



## NORTH COUNTRY NOTEBOOK:

### The North Country Retiree Council (RC) 9 & Sub-Councils Newsletter

Bringing news & opportunities to the Council of Retirees, Franklin-St Council of NYSUT Retirees and



NYSUT Retirees in Champlain Valley Lawrence United Retirees, Jefferson-Lewis Southern Adirondack NYSUT Retirees

## Spring 2025 NYSUT Retiree Council 9 Newsletter

Which Sub-council do you belong to? These are based upon where the district you retired from was located. A retiree may join a sub-council where they now live if more convenient. (And if you like an activity in another sub-council, sign up!)

**RETIREE COUNCIL (RC) 9** Email is [NYSUTRC9@gmail.com](mailto:NYSUTRC9@gmail.com) Website is [rc9.ny.aft.org](http://rc9.ny.aft.org)

**RC9 OFFICERS:** President Lynn Hunneyman Vice President Rod Sherman

Treasurer: Rick Morris Secretary: Robin Duncan Newsletter Editor: Phillis Walrath [RC9Newsletter@gmail.com](mailto:RC9Newsletter@gmail.com)

RC 9 Website: Nona Garrand, Sandra Gleason, and Laura Gutenmann [RC9webmaster@gmail.com](mailto:RC9webmaster@gmail.com)

NYSUT Delegates: Rick Morris, Rod Sherman, Joe Vernon Alternates: Tony Fiacco, Lynn Hunneyman, Nan Scinta

NYSUT Retiree Services Consultant: Chris Fowler [chris.fowler@nysut.org](mailto:chris.fowler@nysut.org)

### SUB COUNCILS

**CVCR Co-Chairs:** Carlos Madan & Voilet Moesch [cvcr.ny@gmail.com](mailto:cvcr.ny@gmail.com) **FSNUR:** [FSNURRC9@gmail.com](mailto:FSNURRC9@gmail.com) Acting Chair: Tony Fiacco

**SANR:** [sanrrc9@gmail.com](mailto:sanrrc9@gmail.com) Acting Chair Joe Vernon **Jeff-Lewis CNR President:** Lynn Hunneyman [jlcnrrc9@gmail.com](mailto:jlcnrrc9@gmail.com)

**JLNRC Webmaster** <https://www.jlcnr-rc9.org/> Carole Ashbridge

Updates from NYSUT Second Vice-President Ron Gross received at the Election District 51 Conference, held in Utica on March 18th - 19th, 2025. Lynn Hunneyman, RC 9 President; Rod Sherman, RC 9 Vice President; Rick Morris, RC 9 Treasurer; and Chris Fowler, Retiree Services Consultant, were in attendance.

1. The health insurance committee has met four times and has one more meeting scheduled prior to the RA in May (in Rochester). This committee will continue going forward. The main suggestion so far is to encourage consortiums where feasible as a cost saver. They will look into union representation in consortiums.

2. The shift to digital newsletters continues. There will be one printed newsletter per year. For the others, you have the option of print or email. The hope is that having people opt in to receive the newsletters in their preferred format will mean that they will be involved and will pay their participation fees.

**NYSUT wants everyone to opt in and choose their newsletter format.** This is the internet address to use: <https://www.nysut.org/rcnewsoptin>.

If you already contacted NYSUT with your preference, you don't need to do so again.

The dedicated phone line is receiving 30 - 80 voicemails and 20 emails per day from people who would like to receive the printed newsletters. If you call and leave a voicemail, you will not receive a call back.

NYSUT will be asking for data to see if the participation fees decrease in 2025 due to this change. In a related topic, there has been discussion of the need for consistency among RCs and possible increased collaboration with NYSUT for new retirees to sign up online while in the retirement process.

3. The work on Fix Tier Six continues. Rod Sherman chairs a subcommittee focused on that issue. There will be a NSYUT Fix Tier 6 Rally at the Gouverneur Village Park (38 Main Street) on Sunday, April 6, from 11:00 am - 12:30 pm. Please come out to support! There will be an event on the 6th of each month for the foreseeable future.

4. There are many rallies and advocacy events happening. There are ways for you to get involved with an issue that is meaningful to you.

Take a look at the **RC 9 website:** [rc9.ny.aft](http://rc9.ny.aft) Check out the many articles and events that are available to us as retirees. Make sure to send our webmasters info to add! Email [RC9Webmaster@gmail.com](mailto:RC9Webmaster@gmail.com).

**Online Payment News:** Rick Morris, RC 9 Treasurer, and Tom French, FSNUR Secretary, are currently working on using **Pay Pal** as an alternative, convenient way to pay annual participation fees, workshops fees, and conference registrations across RC 9. It is not in place as yet but there will be an update on this soon.

**Update from Our Retiree Services Consultant.....Chris Fowler**

**Administrative Transition:** The eleven Retiree Services Consultants met with NYSUT leadership on Feb 13, 2025. Second Vice-President Ron Gross reported that NYSUT has identified four key areas that will warrant a response as a new federal administration takes shape. They are:

- Attacks on unions and public education
- Attacks on members' privacy
- Attacks on Medicare and health insurance
- Damaging economy policies

The focus will be on formulating responses to the actions, not the actors.

**Mark Your Calendar!** The RC 9 Spring Conference will be held on Wednesday, May 28, at Hohmeyer's Lake Clear Lodge & Resort (family-owned and operated for over 56 years) from 9 am - 3 pm. Featured speakers and topics include NYSUT Member Benefits, Sub-Council Updates, NASSP Principal Recovery Network, North Country Regional Office Director Don Carlisto, and a History of Adirondack Food and Tonics. There will be opportunities to explore the grounds, speak-easy and Adirondack Rail Trail. The registration fee is \$20 per person, a reduced cost for you thanks to grants from NYSUT. Look out for registration information soon!

**SUB-COUNCIL EVENTS AND NEWS:**

Check out what is happening across Retiree Council 9. Events are open to all RC members- even if the event is in another sub-council. Events are listed at <http://rc9.ny.aft.org/>

**CVCR - Champlain Valley Council of Retirees**

Monthly meeting, luncheons and speakers on the 2nd Monday of the month. For information contact [cvcr.ny@gmail.com](mailto:cvcr.ny@gmail.com). RSVP due Wednesday before the meeting.

CVCR has two open positions for co-Chairperson. The duties include monthly luncheon meeting arrangements such as sending out meeting notices both electronically and via postal mail, securing presenters for future meetings and running the monthly meetings. The terms are for 2 years and would begin in September 2025. Interested candidates should submit their names to Carlos Madan ([cvcr.ny@gmail.com](mailto:cvcr.ny@gmail.com)), CVCR Co-Chair, by May 1, 2025. Elections will be held at the May 12, 2025 CVCR meeting.

**FSNUR - Franklin St. Lawrence NYSUT United Retirees**

At the FSNUR meeting on March 12, Nicole Wenzel, a member of the Potsdam Teachers Association, shared information about the travel group, Masterfully Planned Experiences. They organize a variety of trips so that travelers can enjoy without the hassle of planning. You can view a slideshow about the group at [tinurl.com/mpe.nw](http://tinurl.com/mpe.nw). You can learn more at [www.mpe.world](http://www.mpe.world). You can contact Nicole at [nicole@mpe.world](mailto:nicole@mpe.world).

The next FSNUR meeting, on May 14 at 10:00 am will include a presentation from Champlain Travel. FSNUR meetings take place at the NYSUT Potsdam office and are accessible via Zoom. Upcoming meeting dates are: May 14, July 9, Sept 10, Nov 12, at 10:00 am, except Sept 10, which starts at 11:00 am.

**Seats Still Available for Yankees/Red Sox Baseball Game August 21-22**

Seats are still available for the bus trip to New York City for a Yankees vs. Red Sox baseball game on Thursday, August 21. The trip includes a 2.5 Hour Circle Line Boat Tour around Manhattan the next morning prior to returning to the North Country.

The trip is being sponsored by The Franklin-St. Lawrence NYSUT United Retirees and Circle Line Boat Tour

Cost is \$350 per person for active Retirement Council members.  
Non-member cost is \$370 which includes membership in RC9.

More information can be found at:

<https://rc9.ny.aft.org/fsnur-information/trip-nyc-yankees-game-and-boat-tour-around-manhattan>

Registration can be found at:

<https://www.paypal.com/ncp/payment/NP2PEFVXYUZ92>

Yankee/Red Soxs Game & NYC Boat Tour  
Bus Trip



Or use this QR Code:

## RC 9 Members are world-wide helpers!

At the March 10th CVCR Meeting, Margaret Edwards presented about **MELT, Malawi Early Literacy Team, Inc.** This group creates and prints culturally relevant books that are used to teach English and reading acquisition skills to students in Malawi. Volunteers also sew school tote bags for use by the students and teachers. For more information, to sponsor a project, and/or to become involved, please visit [malawiearlyliteracy.org](http://malawiearlyliteracy.org).



## The Franklin-St. Lawrence NYSUT United Retirees (FSNUR) recently awarded \$100 each to two new, first-year teachers in St. Lawrence County.

Both Michelle Cole, a special education teacher working at Potsdam Central, and Emily Pescatore, a Middle School Social Studies teacher at Heuvelton Central, were honored for their decision to enter the educational field.

Pescatore graduated from SUNY Potsdam in December 2023 with a double major in History and Social Studies Education and a minor in Psychology. Originally from Pierrepont, Cole graduated from SUNY Canton and is currently earning her masters through Western Governors University.

Cole and Pescatore were selected from a pool of new teachers provided by NYSUT (New York State United Teacher) local presidents in both St. Lawrence and Franklin County.



**Emily Pescatore**, a first-year Middle School Social Studies teacher at Heuvelton Central, was recently awarded \$100 by the Franklin-St. Lawrence NYSUT United Retirees (FSNUR). Presenting the check is Tony Fiacco, President of FSNUR. Angela McRoberts, President of the Heuvelton Teachers Association, was also present.



**Michelle Cole**, a first-year special education teacher working at Potsdam Central through BOCES, was recently awarded \$100 by the Franklin-St. Lawrence NYSUT United Retirees (FSNUR). Presenting the check is Tony Fiacco, President of FSNUR. Tom French, Secretary of FSNUR, and Breeanne Wells, President of the St. Lawrence-Lewis Federation of Instructional Support Personnel (SLL BOCES FISP) were also present.





Peer specialists from the Peer Support Line will be hosting a free “Road to Wellness” webinar series that will run through June. This interactive series will detail steps that can be taken to improve wellness and resilience, including how to utilize the 8 Dimensions of Wellness model. Webinar attendees will also learn about the Peer Support Line and how to utilize its services. All NYSUT members and their loved ones are welcome to attend. Use this url address to register:

<https://memberbenefits.nysut.org/free-member-benefits/road-to-wellness-webinar-series>.

Or, if you're reading this newsletter online,

[Sign up here](#)

	Experienced	<b>See inside for more details about RC 9 events and/or visit <a href="https://rc9.ny.aft.org/events">https://rc9.ny.aft.org/events</a>.</b>
	Resourceful	
	Engaged	

	Experienced	<b>NYSUT – A Union of Professionals</b> 800 Troy-Schenectady Road Latham, NY 12110-2455
	Resourceful	
	Engaged	

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
ALBANY, NY  
PERMIT NO. 395

**ALL NYSUT RETIREE COUNCIL (RC) NEWSLETTERS ARE NOW AVAILABLE ONLINE AT [NYSUT.ORG/RCNEWS](https://nysut.org/rcnews)**

**Please let us know if you would like to receive a printed version by US mail or be notified when available online - Supply us with your full name, mailing address, phone, email & local name then send using one of the following:**

- Contact us at **518-801-9199** or [retiree.services@nysut.org](mailto:retiree.services@nysut.org)
- Mail to: **NYSUT Retiree Services, 800 Troy-Schenectady Rd., Latham, NY 12110**
- Visit [nysut.org/rcnewsopin](https://nysut.org/rcnewsopin) and use the 7-digit number (below)
- Use this QR code:

**1386164**

**UNLESS YOU CHOOSE TO RECEIVE IT BY U.S. MAIL YOU WILL NO LONGER RECEIVE A PAPER NEWSLETTER EFFECTIVE IN THE FALL OF 2025.**

\*\*\*\*\*AUTO\*\*MIXED AADC 120



**EXPERT LEGAL & FINANCIAL ASSISTANCE IS AVAILABLE**

NYSUT members have access to programs and services from NYSUT Member Benefits that can help them save money, protect their family, and assist with planning for the future.

With our **Legal Service Plan**, you will receive crucial estate planning documents (Simple Will, Health Care Proxy, Living Will & Power of Attorney); free attorney consultations; and guaranteed maximum fees for personal legal matters. Plan participants receive guaranteed hourly rates along with discounted prices for referral attorneys.

Our **Financial Counseling Program** offers access to certified financial planners that provide fee-based financial counseling services. Participants can get help with retirement planning, 403(b) & 457(b) plan advice, debt management, savings, budgeting, and more.

Check out **Synchrony Bank** for some of today's most competitive interest rates on certificates of deposit, money market, and savings accounts. An optional automated savings program (which makes transfers from your checking account at another bank to your money market or savings account at Synchrony Bank) is an easy way to build your balances in higher-earning accounts.

Our online **Financial Learning Center** - powered by Kiplinger's Personal Finance - offers numerous articles designed to assist NYSUT members with achieving their personal financial goals and better understand the nuances of insurance, savings, investing, and more. This free resource is updated on a monthly basis.

Do you have student loan or general debt concerns? Our **Cambridge Credit Counseling program** is available at no cost to assist NYSUT members with better understanding general debt consolidation and student loan repayment options. Members can take part in a free consultation with a certified Cambridge counselor or sign up for a no-cost student loan debt webinar provided by Cambridge.

**Take back your financial independence and protect your family for whatever the future may bring.**

**Learn more by scanning the QR code, visiting [memberbenefits.nysut.org](https://memberbenefits.nysut.org), or calling 800-626-8101.**

**SCAN ME**

**MEMBER BENEFITS**  
  
Working to Benefit You