



BRTA NEWSLETTER

www.brta.biz

brtamembership@yahoo.com

President: Charles Peszynski

Recording Sec.: Dolores Scanlon

1st VP: Thomas Giambra

Corresponding Sec.: Elisa Harting

2nd VP: JoAnn Meyer

Membership Sec.: Linda Parada

Treasurer: Floyd Kruschke

Immediate Past Pres: Al Marabella

At Large: Russell Gervasi, Stephen Parada, Theresa Pope

Board Members: Carolyn Cardarella, Josephine Cross, Clarann Josef, Michael Marszalek, Cynthia Mehary, Suzanne Nyitrai, Elaine Pietka, Peter Riester, Guy Schiavi, Marie Wu, Renate Yuhnke

Fall Edition

August, 2019

Upcoming Events

September 4, 2019—Fall Luncheon at the Millennium Hotel; Info on p. 8

Sept. 19-28, 2019—Discover Switzerland, Austria and Bavaria

September 19, 2019—Western Zone NYSRTA Annual Meeting at Salvatore's

December 5, 2019—Holiday Luncheon

Feb. 26-Mar. 9, 2020—Treasures of Egypt

(For information about all travel, contact Al Marabella at 635-3717 or Russell Gervasi at 839-5781)

VICE-PRESIDENT'S MESSAGE

I hope everyone is having a good summer. The July heat wave was a little too much for me. However, after the weather this past winter and spring, I really should not complain.

Thanks to everyone who attended the Spring Luncheon at the Park Country Club. I hope that you enjoyed the luncheon and the chance to visit with friends. The number of people who attended was larger than last year. That is always nice to see. Thanks for your contributions to the fifty-fifty raffle. The money went to the BRTA Scholarship Fund. The chair of the committee, Clarann Josef, gave a report announcing the students who will receive the scholarships this year. Thanks, Clarann, for all the work that you and your committee do in selecting the students.

I hope that you enjoyed the presentation by Theresa Bonito from the UB Graduate School of Education. The program she discussed is called NYGearUp. It is designed to help high school students prepare for college. She is seeking retired educators who want to volunteer to take part in the program. I still have booklets and applications for the program. I will bring them to the fall luncheon.

BRTA held its annual golf outing at Terry Hills in Batavia on June 11th. We had a great day for golf and a nice dinner. I hope that all who attended had a good time. Thanks to Steve Parada for all his work in organizing and running this event.

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Benefits Available to
BRTA Members

Long-term Care Insurance; BRTA Discounts on Long-term Care Insurance: 1-800-655-4899

Tonawanda, NY 716-694-4388

Dental Discounts

The North Park Dental Group
716-836-2242

Vital Savings by Aetna—Mention membership when you are inquiring about discount programs designed to help you save on dental or pharmaceuticals. 1-877-MY-VITAL (1-800-698-4825) or www.vitalsavings.com

Ballroom, Latin, Swing and Other Styles of Dance—Tara Scime at 716-491-0186 or TMSDance@yahoo.com. Mention your BRTA membership and receive a discount.

Faculty Rewards—Discount magazine subscriptions. Go to www.facultyrewards.com and use code 403360

BPO-Call Janet Field at 885-5001 for discount tickets

West Herr Select Vehicle Purchase Plan-

Activate benefit plan before going to the dealership. Go to www.westherrselect.com or call your **Select Benefit Concierge (716) 202-3091**.

IN MEMORIAM

Dorothy Bock

Phyllis Jeremka

Donald Chelf

Joseph Militello

James Thomas Caulfield

Benny Constantino

Ralph Pignataro

Shirley Courton

Grace Regan

Michelle Froewis-Rubino

Eugene (Gene) Torpey

Nancy Greene

Steven Toth

Richard Hempel

Joanne Vossler

BRTA would like to acknowledge the passing of those teachers who served the children of Buffalo. If you would like to have someone included in the "In Memoriam" listings, please notify Josephine Cross (636-3014).

Congratulations to these teachers and their spouses on their 50th wedding anniversary:

Richard and Mary Smyth

Rick and Karen Vilonen

Arthur and Mary Kean

Frequently Requested Numbers

Website: www.brta.biz Email: brtamembership@yahoo.com

Vice President: Thomas Giambra 877-7796

Membership: Linda Parada—875-3392

Luncheons:

Travel: Al Marabella—635-9530; Russ Gervasi—839-5781

Newsletter: Elisa Harting—838-3708

Friendly Service: Josephine Cross—636-3014

FROM THE BRTA ELECTION COMMITTEE
UNCONTESTED ELECTION

As of the nomination deadline of July 15, 2019, the following nominees for 2019-2021 Officers accepted and were uncontested:

President : Thomas Giambra
1st Vice President: Stephen Parada
2nd Vice President: Renate Yuhnke
Treasurer: Floyd Kruschke
Recording Secretary: Marie Wu
Corresponding Secretary: Elisa Harting
Membership Secretary: Linda Parada
(3) At-Large:
Josephine Cross
Russell Gervasi
Arnold Harting

As a result, an election at the September luncheon will not be necessary. Attending BRTA members will be asked to ratify the above nominees as the 2019-2021 Officers.

—Peter J. Riester
Election Chairman

BRTA ANNUAL MEMBERS—YOUR MEMBERSHIP IS UP FOR RENEWAL

If you need to renew your annual membership in BRTA, hopefully, you have mailed in the renewal form which was sent to you last month. This will ensure that no mailings, especially for the holiday activities, are missed.

If you have misplaced it, or need another form, please contact Linda Parada at 875-3392.

Health News

Here's another reason to exercise regularly—darn it!

The following is condensed from an article by Gretchen Reynolds of the New York Times published in Buffalo News *Refresh* section June 22, 2019:

A single, moderate workout may immediately change how our brains function and how well we recognize common names and similar information, according to a promising new study of exercise, memory and aging. The study adds to growing evidence that exercise can have rapid effects on brain function and also that these effects could accumulate and lead to long-term improvements in how our brains operate and we remember.

Exercise is known to affect our brains. Studies show that regular exercise over time increases the volume of the hippocampus, a key part of the brain's memory networks. It also improves many aspects of people's thinking.

But substantial questions remain about exercise and the brain, including the time course of any changes and whether they are short term or, with continued training, become lasting.

There is an analogy to what happens with muscles. When people first begin exercising, their muscles strain and burn through energy. But as they become fitter, those same muscles respond more efficiently, using less energy for the same work.

The scientists suspect that, in the same way the spike in brain activity after a first session of biking is the prelude to tissue remodeling, that with continued exercise, improves the function of those areas.

—JoAnn Meyer

VICE-PRESIDENT'S MESSAGE

(continued from page 1)

According to Joseph Montante of the BTF, the grievance regarding Medicare Part D should be heard by the arbitrator in September. However, at this time no date has been set. These types of grievances take time. There is no guarantee that it will end at arbitration.

At the top of the first page of this newsletter you will see the names of the members of the Board of Directors of BRTA. I want to thank all of them for their efforts to make this organization a success.

Our fall luncheon will take place at the Millennium Hotel on September 4, 2019. BRTA will recognize the recently retired educators from the Buffalo Public Schools. Also, the newly elected officers for the next two years will be introduced. I look forward to seeing you there. Until then, take care.

—Thomas Giambra

VOLUNTEERS NEEDED

Buffalo Niagara Heritage Village

Interested in learning about the history of the Buffalo Niagara region? Do you enjoy sharing your knowledge with visitors of all ages? Are you excited to be around preserved historic structures? Come be a docent at Buffalo Niagara Heritage Village!

Docents advance the educational mission of the Buffalo Niagara Heritage Village by conducting tours and providing educational programs for the general public, including children, adults, students, and families. Utilizing the techniques of dialogue and inquiry, role play and storytelling, the docent encourages visitors to explore the Museum and Heritage Village. Docents also assist in the development of educational programs and help to conduct special activities for visitors.

If interested please contact Deirdre Reynolds at volunteers@bnhv.org, or (716) 689-1440, ext. 112.

Travel

Hello, Fellow Travelers and would-be Travelers. Here is what's happening in travel with BRTA.

The trip to Switzerland, Austria & Bavaria has been well received. Our group may be the sole group with the guides and lots to see. The Alps are so steep, I don't know how anyone could ski them. But the trip I've been on, some travelers went skiing. To be at the top of a mountain with wind chill that makes one look tanned...

Seeing the grandeur of Austrian Royals (The well-off always live well no matter what the century)...The grandeur of the Alps...This is what awaits our travelers.

A bus trip to Vermont was scheduled for October leaf viewing. Last year our bus trips sold out and some were disappointed with no room available. This year all three bus trips had to be cancelled for lack of interest. Sometimes, because of low cost, they are not as glitzy as destination trips. If you're interested in something for next year, let us know. With a bus, one needs a minimum number of riders to make it a go.

We scheduled a visit to Egypt in February. There has been some interest. We are watching the situation there. Will the US government recommend against it?

Next May might be your chance to go to Ireland, including Northern Ireland. A great country to visit. Dublin is very welcoming, a college town. See the Book of Kells in the school library. Script decoration so tiny the pages need to be enlarged to make it easily visible. We saw the Cliffs of Mohr last time with no rain or fog. The visitor space is built into a hill as to not obstruct the view. We stayed overnight in a real castle. It was the stables but they were remodeled to accommodate tourists. How about golf courses? How about great pubs? I don't remember any tea totalers but Ireland has great tea as well.

In September, we visit Portugal—as seen on “Wheel of Fortune.” So much to do! Maybe squeeze in a visit to Fatima, place of miracles. Pray the world survives for our children and grandchildren.

Next we are planning a trip to the French Riviera. Our group has been to the Italian Riviera so we'll see the difference. Being of Italian decent, I think Italy's is the better, but maybe the French wines will change my perspective. Hope to see you on one or more of these trips.

—Al Marabella

From the BRTA Scholarship Committee

It is with great pleasure that the Scholarship Committee has chosen three candidates to receive the 2019 BRTA Scholarships. One of these scholarships is in honor of Josephine Slacer, past president of BRTA, and is chosen because the candidate is not only academically successful, but also demonstrates his/her commitment to community and school service.

The awardees are:

Anna Pyne, a student at City Honors School. Her GPA is 4.0 and she is in the International Baccalaureate Program. A member of the School Orchestra since the 5th grade, Anna is second violin. Anna's other activities are the Varsity Soccer team, and student council. She plans to attend the State University of New York at Binghamton. Her goal is to become a pediatric surgeon.

SHEIKH SUMAIYA, a student at Frederick Law Olmstead School. She has a cumulative average of 92.5. Her school activities include Masterminds, Multicultural Club, 4-H Youth CAN, the school band, the yearbook and peer tutoring. She has donated her time at several community events. She is also a member of the National Honor Society. She plans to attend Canisius College in the fall to study psychology and environmental studies. She hopes to improve the community in Buffalo as well as Bangladesh, where her mother grew up.

GABRIELLE SCHWARTZOTT, a student at Emerson School of Hospitality. She has been awarded the BRTA scholarship in honor of Josephine Slacer. Her cumulative average is 99. She has a well rounded list of activities in both school and the community. Her teachers described her as "a force of nature, always entering the class with a smile and warm hello." She assists other students in and out of school. She is a Girl Scout, volunteers as a teacher of religious education and also volunteers at a food pantry. Her goal is to become an early childhood teacher.

The Committee is proud to offer these candidates as the 2019 BRTA Scholarship Recipients.

—Clarann Josef, Chairperson
Scholarship Committee

VOLUNTEERS NEEDED

Canopy of Neighbors

Canopy of Neighbors is a non-profit organization whose mission is to create new pathways to aging well and independently in community. We are part of a national movement of “villages” that mobilizes volunteers and resources in order help people age gracefully in their community. Our service area encompasses the Elmwood/Delaware and close surrounding neighborhoods of Buffalo. Please join us by becoming a member, donor, volunteer and/or corporate sponsor. We look forward to meeting you and making you part of our Canopy family! Contact us at

716-235-8133 or sasha@canopyofneighbors.org for more information. Visit us at www.canopyofneighbors.org.

BUFFALO MUSEUM OF SCIENCE

Interested in gaining or sharing your knowledge? Then the Buffalo Museum of Science and Tifft Nature Preserve are for you! A wide variety of volunteer opportunities are available at both sites that will help you gain valuable work skills or enable you to share your expertise all while giving back to the institution. These opportunities range in nature from working behind-the-scenes to engaging the public. Contact Betsy Vazquez at 716-896-5200 x 345 or email BVAZQUEZ@SCIENCEBUFF.ORG

SHEA'S PERFORMING ARTS CENTER

Thousands of children experience live theater at Shea's Performing Arts Center each year and they need your help. As a member of BRTA, we hope you will join our On-School Performance Series volunteer team. For more information, contact Robert Brunschmid, Director of Operations at RBRUNSCHMID@SHEAS.ORG

Buffalo Retired Teachers Association

invites members and guests to attend
BRTA Fall Luncheon and Annual Meeting

To take place at

The Millennium Hotel of Buffalo
2040 Walden Avenue

Phone: 681-2400

Wednesday, September 4, 2019

Social Hour: 11:15 am Complimentary Fruit Punch & Cash Bar

Luncheon: 12:15 pm Choice of:

1. Chicken Marsala
2. Baked White Fish
3. Sliced Roast Loin of Pork
4. Oriental Vegetable Stir-fry (vegetarian)

Meals include Salad, Rolls, Potato, Vegetable, Dessert & Coffee or Tea

Cost: \$27.00 for Members \$32.00 for Non-Members

(BRTA subsidizes cost for members)

Payment: **Due by Monday, August 27, 2019**

Payable to: Check made out to Buffalo Retired Teachers Association

Mail to: Stephen Parada, 23 Tremont Ave., Kenmore, NY 14217 (875-3392)

Note: No cash refunds will be given after the reservation deadline.

(Detach and mail lower portion only. Keep upper portion as your reminder)

Please list your name and the names of all other persons included in the enclosed payment

Name _____ Phone _____

Address _____ BRTA Member: Yes ___ No ___

_____ Meal Choice (Number) _____

Name _____ BRTA Member: Yes ___ No ___

_____ Meal Choice (Number) _____

Name _____ BRTA Member: Yes ___ No ___

_____ Meal Choice (Number) _____

Total Amount enclosed \$ _____ (If needed, list additional guest on additional sheet)