

President Richard Adams



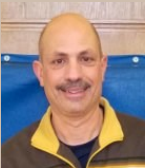
VP Nicole Villa



VP Patricia Davidson



VP Joe Mangini



Treasurer Ronald Rini



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# VSTA E-Newsletter

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## Another Successful Social

On Friday, October 4th, the Valley Stream Teachers' Association hosted another spectacular event at Kasey's Rooftop in Rockville Centre! With over 200 members in attendance, the social was a big success, as it is every year. Ginger Calderaro of South High School's band, T Minus Ten, performed and teachers from each of the high school and elementary buildings got a chance to mingle and enjoy the beautiful weather.

Two Kasey's gift cards were raffled off as door prizes as well. The winners, pictured below, Phil Testa and Allison Smithwick, were all smiles at the idea of a free night out. There was also a 50/50 raffle that was being circulated throughout the party. Lucky winner, Kaitlyn Gillespie, of District 24 was awarded the cash prize and lots of applause as she is getting married next year and her winnings will certainly help!



# Valley Stream Teachers' Association

Valley Stream, New York - Local 1633

[www.vsteachers.org](http://www.vsteachers.org)

Richard Adams

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Noele Villa

Patrice Davidson

*Vice President - Communication*

*Vice President - Membership*

Joseph Mangini

*Vice President—Operations*

Ronald Rini

*Secretary/Treasurer*

## Time for some mindfulness...

At the beginning of this month, our Superintendent's Conference Day was spent at a wonderful mindfulness workshop. The following day, we had a 2 hour PD in which a mindfulness expert came in and walked us through various breathing activities and other interactive lessons regarding this idea of taking a pause and recalibrating. As teachers, the demand level is high! I always joke that at work I have to be "on" in the classroom and when I get home to our three children, I still have to be "on". There is no down time for us and that's okay, but adding a little mindfulness to our day can only help, right?

It's funny, as I looked around, the number of teachers who were *all in*, as they say, was astounding and it made me realize that we are all overburdened with various types of stress. I was also taken aback by how many teachers seemed unwilling to participate—perhaps they have no stress, I thought! But then I thought better of that. Sometimes being alone with our breath and thoughts is more than some people are comfortable doing...

In any event, it was comforting to know that the district was making moves to make sure our well being was cared for—not just our students. Who knows - maybe we are heading in the mindful direction that we've seen in other districts—a mindfulness room for teachers and students, perhaps? Whatever the future holds for VSCHSD, take that much deserved pause and breathe.

# NYSTRS Annual Meeting

By David Fritz

On November 2<sup>nd</sup> and 3<sup>rd</sup>, two teacher delegates - VSTA VP Patrice Davidson (C) and Dave Fritz (S) - represented the Valley Stream CHSD at the NYSTRS annual meeting in Saratoga, here's a recap:

Delegates unanimously elected teachers [Sheila Sullivan Buck](#) and [Elizabeth Chetney](#) to the Retirement Board. Buck, of Rush-Henrietta Central Schools, was re-elected to a new three-year term as one of the three active teacher members on the Board. Chetney, of Baldwinsville Central School District, was elected to complete the term of Paul J. Faraglia, who retired from teaching in June.

- A variety of seminars were offered, with topics ranging from the role of the delegate to the long-term stability of the System.
- Delegates took part in a question-and-answer period with the NYSTRS Board and staff.

Copies of the seminar presentations can be downloaded from the links below. Be sure to also check out the graphic recording of the presentations, which visually capture key points.

[You've Decided to Retire! What Do You Do Now?](#) (*Graphic Recording*)

[Social Security Information](#)

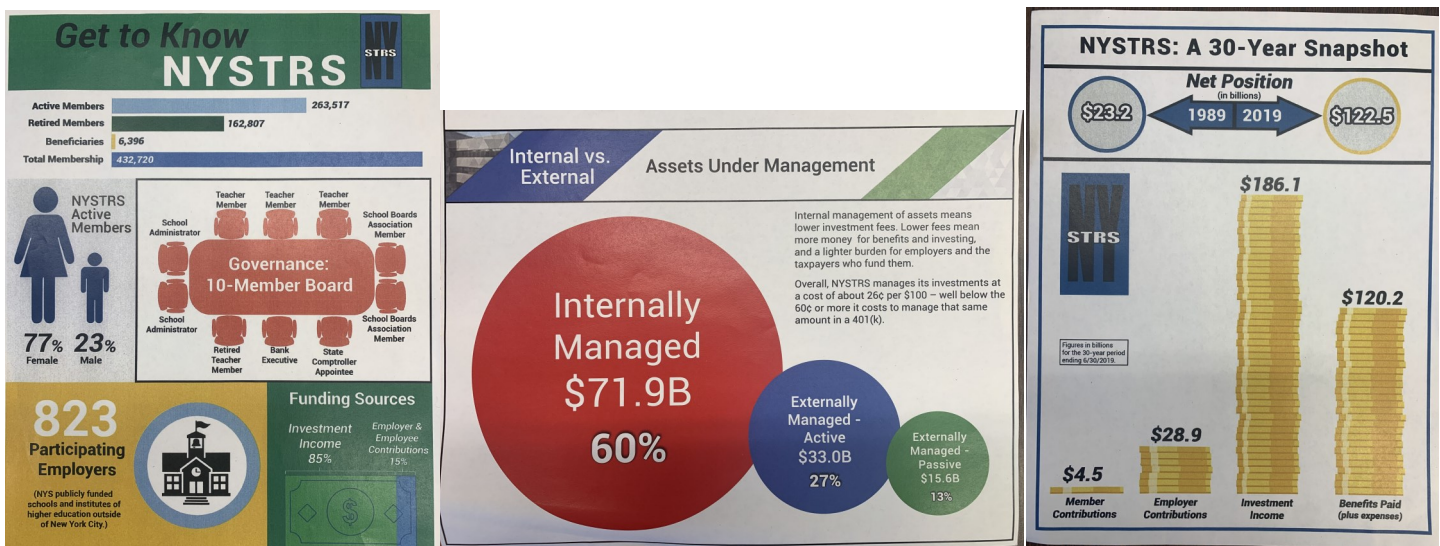
[Pension Factor and Service Credit: Two Key Components of a Pension Calculation](#) (*Graphic Recording*)

[The Potential Liabilities of Loans / Focusing on Your FAS](#)


[The Role of the Delegate](#) (*Graphic Recording*)

[Preparing to Live the Retirement Dream](#) (*Graphic Recording*)

[NYSTRS' Year in Review and the Long-Term Stability of the System](#) (*Graphic Recording*)







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Nov./Dec. '19

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