



The Beacon

National Grid Retiree Club Inc. –
Long Island Chapter

CHAIRMAN'S CORNER - BY BOB BENSON

On December 11, 2009, I attended an "Alliance of Retired Americans" meeting in Hauppauge. The Chairman, Dorothy Zuckerman, informed everyone that she was a speaker at a recent New York State United Teachers Convention. This is the highlights of her speech.

It is important to have future "Livable Retiree Communities" on Long Island. It is increasingly urgent to focus our attention on the needs of retirees because there are growing numbers of "naturally occurring retirement communities" (NORCS) throughout Nassau & Suffolk Counties – areas where 40% or more of the residents are 60 or older.

Many of us on Long Island live in isolated communities where we are totally dependent on our automobile for basic needs – food – medical care – entertainment and, often, companionship. While we are mobile and in good health we give little thought to the possibility of losing our independence. Until such time as livable communities begin to grow and take hold in your area, think on how you can make a start on your own. See if your elderly neighbor needs a ride, offer to take him or her shopping. Shovel the driveway, bring some books that they might want to read, or pick up the phone and say hello. Perhaps you can get a few of your friends together to take turns providing such assistance. In that way, you can start having your own "Livable Community". By volunteering your help

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you can make your retirement days more meaningful as well as those of your neighbor.

Bob Benson

ISLAND HARVEST FOOD DRIVE

The retirees donated over 350 pounds of food for Island Harvest. They provide food to many food pantries in Nassau & Suffolk Counties. The generosity of our retirees is greatly appreciated during these hard economic times.

Ken O'Connor

ANNUAL HOLIDAY PARTY

Our Holiday Party on December 8th was one of our best ever, as was told to us by several attendees. The Watermill Restaurant was beautifully decorated for the holidays and John Gieda musically added to the spirit of the occasion. As usual, Roy Kennedy, delivered a very fine invocation. Our Chairman, Bob Benson gave his usual short but very informative speech.

Because our 237 attendees were so generous, the 50/50 raffle was worth \$600 which was given out in varying amounts to the lucky winners. In addition, a free raffle for restaurant gift certificates was also held. Those winners were: Shelly Margolin, Pumpnickles; Ed Crean, Bonwit Inn; Lou Maters, Singletons; Carol Ryan, Boulder Creek; Pat Sheehan, Parkview Inn; and Tom Ansboro, Pia Angelo.

Once again, the volunteers who help make this affair a success did a great job! Thank you: Bob

& Marie Benson, Herman & Ethel Hess, Dom & Fran Juliano, and Loretta O'Connor.

Ken & Stan

FUTURE LUNCHEONS:

Keep in mind that we will be having our Spring Luncheon at the Woodbury Country Club on Jericho Turnpike, Woodbury on June 8th, 2010 and the Holiday Luncheon on December 7th, 2010. Make a note of these special dates and plan on attending.

Stan

MONTHLY MEETING:

The two speakers, Al Velocci and Howard Krioplick, at our January meeting were able to tell us lots of stories about the Vanderbilt Motor Automobile Races that started in Nassau County in 1904. Due to serious accidents to pedestrians, the races were stopped in 1908. It was, at that time, decided by Mr. Vanderbilt and his friends to build the Vanderbilt Motor Parkway that started in Queens County and continued to Lake Ronkonkoma and was opened in 1909.

It was very interesting and informative to hear about some past history of Long Island.

A LISTING OF SPEAKERS FOR FUTURE MEETINGS:

February 1, 2010 – Come and hear Peter Cornelis, the funny guy who talks about stroke from a survivor's point of view. Peter established Hope 4 Stroke and has given numerous talks on the subject with the goal of saving lives. He will make you laugh and the life he saves could be yours or a loved one. Don't miss this.

March 1, 2010 – Want to buy a Bridge? Walter Traeg will show and tell the interesting story of the famous Brooklyn Bridge that was considered one of the wonders of the world as well as the subject of many sales.

BE SURE TO JOIN US AT ALL OF THESE MEETINGS

BIRTHDAY GREETINGS:

The National Grid Retiree Club, Inc., L.I. Chapter would like to wish all members celebrating a birthday in the coming months, a very happy and healthy birthday.

THE AMAZING CUCUMBER: (cont.)

1. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
2. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

More hints about the amazing cucumbers in next issue of the Beacon. Look for them....

HISTORY TRIVIA:

In the late 1700's, many houses consisted of a large room with only one chair. Commonly, a long wide board folded down from the wall, and was used for dining. The 'head of the household'

always sat in the chair while everyone else ate sitting on the floor. Occasionally a guest, who was usually a man, would be invited to sit in this chair during a meal. To sit in the chair meant you were important and in charge. They called the one sitting in the chair the 'chair man'. Today in business, we use the expression or title 'Chairman' or 'Chairman of the Board.

In George Washington's days, there were no cameras. One's image was either sculpted or painted. Some painting of George Washington showed him standing behind a desk with one arm behind his back while others showed both legs and both arms. Prices charged by painters were not based on how many people were to be painted, but by how many limbs were to be painted. Arms and legs are "limbs"; therefore painting them would cost the buyer more. Hence the expression, 'Okay, but it'll cost you an arm and a leg'. (Artists know hands and arms are more difficult to paint).

CONDOLENCES:

Our deepest sympathy to the Family and Friends on the death of loved ones. They are in our thoughts and prayers

EDITOR'S NOTE:

At this time, I would like to wish you and your loved ones a Very Healthy and Happy New Year. Have a great year. Be with you in the next issue of the Beacon.

Catherine Schwartz

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HELPFUL TELEPHONE NUMBERS:

- Medical/Dental, Pension Issues,
 - 1-866-KEY-TO-HR
 - (1-866-539-8647)
- 401k Hotline
 - 718/403-3131
- Vanguard
 - 1-800-523-1188
- Life Insurance/Beneficiary Change MetLife
 - 1-800-906-6779
- Investors Relations:
 - 1-718-403-3141
 - 1-718-403-2629
- Pension Checks/Changes in Address/Tax Withholding/Direct Deposit The Bank of NY
 - 1-800-634-7936

National Grid Employee Association Extended Trips Including "25 Year Club Day Trip"

Nov. 13, 2010 Christmas Show- HUNTERDON HILLS PLAYHOUSE, Cost: \$ 91.00 p/p, McCarney Bus, Wading River. This will be 15th year of seeing this wonderful Spectacular. 25 YEAR CLUB DAY TRIP – New**

National Grid Employee Association – Hot Line – 516-545-5100
Or call: Bob Benson, daily between 9:00 a.m. and 12 noon, (H) 631-368-5046
325 Elwood Road, East Northport, NY 11731-2217
Legend: ** indicates up-dated on 11-30-09

Feb. 1-5, 2010 5-Day, 4 Night to trip to Woodloch Pines in Hawley, Pennsylvania, starting at \$ 495.00 p/p – Transportation Provided by Avery Coach in Beach Lake, PA. Includes activities throughout the day and evening shows at the Night Club. Complimentary ONE DAY SKIING and transportation to Mast Hope Ski Area, also SNOW SHOEING will be complimentary throughout your stay. Complimentary Hospitality at the Kranich House one hour before dinner each evening. *This will be the 18th year being at Woodloch Pines.* **

April 19, 2010, 5 day, 4 night mid-week trip to the "New Villa Roma Resort", the Main Building has been complexly rebuilt and is absolutely magnificent. There will be an "Italian Festival", including Italian Cooking Classes, Italian Wine Tasting, and meals in the dining room like your Grandmother used to make. Use of all indoor activities, a total of 10 meals, Cost: \$ 509.00 p/p , based upon double occupancy, Single rate an additional \$120.00. VILLA ROMA RESORT ** *New Trip*

May 16, 2010, 7 Day Cruise to Bermuda from New York City on Holland-America Line Ship "Veendam" staying at the Hamilton & St. George Piers. From \$509 p/p. MAGELLAN TRAVEL – 718-323-7646 **

May 24-28, 2010, "The Indian Head Resort, Lincoln, New Hampshire. 5 days, 4 nights, Monday to Friday. 4 Dinners, 4 Breakfasts, Cocktail Party, Beer, Wine & Cheese Party. Ice Cream Socials.

Floor Show & dancing each evening & Trout Fishing in Indian Heads Lake. Including tours of Crawford Notch, Castle in the Clouds, & Mount Washington Boat Cruise including Lunch. Cost: \$619.00 p/p, double occupancy. *New Trip, RENDEZVOUS TRAVEL ** New Trip*

June 13-19, 2010, 7 Day, 6 Night Tour to the Smoky Mountains, 10 meals, 6 Breakfasts and 4 Dinners. A Total of 4 Evening Shows and 2 Morning Shows. A Guided Tour of the Great Smoky Mountains National Park. Free Time in Historic Gatlinburg. Cost: \$559.00 p/p, based upon double occupancy, Add additional \$180.00 for single occupancy. DIAMOND TOURS **

August 26, 2010, Collette Vacations Nine Day Austrian Delight Tour to Innsbruck, Austrian Alps, Bavaria, Salzburg, Munich and Oberammergau for the 2010 Passion Play, \$3,720 p/p. COLLETTE VACATIONS **

September 12, 2010, 7 - Day Tour, 3 nights at the Le Fairmont Chateau Frontenac, Quebec, Canada, and 3 nights at the White Mountain Hotel, North Conway, New Hampshire. 13 meals, 6 breakfasts, 2 lunches, and 5 dinners. Guided Tours of Quebec City and admission to the Mount Washington Observatory Discovery Center in North Conway, New Hampshire. Be part of a unique hands on museum where you will learn some interesting facts of 231 mph winds. Cost: \$1,239 p/p – double occupancy. *New Trip GARY SULLIVAN ***

October 7, 2010, 7 day trip to South Dakota, the Bad Lands National Park & Black Hills – 10 meals, 6 breakfasts, 4 dinners, Tours to Mt. Rushmore, Deadwood, Crazy Horse Memorial, Custer State Park, Wall Drug Store. Lodging at the Radisson Hotel, Rapid City, South Dakota. Land only - \$ 1,245 p/p, Land & Air from NYC, including transfers, \$1,995 p/p, prices based upon double occupancy. *New Trip COLLETTE VACATIONS ***

October 15-18, 2010, Friday to Monday, 4 day, 3 night Tour to Boston, Massachusetts. Includes 6 meals, 3 breakfasts and 3 dinners. Guided Tour of the Historical City of Boston, Visit of the John F. Kennedy Presidential Library and Museum Visit the U.S.S. Constitution, known as "Old Ironsides", the oldest commissioned ship in the U.S. Navy. Stroll the Quincy Market Faneuil Hall Marketplace. Guided Tour of Lexington, Concord and Salem. Cost: \$ 369.00 p/p, double occupancy. DIAMOND TOURS **