speaker was political consultant Hank Sheinkopf who began working in New York City in the late 1970s at the end of the City's fiscal crisis. In 1982, he started working in political campaigns with Barry Feinstein, head of Teamsters Local 237. He has worked in political campaigns in 25 states.

Hank said he has learned through the years that gains by labor are made through exhibited strength, not through negotiation. He said very little real negotiation goes on in New York City. Therefore, retirees can only benefit from their organizational strength and that of their associated unions.

Sheinkopf contended that Democratic politicians are not always better for us than Republicans. He cited Republican Warren Anderson as having "saved the City in 1975."

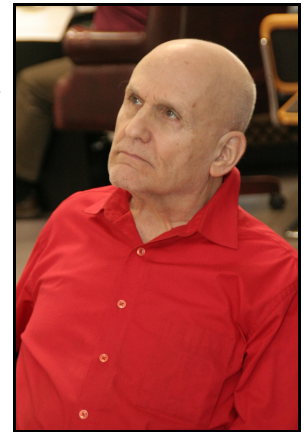
Currently, times are getting difficult. New York State has a \$3 billion budget deficit and New York City has about a billion dollar budget deficit.

After 40 years, he said he has learned that politicians are not our friends. They "almost" take the pension funds seriously. The politics of pension management is unique in New York City. Most people don't really know who manages them. There are various boards, and it's hard to get information. With term limits, it's getting more complicated as the "players" change more frequently.

Former Comptroller Bill Thompson was one politician who spoke about pension funds. NYS Comptroller Tom DiNapoli has done a good job with investments in the State pension funds, but these are not the norm. Sheinkopf noted professional money managers are not usually the ones elected to be Comptroller. He added that Scott Stringer seems to be doing a good job, but the Comptroller's job regarding the pension funds, according to the City Charter, is to pick fund managers at the direction of the pension fund boards.

Several years ago, while working for DC 37, Sheinkopf approached the New York City Actuary's office but said it is hard to get information from them.

How do we know what's going on? Sheinkopf said we do have to trust the people we elect. Sometimes it's Democrats, and sometimes it's Republicans. In New York,



Ed Platt

Sheinkopf contends, it's very hard to win as a Republican, but he believes, on the whole, that public sector unions have done better with Republicans in charge of the NYS Senate. He said Republicans do business, while Democrats say "let's have a meeting." Unless something is particularly pressing, it usually takes from five to seven years to get any legislation out at all.

Social psychologist Charles Lindbloom wrote an essay titled "The Science of Muddling Through." Lindbloom argued that

government usually doesn't act unless it is forced to, or unless it impacts legislators own interests (re-election).

Pols see retirees as a block with a high propensity to vote. The perfect NYC voter (the one most likely to actually turn out to vote) is a 55-year-old-plus black female. This is a key for Democratic primaries.

Sheinkopf asked what the biggest issue is that affects retirees now. One response was prescription drug costs. He said that divestiture from drug company stocks by the pension funds is not effective.

He asked, what accomplishes something? He said going into the street and doing a demonstration (in front of Pfizer, for example) is effective. Corporations and politicians don't want to be embarrassed. Also, when politicians see grey hair, they will give you a meeting, knowing older voters have a higher tendency to vote.

Sheinkopf argued that democracy is rarely practiced in our city. Incumbency and the way legislative districts are drawn favor incumbents. Free elections are unusual. He cited Alexandria Ocasio-Cortez's election as an example of a "free election."

Sheinkopf said he has a general disregard for politicians. The most important thing for most of them is to stay on the payroll, although some politicians actually do get some things done.

He gave an example of an effective tactic: construction was going on in Boston for the 2004 Democratic National Convention. A union president got great press coverage by standing in front of a bulldozer. It was risky, but effective. His union got a contract for the work.

Active workers need to understand that they will retire at some point and all workers need to understand that harming the "unborn" affects everyone.

Sheinkopf said labor doesn't often think of what it needs to do to get people to pay attention to us, whether it's politicians or companies like Pfizer. Politics, he



Pranab Das



Sally Gaudons

said, is about competition between groups.

Among Sheinkopf's many colorful comments was "the minute you have dinner with the boss, the boss eats you." During the 1970s fiscal crisis, he said, he believes that the worst thing was Victor Gotbaum and Felix Rohaytn having dinner.

He said the Taylor Law, which governs labor relations in New York State, designed by Taylor, a professor at Wharton, and Dunlop, a professor at Harvard, was powerful legislation. One of the reasons we are in the weakened position we are in the labor movement now is because we can't strike. The Taylor Law also set up mechanisms for arbitration and structured how we can organize.

Sheinkopf discussed the challenges facing organized labor. Globalization is part of the problem. The way we work has changed. The NLRB has been gutted. He believes that politicians did not say enough about the Janus case. Politicians may be angry with labor unions if they feel unions have attacked them.

He said the place for growth in the labor movement has long been the public sector, but we've lost that advantage. How do we get people to keep paying dues?

Ed Hysyk of the DC37 Retirees said that AFSCME will continue to service non-members. Sheinkopf responded that what works in one union may not work in another.

Asked about government tax incentives for economic development, Sheinkopf said there have been a lot of studies about the relocation of sports teams, and the benefits are questionable in almost all cases.

The UFT rep to COMRO said that, post Janus, the UFT has more members than last year. The union also loses 50% of its teachers after 5 years. Where are future retirees going to come from? Sheinkopf argued that the UFT should work to get its own members into elected office.

OSARC's Jay Warshofsky suggested that the pension funds should be run like index funds. Sheinkopf said it's not a bad idea. Considering the size of NYCERS, fees as small as 1/8 of 1% add up to a lot of money. NYCERS is one of the top three pension funds in the country.

Asked about the increasingly common union practice of sacrificing salary or benefits for those who have not yet arrived in the workplace or just started working, Sheinkopf observed that if you "kill" the unborn, they will not be loyal to the unions under the Janus decision and will likely not be voluntary members. As a side note, he mentioned that police officers and their unions are exempt from the Janus decision in many states.

Several COMRO delegates said that the full impact of the Janus decision are not yet apparent. After Janus, unions need to be proactive and educate new members and retirees. Sheinkopf said we now live in a "140-character society"



Joan Garippa



Linda Kavanagh

(referring to the length of a Twitter message), so the union’s message needs to be concise and tailored to the audience.

In closing, Sheinkopf said that every political entity has its own culture. With Democrats controlling the NY State legislature, “let’s see what happens.”

Upcoming public sessions of the City pension plans will take place on June 19, September 18 and December 18, at 9 am, in the Municipal Building, Room 1005. Changes will be listed on the

Comptroller’s website

Stu Eber reported that while the NYS Legislature is looking at 100 different pension bills, none address COMRO’s issues, such as improvements in the pension COLA.

There was a report on the voting reforms recently passed by the Democrat-controlled legislature and signed by the Governor. Parolees can now vote; early voting was approved; registrations will be portable, so if you move you are still registered; 16 and 17-year-olds can pre-register to vote; primary dates will be combined. The provision on absentee ballots passed, but since it is an amendment to the NYS Constitution, it must be passed again by the next session of the legislature and then approved by public vote. Same-day registration has not been passed yet.

Subsequently, the budget approved for the FY starting April 1 established electronic poll books which keep track of data such as voter registration, voting history and verification and identification of voters.

Ed Hysyk, head of the DC37 retirees said he and Henry Garrido, DC37’s Executive Director, had met with City Comptroller Scott Stringer. They spoke about Medicare Part B reimbursement, raising the pension cap from \$18K to 24K, and raising the COLA. Stringer was positive and said he would have his people study the issues and get back to them.

It has now been 20 years since the State passed a COLA bill that capped the COLA on the first \$18,000 of pension.

There have been requests to raise the cap since. There should be a two-prong strategy: raise the cap to \$24,000 and index it to inflation.

COMRO took note that four of its members were on the executive board of the NYC chapter of the Alliance for Retired Americans, the AFL-CIO affiliated senior lobby. COMRO was urged to encourage the supporting unions to become active participants in the Alliance.

The guest speaker at the



Tsang-Sheng Chen

March COMRO meeting was Vinny Montalbano, a frequent columnist for the *Chief* who has had a long career within labor.

Montalbano posed the question : How can Labor become a movement again with unified, consistent, organized actions in pursuit of a set of goals, instead of individual unions operating with narrow, if not exclusive, attention, to the leaders’ perception of the members’ interests. He asked whether unions really need to act individually as government and management play us off against one another.

The recent teachers strikes across the country are closer to the movement model as they advocated both for themselves AND their students and communities. The Amazon debacle in Queens is a negative example of unions competing instead of joining to make demands on Amazon. Montalbano noted Amazon’s poor labor record everywhere, including at its Staten Island “fulfillment center.” In addition, the agreement the Mayor and Governor signed off on to bring them to New York would have facilitated contracting out.

The House Democrats “Better Deal” talked about labor issues and strengthening workers’ rights, including the right to organize. Still, the word “union” was missing in action, in their proposals and there was no mention of card check. Currently, it takes months to years to get a fair union election, in spite of regulations.

The Democrats failed to achieve card check under president Carter (1976-1980). Or is it organized labor’s failure to demand more from the Democratic Party? Unions do not offer political education to their members and have not effectively used social media. Unions have not addressed gerrymandering, voter turnout, or the role of money in politics.

Montalbano invited COMRO members to ask questions or comment on Labor’s alternatives going forward or the missed opportunities of present union leadership.

Why weren’t unions challenging the revolving door from elected office to lobbying and vice-versa as an aspect of money corrupting governance? Why have they not continued the fight against corporate “personhood?” Montalbano said unions should be the dog wagging its tail, not the tail reacting to others’ power.

Union incumbency, without challenge, and the aging of union leadership, adds to a more passive stance, said Montalbano. Gaps between the interests of the leadership and the members or working people in general are rarely if ever acknowledged.

Presently, the AFL-CIO spends a half a billion dollars on elections every four years. Wouldn’t that money be better spent on organizing?

It was observed that unions now are less skilled at developing direct action at the worksite as opposed to the



Doreen Petrus

less effective grievance process for resolving work issues.

Everyone appreciated Montalbano's presentation and engagement with members on obstacles to Labor's revitalization and wanted to continue this dialogue.

On another front, COMRO heard a report on the March 3 protest outside of Pfizer's headquarters on 42nd Street in Manhattan. About 100 to 150 people picketed. Organized by Physicians for a National Health Program, the Sunday protest accommodated the demanding schedule of medical Residents. DC37 did not endorse the protest, but the DC37 Retirees did. They marched across 42 St. to the public library on Fifth Avenue. Assemblymember Gottfried spoke. Doctors, nurses, and medical students were heavily represented.



Sallie Stroman

OSARC Urgently Needs Your Help

OSARC needs your help and leadership. The effective running of our retirees association requires the voluntary participation of many - in officer positions and in committee work. It's a chance to give a little of your time to your fellow retirees and have a bit of fun.

Inserted in the envelope with this edition of the *Newsletter* is a nomination form for OSARC officer slots for the 2019-20 year and a sheet to volunteer for one of the many OSARC committees - hospitality, travel, finance and mailing. The flyer summarizes the duties of each committee.

We are especially looking for Chairs and Vice-Chairs. The duties are modest (planning the schedule of guest speakers for the year and running eight meetings a year). If you would like to learn more about what each officer position entails, feel free to contact former OSARC Co-Chair Mark Lewis at 914-723-3766. He will be happy to review the tasks with you.

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Third & Final Dues Notice. Haven't Paid? Please Pay Now!

More than 1,500 OSA retirees have already paid their 2019 OSARC dues and are listed in this *Newsletter* on the last two pages. This edition of the *Newsletter* is mailed to every retiree, member or not, and this is our third and final dues reminder for 2019. If you see your name on the list, thank you, you are fully paid for 2019. If you do not see your name, we do not have a record of having received your 2019 dues. OSARC is only as strong as its members. We are sure you want to keep in touch with your fellow retirees and receive this *Newsletter*, so please take a minute now to write your check payable to OSARC and mail it, along with the coupon below to OSARC, 220 East 23rd Street Suite 707, New York NY 10010. If we do not receive your dues payment by the end of April, you will not receive the rest of this year's issues of the *Newsletter* until you pay your dues.

Dues of \$18 for the calendar year are payable at the beginning of January, regardless of when in the calendar year you first joined or last paid. New retirees only may pro-rate their first year OSARC dues at \$1.50/month from their date of retirement. If we are in error and you have already paid this year's dues, but your name does not appear on the back pages, please send a copy of your canceled check, along with a note, to OSARC at the address on the coupon.

OSARC Dues Payment & Membership Form 2019

Third and Final Notice

Enclosed are my \$18 Dues for 2019 (Mail to: OSARC, 220 East 23rd Street, Suite 707, New York NY 10010)

I just retired. Enclosed are my \$ _____ Dues for 2019 (\$1.50 per month starting on the date of my retirement).

Name (Please Print): _____

Street Address (Inc. Apt No., if any): _____

City/State/Zip: _____ Home Phone No.: _____

Cell Phone No.: _____ Email Address: _____

A Recipe For Retirement

STEW CHICKEN

by Carl and Reasa Semper

We enjoy preparing healthy and delicious meals together. With Carl's upbringing in St. Vincent & the Grenadines, where he watched his mother and sisters cooking tasty foods, he learned some things about cooking and shared them with me. Here's Carl's recipe for stew chicken that he learned from his sister, Janet.

- Rinse 2 lbs of skinless chicken thighs and legs cut up for stewing in a bowl, with vinegar and water. Rinse a second time with plain water. Drain and return to a dry bowl.
 - Add 8 tbsp of Chief Green Seasoning, 2 tbsp curry, 1-1/2 tbsp paprika, 1 tsp allspice, 1 tsp sea salt, 1/2 tsp black pepper (Chief Green Seasoning is available in many local supermarkets and Chinese/Korean veggie markets and it is definitely available for order online on Amazon.)
 - Thoroughly mix the chicken and seasonings together by using a large spoon or massage with clean hands, or cover the bowl and shake it up.
 - Marinate the chicken overnight in the refrigerator.
 - It's cooking time. In a pot, heat 4 tbsp of olive oil on medium. Add 1 diced onion and 1 diced green pepper. After 3 minutes, add 1-1/2 cups of boiled water. Add the chicken. Add 1 tsp Curry, 8 tbsp Del Monte Stewed Tomatoes (Italian Recipe) and 4 tbsp Chief Green Seasoning. Add enough boiled water to cover the chicken
 - Let the chicken cook uncovered for about 40 minutes. Keep the flame between medium to high for faster cooking. Check the sauce to make sure it's getting thicker. Stir the pot as often as needed to prevent sticking. If needed add salt to your taste.
- The recipe goes well with steamed brown rice and peas, steamed veggies, a tossed salad and a glass of red wine. It serves 6-8.



Stew Chicken



Reasa Semper



Carl Semper

Have a favorite family recipe you would like to share with other retirees? Send it by mail to *Newsletter* Editor Rob Spencer, OSA, 220 W 23 Street, Suite 707, New York NY 10010 or by email to robspencer@osaunion.org. Please send a photo of the finished dish, along with the recipe for publication consideration in a future issue of the *OSARC Newsletter*.

Happy Birthday to OSA Retirees Born in April

John G. Adair, Gerardo V. Afable, Susan B. Allison, Lyn Beth Alraimouny, Velma M. Ambrose, Florence Appelstein, Roger Bachrach, Jewel Bachrach, Robert Backes, Mike S. Barbarotto, Gwendolyn Barnes, Beatrice Barr, Barry F. Bealick, Nanette A. Beatrice, Andrea Behrens, Ruth Bell, Jerome Bernstein, Aquila Blyden, Joan Borovoy-Haimowitz, James H. Breining, Everett L. Brogdon, Joseph Brown, Priscilla Budden, Maria E. Buffong, Joseph O. Buster, Maureen Cannet, Thomas J. Carchietta Sr., Philip Carlucci, Blanca Carranza, Eugenia Carrington, Belinda L. Carroll, Betty Cartwright, Frank J. Caruso, Sho-Chun (Sue) Chang, Gary Chestaro, Ruth Ann Clark, Stephen Clifton, Robert A. Cohen, Linda Coleman, Maria Colucci, Henrietta Council, Charles A. Covella, Stuart Cowan, Alan S. Davis, Ralph J. De Mattia, Karamoko Diabi, Andrea Diaz, Jack M. Dobrow, Mark Doherty, Allen Dotson, Ronald G. Douglass, Mary Ann Dulisse, Dorothy L. Dye, Mostafa Elazabawy, Gloria Erardy, David Evans, Frank A. Farkas, Mildred S. Feinstein, Linda Feldherr, Sonia I. Feliciano, Robert Ferrante, Dennis J. Ferrara, Waltraud Fierman, Richard Fink, Ann Fitton, Marciano Florentino, Carmen A. Flores, Gerald Flynn, Judy Flynn, Rachel Forgione, Karen Frederick, Peter Frith, Dominic J. Galani, Linda M. Garbarino-Kunin, Carl D. George, Lorraine Gewirtz, Mildred Gil, Debora A. Goldschein, Lyudmila Goldshteyn, Jeffrey Goldstein, Jorge G. Gomez, Donald Greco, Stanley Greenberg, Elaine L. Greene, Frederick Grimaldi, Brenda A. Hamilton, Margie A. Harris, Darlene Hasselbring, Annette M. Heim, Gwendolyn Hickman, Joyce Hicks, Hunter R. Hild, Bruce Himelfarb, Andrew Hollander, Jacqueline Holmes-Boyd, Marion E. House, Clark Hudson, Vivienne Hutchinson, Jeanette D. Ingrassia, Howard W. Ivey, Raymond James, Janice James, Susan Jessen, Gloria Jimenez, Patricia V. John, Shirley Jones, George Joseph, Amy Kahn, Margaret D. Kelly, Lorraine Kelly, Daniel D. Kerbawy, Rebecca Kercado, Margaret Kiely, Arnold Kingston, Roberta Kolin, Lawrence A. Lamanna, Claudette LaMelle, Judith Lawson, Warren Lederman, Donald Lepore, Leonid Levit, Janet Liberman, Lillie R. Lockhart, John Lucarelli, Mary E. Ludvigsen, Emilia Magpili, Theresa Mancuso, John Maniscalco, Cora Manning, Salvatore Mauro, Melida Maxwell, James A. Meyer, Joseph Mickens, Nanette A. Milazzo, Paula Miller, Richard Mitchell, John Mobyed, Alice Moise, Nicholas Monello, Barbara Mont, Hope Morris, Felice Morris, Gwendolyn Murray, Lyudmila Naksen, Kathleen S. Neary-Burns, Samuel Nicolas, Michael G. Ntemar, John O'Brien, Lawrencia Ogunleye, Michael F. Olenick, Andrew K. Omo-Abu, Joan A. Pantesco, Richard M. Pearlmutter, Helen Peets-Phillip, Dean Petrelis, Gloria Pettyjohn, Alfred J. Piro, Julia Quagliano-Lynn, Ruth A. Rae, Luis O. Ramos, Raisa Rapoport, Robert Reeves, Richard Reichard, Richard A. Reiskin, Lewis Riley Jr., Ronald M. Rivera, Vivian Rizkalla, Reinert R. Roldsen, Horace Robinson, Nancy L. Rodriguez, Irwin P. Roman, Rosario Romano, Ouida Russell, Lorraine M. Russo, Darryl D. Samuels, Leslie Santori, Althea E. Scales, Michael J. Schady, Joseph Schenker, Jack Schulstein, Janice Segman, Anne Selvyn, Janice Shaheen, Jenny D. Siff, Sharon S. Snell, Steven M. Sokolowski, Stanley Spector, William H. Spong, Edmund M. Squire, Anabella Stancarone, Fred Steinberg, Brenda Y. Stoute, Catherine Sturm, Joseph Susol, David Sussman, Ruben Sutton, Elizabeth Tauranac, Edward B. Tennant, David A. Terruso, Juanita Terry-Thompson, Preston E. Thomas, Gilda D. Thomas, Deloris L. Thomas, Irene Toler, Barbara Toussant, Linda Walker, Thomas J. Walsh, Victoria J. Washington, Wendy Weekes-Jones, Ruth C. Weiner, James F. Welby, Kenneth Wesley, Jeffrey Wheeler, Peter Wood, Noel R. Worrell, Mary D. Young, Joseph C. Zacccone, Leoila M. Zeigler



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