



BRTA NEWSLETTER

www.bрта.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, Peter Riester, Renate Yuhnke

Fall Edition

November, 2017

Upcoming Events

December 7, 2017—
Holiday Luncheon. Information on page 6.

February, 2018—Winter luncheon at Sean Patrick's. Date to be announced

April 5-13, 2018—
Canyon Country

May, 2018—Spring luncheon at Park Country Club. Date to be announced.

June 10-16, 2018—
Mackinac Island, Michigan

September 9-17, 2018—
Iceland: Land of Fire & Ice

(Information about any of the upcoming trips may be found on the

President's Message

Let's start with a short quiz: As you read this newsletter, is it summer or fall? Since the temperature has been fluctuating between the low 50's and the high 70's from October to early November, either answer could be correct. It reminds me of my early teaching days when city exams, particularly in the social studies field, often had questions which had more than one possible answer. Both situations certainly make life interesting. Should we set the thermostat to heat or cool and, in the past, should we accept two or more answers as correct? But we can be certain of at least two things: Winter will arrive eventually and the Buffalo Retired Teachers Association will always be there to support and work for the benefit of our fellow Buffalo retirees.

Every issue of the BRTA newsletter prominently lists the various benefits available to our members and we emphasize the numerous social activities and cultural opportunities we sponsor and/or promote. We also make an effort to recognize and applaud the community service activities in which our members are engaged both in the field of education and in the community at large. We take great pride in the fact that so many of our members maintain an interest in education and in the Buffalo Public Schools in particular.

The last several months have also seen an increase in interest and involvement in the political process especially regarding the referendum on the Constitutional Convention. By the time you receive this newsletter, the election of November 7 will be history and we can only hope that a majority of the voters of New York State have voted NO on this issue. However, if a majority votes YES, we are faced with a new challenge: Electing delegates to the Constitutional Convention who respect pension rights, K through 2 education, bargaining rights, disability rights, environmental safeguards and numerous other guarantees enshrined in the New York State Constitution. There would be three delegates elected from each of the 52 senatorial districts and 15 delegates elected at large statewide and it will be in the best interest of all New Yorkers to examine the positions of all candidates carefully. Failure to do so could be disastrous. —Charles Peszynski

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

Tires and Service

Discounts at Dunn Tire

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

Paul Armesto

John Belton

Cynthia A. Brown

Matthew Duggan

Marion Halstead

Marion La Vigne

Laverne Mathias

Marcia McCarthy

Robert R. Raczka

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 the following on their 50th wedding anniversary

Richard and AnnMarie Piech Richard and Connie Sherry

Tommie and Juanita Blunt Carmen and Barbara Gangi

Frequently Requested Numbers

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

President: Charles Peszynski—631-3717

Membership: Linda Parada—875-3392

Luncheons: Russell Gervasi—839-5781

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

Newsletter: Elisa Harting—838-3708

Friendly Service: Josephine Cross—636-3014

HELP WANTED

BUFFALO HISTORY MUSEUM: “The Buffalo History Museum is in need of more docents! These volunteer educators guide our guests through our exhibits and share the wonderful history of Western NY. Docents at the museum are an integral part of the museum experience, and work with people of all ages, from young fourth graders eager to learn about Buffalo history, to guided bus tours of adults. For more information, visit our website at www.buffalohistory.org or call 716-873-9644 x323.”

LEARNING DISABILITIES ASSOCIATION OF WESTERN NY: “The Learning Disabilities Ass. Of Western NY has received a grant for early intervention for 3-4 year olds that have been exposed to lead poisoning. They need volunteers to teach simple pre-reading skills . It is an in -home tutoring situation in the Buffalo areas. For information: call. Leah Bartlo at 716-874-7200.”

RONALD MCDONALD HOUSE: “We Need (You) Volunteers! Ronald McDonald House Charities of WNY is expanding its presence in the John R. Oishei Childrens Hospital and is actively recruiting volunteers for our NEW Family Lounge and Happy Meals Cart! As a hospital programs volunteer, you will lend a helping hand and extend our signature Ronald McDonald House hospitality. For more information, contact Marianne Hoover, Hospital Programs Manager, at 716-698-9749 or mhoover@rmhcwny.org.”

WE'VE LOST TOUCH...

Linda Parada, BRTA's membership secretary, does not have current contact information for the following life members. If you have information about any of them, please contact her at 875-3392:

Belen Asch, Carol Bauda, Susan Beeler, Bruce Caley, Phyllis Grover, Trudy Gurn, Mildred Harrison, Audrey Hurd, Mary Keefe-Hinners, Jean McCracken, Arlethea Mullen, Maria Perea, Sharon Pikul, Bobbye Watkins, Christine Whitman, Susan Wilson

ELECTION COMMITTEE REPORT

At the September Luncheon, the following 2018-2019 Officers were confirmed:

President—Charles Peszynski

1st Vice President—Thomas Giambra

2nd Vice President—JoAnn Meyer

Treasurer—Floyd Kruschke

Recording Secretary—Dolores Scanlon

Corresponding Secretary—Elisa Harting

Membership Secretary—Linda Parada

At-Large—Russell Gervasi, Stephen Parada, Theresa Pope

Submitted by Peter Riester, Election Committee chair

IT'S YOUR TIME.....TO ENJOY THE MUSIC!

Did you know that members of BRTA receive a 20% discount on tickets to the Buffalo Philharmonic Orchestra? We greatly value your contribution to our community and would love for you to take advantage of this discount. A wonderful outing with your fellow members, or a group of friends, may be a coffee concert on Friday morning. The idea of our maestro, JoAnn Faletta, started as one concert in place of a Friday morning rehearsal and has grown to 11 concerts this year! Although the concert starts at 10:30 am, many people come when the doors open at 9:00 am, to enjoy complimentary beverages and donuts from Budway's. We are happy to reserve a block of tickets so you can all sit together for any concert. For all Classical concerts, join us an hour before the concert for *Musically Speaking* with the conductor and guest artists as they share a few minutes about the concert to come. Check out the full concert listing at www.bpo.org.

I also wanted to mention that after 30 years, your beloved orchestra is heading overseas! JoAnn Falletta is taking the Buffalo Philharmonic Orchestra to Poland in March, 2018 to perform in four different cities and four acclaimed concert halls. The tour comes at the invitation of Elzbieta Penderecka, president and founder of the Ludwig van Beethoven Easter Festival, an annual two week festival in Warsaw that features many of Europe's leading orchestras, ensembles, and the world's greatest soloists. Falletta will make history as the first American woman to lead a concert at the festival. The program puts the spotlight on American master composers, including Barber's "Symphony No. 1", Gershwin's "Piano Concerto in F," featuring pianist Conrad Tao, and Bernstein's "Symphonic Dances" from "West Side Story." Also on the program is Krzysztof Penderecki's "Adagietto" from "Paradise Lost." The BPO will perform the tour program with Conrad Tao at Kleinhans Music Hall on March 10-11.

Call 716-885-5001 for discounted tickets to any concert or to reserve a group of seats. I am very happy to assist you.

— — Janet Field

Keeping a Positive Attitude

As the days get shorter you may find yourself feeling sad or low in energy. You might be suffering from a type of depression called SAD (Seasonal Affective Disorder). I believe one of the major problems with getting treatment or help could be you are just too tired and depressed to deal with it and so it continues. PLEASE! Don't ignore this or feel hopeless. There is help available. Below are two excellent resources of information:

Helpguide.org (http://www.helpguide.org/mental/depression_elderly.htm) and

NAMI, The National Alliance on Mental Illness www.nami.org • 1 (800) 950-NAMI 3803 N. Fairfax Drive, Suite 100 • Arlington, VA 22203

If you're depressed, you may not want to do anything or see anybody. But isolation and inactivity only make depression worse. The more active you are—physically, mentally, and socially—the better you'll feel.

Exercise: Physical activity has powerful mood-boosting effects. In fact, research suggests it may be just as effective as antidepressants in relieving depression. The best part is that the benefits come without side effects. You don't have to hit the gym to reap the rewards. Look for small ways you can add more movement to your day: park farther from the store, take the stairs, do light housework, or enjoy a short walk. Even if you're ill, frail, or disabled, there are many safe exercises you can do to build your

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KEEPING A POSITIVE ATTITUDE (continued from page 4)

strength and boost your mood—even from a chair or wheelchair. **Connect with others:** Getting the support you need plays a big role in lifting the fog of depression and keeping it away. On your own, it can be difficult to maintain perspective and sustain the effort required to beat depression. You may not feel like reaching out, but make an effort to connect to others and limit the time you're alone. If you can't get out to socialize, invite loved ones to visit you, or keep in touch over the phone or email. **Bring your life into balance:** If you're feeling overwhelmed by stress and the pressures of daily life, it may be time to learn new emotional management and emotional intelligence skills. **Other self-help tips to combat and prevent depression in the elderly include:** **Get enough sleep:** When you don't get enough sleep, your depression symptoms can be worse. Aim for somewhere between 7 to 9 hours of sleep each night; **Maintain a healthy diet:** Avoid eating too much sugar and junk food. Choose healthy foods that provide nourishment and energy, and take a daily multivitamin; **Participate in activities you enjoy:** Pursue whatever hobbies or pastimes bring or used to bring you joy; **Volunteer your time:** Helping others is one of the best ways to feel better about yourself and expand your social network; **Take care of a pet:** A pet can keep you company, and walking a dog, for example, can be good exercise for you and a great way to meet people; **Learn a new skill:** Pick something that you've always wanted to learn, or that sparks your imagination and creativity; **Create opportunities to laugh:** Laughter provides a mood boost, so swap humorous stories and jokes with your loved ones, watch a comedy or read a funny book.

Whatever your situation, there is help and there is hope! Stay well!

—JoAnn Meyer

Reflections on Our Trip to Tuscany

I went early to visit a cousin in Sicily, but that's another tale. I joined our group at the villa in Tuscany late in the afternoon. There was to be a wine tasting in the courtyard before dinner: a sampling of local wines. However, I had not gotten to my room after signing in, before I was asked to get a glass and join those already sampling wines of Italy. This set the tone for the rest of our tour of Tuscany and the Italian Riviera. As you may guess, the wines were the highlight of the trip. We visited the Uffizi Gallery and Cinque Terra, situated on the cliffs of Northern Italy. But the most memorable was visiting a winery called "3, 4, 5." Strange name, but many ordered cases of this wine to be shipped to the US. Mine arrived this week. I could lie and say I haven't opened a bottle. (It would be true because I have opened several.) At the tasting, local cheeses were paired with the wine. By the way, the cheeses were available for sale as well. I passed as I didn't know how to get it passed security. On a serious side, the city of Lucca on the Italian Riviera was unknown to me. But after this visit, I could see myself spending a week or two there on vacation... great food, easy walks to restaurants and shopping, beautiful weather. Pisa is still tilted but stabilized. Now the huge Cathedral and Baptistery are both sagging toward the sea. Parts of the church are moving in different directions. They also need stabilizing; a huge job if possible. For all the wonderful sights, the best part of the trip was the camaraderie shared by the group of travelers.

There are still openings for Canyon Country next April but the early booking incentive has elapsed. Iceland still has availability with incentive. Also coming up in 2018 is a bus trip to Mackinac Island in June and one to Cape Cod in the fall. In 2019, we will visit Canada's winter resorts in February and Scotland in the summer.

—Al Marabella

Buffalo Retired Teachers Association

Cordially Invites Members & Guests to attend its

BRTA Holiday Luncheon

To be held at

Salvatore's Italian Gardens

6461 Transit Road
Depew, NY
716-683-7990

Thursday, December 7, 2017

Social Hour: 11:15 AM Complimentary Fruit Punch & Cash Bar
Luncheon: 12:15 PM Choice of:
1. Prime Rib w/ au jus
2. Poached Salmon w/ lobster dill sauce
3. Chicken Milanese w/ tomatoes, red onion & shaved asiago
4. Roasted Vegetables w/ Mediterranean orzo
Luncheon includes Salad, Vegetable, Dessert and Beverage

Cost: \$27.00 for Members - \$32.00 for Non-member Guests
(BRTA subsidizes cost for members)

Payment: **Due by Tuesday, November 28, 2017**

Payable to: Buffalo Retired Teachers Association

Mail to: Russell Gervasi (839-5781)
212 Burroughs Drive
Snyder, NY 14226-3905

**N.B. No cash refunds given after 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 \$ _____