



BRTA NEWSLETTER

WWW.BRTA.BIZ

President: Al Marabella
1st VP: Charles Peszynski
2nd VP: Tom Giambra
Treasurer: Stephen Parada

Recording Sec.: Dolores Scanlon
Corresponding Sec.: Elisa Harting
Membership Sec.: Linda Parada
At Large: Mike Marszelek, Ophelia Nicholas,
Theresa Pope

Board Members: Carolyn Cardarella, Josephine Cross, Russell Gervasi, Clarann Josef, Floyd Kruschke,
Ross Monteleone, Sue Nyitrai, Peter Riester

BUFFALO RETIRED TEACHERS ASSOCIATION

November, 2012

Coming Events

Nov. 14, 2012—Long
Term Care Insurance
Workshop—information
on page 5

Dec 6, 2012—Holiday
Luncheon at Salvatore's
Italian Garden—
information on page 6

Magazine Offer

The BTF has again offered to share the Faculty Rewards program for magazine subscriptions with BRTA members. You can renew, order new, or send as gifts. To take advantage of this program go to www.facultyrewards.com and enter the code **403360**.

President's Message

The airways are filled with ads for one candidate or the other. It may be confusing with claims and counter claims. Investigate for yourself. Call the candidate's office. Ask questions. Your vote counts. Many elections of late have been decided by just a few votes. If your candidate fails to be elected, and you did not vote, shame on you.

Looks like the blame game has shifted from the teachers of B. P. S. to the administrators as a reason for student lack of success. Ms. Elliott has said past administrations are to blame for being unresponsive, inaccessible, and out of touch. Now wouldn't it be nice to hear how to resolve the problem with solutions rather than just finding one simple cause of the problem with no way to resolve it.

The United Way of WNY & Erie County is once again soliciting contributions from the BRTA. United Way helps those who whose lives are most in need, i.e. many of the students you and I have had in our classrooms, as well as many of the battered and broken. Please help if you can. Those who have just receive a \$21.00 monthly COLA benefit totals \$252 per annum. Perhaps just some of that total could be used to assist United Way. Thanks for your help in advance.

BRTA Update:

- A.) Membership cards were mailed (Lifetime members receive theirs only upon 1st signing). If you pay annually and did not receive yours, contact Linda Parada @ 875-3392
- B.) The Eastern European Tour is sold out. But a waiting list is forming. In the past all on the wait list have been accommodated. If interested call Al Marabella @ 635-9530.
- C.) As of this writing, BRTA members of Western Zone NYS Retired Teachers Association are heading off to the annual conference at Turning Stone. This is the group that most strongly fought for the COLA we now enjoy. Report to follow.

—Al Marabella

**Benefits Available to
BRTA Members**

- **Long-term Care Insurance Workshops**
BRTA Discounts on Long-term Care Insurance: 1-800-655-4899
- **Eyewear Discount**
Eyewear Unlimited (716) 834-3511
Niagara Labmasters, Inc.
Niagara Falls, NY (716) 297-9115
Gary Optical
Lewiston, NY (716) 754-255
Boulevard Optical,
Tonawanda, NY (716) 694-4388
- **Tires and Service** Discounts at Dunn Tires
- **Dental Discounts** The North Park Dental Group (716) 836-2242
- **Dental Plan Insurance** Dental Pay Direct (716) 836-7013
- **Group Medical Insurance** for those who do not receive the benefit from their school district — Call Pam Styn at Dental Pay Direct (716) 836-7013 or toll free at 1-800-683-3682
- **Vital Savings by Aetna**—Mention membership when you inquire about discount programs designed to help you save on dental or pharmaceuticals. 1-877-877 MY VITAL (1-877-698-4825) or www.vitalsavings.com
- **Ballroom, Latin, Swing and other styles of dance**—Tara Scime at 491-0186 or TMSDance@yahoo.com. Mention your BRTA membership and receive a discount.

In Memoriam

Elizabeth Scott	June, 2012
Judith Nesbitt	June, 2012
William Welch	August, 2012
Rosemary Loffredo	Sept., 2012
Shirley Steiger	Oct., 2012
Catherine Butler	Oct., 2012

BRTA would like to acknowledge the passing of those teachers who have served the children of Buffalo. If you would like to have someone included in the "In Memoriam" listings, please notify Elisa Harting (838-3708).

BRTA Golf League

The 2nd year of the BRTA traveling golf league ended with a luncheon filled with fun and prizes. All agreed that the second season of our traveling league was a success. All participants are looking forward to our third season.

If you are interested in joining this league or have any questions, please contact Mary Agnes Marabella at mmarabella@roadrunner.com. Be sure to include your contact information.

Frequently Requested Numbers

Website: www.brta.biz

President: Al Marabella—635-9530
Luncheons: Ophelia Nicholas—633-1690

Membership: Linda Parada—875-3392
Travel: Russ Gervasi—839-5781

Use Food Items From Your Kitchen To Fight Pain

Pain is something that we all experience, but sometimes we worry about the side effects and we worry about becoming addicted to the medications. There are alternatives in the form of foods found in the kitchen.

If you decide to try any of these alternatives, eating healthy foods also prepares the body to fight inflammation, which can be the main cause of pain. How much junk food are you eating? Are you eating enough fruits and vegetables? Are you overly eating processed foods and refined carbohydrates?

- *Cherries – Arthritis and muscle pain*

Cherries are an anti-oxidant that block and inhibit pain enzymes. You may eat whole cherries or drink dark cherry juice daily.

- *Ginger – Migraines, arthritis and sore muscles*

The recommended dose is ¼ teaspoon daily. Ginger is good for soothing the stomach, especially if you are experiencing seasickness. It also acts as an anti-inflammatory and can relieve migraines, arthritis, and muscle aches. Grate your ginger from a ginger root or slice peeled ginger root, place in boiling water and steep for 15 minutes.

- *Cranberry Juice – Ulcers*

You can help prevent ulcers by drinking cranberry juice. Don't drink the cranberry juice loaded with sugar; I know it can be bitter. Drink one cup of 100% natural cranberry juice and add water if needed along with a natural sweetener such as stevia.

- *Turmeric – Achy joints and colitis*

Turmeric contains an ingredient called curcumin which has strong anti-inflammatory properties. Sprinkle one tablespoon of turmeric on salad dressings, soups, cooked grains and vegetables. Do not take turmeric if you are taking Coumadin.

- *Yogurt – Irritable Bowel Syndrome*

Yogurt helps reduce pain, inflammation and bloating in the stomach. The bacterial strains of *B. infantis* and *L. acidophilus* are found in yogurt. Eat one to two 8 ounce containers of yogurt making sure that it says "live and active cultures."

A good book is *Favorite Foods Mother Nature's Medicine* by Joe and Terry Graedon

—Josephine Cross

Source — "Prevention Magazine"

NEWS SHORTS

Happy Anniversary: 50 years: Cecilia and Leon Henderson

Marian and Jim Powley

Camille and Vincent Tower

60 years: Carol and Paul Miller

The BRTA card club is still open to those who enjoy pinochle, bridge, canasta or other card games. The next meeting is Monday, November 19th at 10:30AM at Friendly's Restaurant on Maple Road. Contact Carolyn Cardarella at mrscardarella48@gmail.com.

BRTA sends sympathy cards to the family of a retired teacher who has passed away. If you know of a retired teacher who has died, please send his/her name (and the family's address if you know it) to Carolyn Cardarella at mrscardarella48@gmail.com.

Many thanks to those teachers who have made donations to the Scholarship fund. The Scholarship Committee is presently fielding applications for this year's winners. If you are still interested in donating to the fund, please send your donation to the BRTA Scholarship Fund, PO Box 1009, Williamsville, NY 14231-1009

Meet the Women Teachers' Association

The WOMEN TEACHERS' ASSOCIATION (WTA) is a social and philanthropic organization that has been in the Buffalo Public Schools for over 100 years---it even predates the BTF!!! The WTA includes and invites ACTIVE and RETIRED Buffalo educators to join. The yearly dues are \$25 and we follow the school year--September to June. We have social events through the year and also offer SCHOLARSHIPS to children of our members and students in the Buffalo High School System. The applications are offered in February and awarded in June for \$500. Last year we awarded 3 scholarships. We also offer a program called CASH FOR THE CLASSROOM . This award of up to \$200 is given to an ACTIVE Buffalo Teacher for use in his/her classroom. Applications for this award are also available. Qualifications are simple--the applicant must be a member by December 31st, application returned by February, and then winner will be announced at the FASHION SHOW on February 20th with the award given at the SCHOLARSHIP DINNER in May. For more details --become a member!!

Our social calendar for 2013 is interesting and we hope you will join us. For more info please contact Carol Roberts ,WTA PRESIDENT at CarolARRoberts@aol.com. We have cooking demos, a fashion show, a wine seminar, and a tour of the Darwin Martin House complex planned for this year so we hope to see you soon!!!

—Elaine Lydon

**Buffalo Retired Teachers Association
Long-Term Care Insurance Workshop
Wednesday, November 14, 2012**

Ways to Register:

Mail this completed form (address and phone required) to: SMP Agency, 1320 Buffalo Rd., Ste. 211, Rochester, NY 14624

Call 1-800-655-4899 (24 hours a day)

Online: www.insurancemate.com/brtaseminar.html

I cannot attend but I would like more information. Please send me an informational packet

Name(s) _____

Address _____

City _____ State _____

Zip _____

Home Phone _____

Number Attending _____

Save the lower portion as a reminder!!

**STAY IN CONTROL OF YOUR HEALTH CARE OPTIONS &
SAFEGUARD YOUR HARD EARNED RETIREMENT SAVINGS**

Workshop highlights:

- Learn the Difference Between Health Care and Long-Term Care
- How to Avoid Being forced to Sell Your Assets or Surrender Your Money to Medicaid
- Review the NEW and More Restrictive Medicaid Eligibility and Asset Transfer Rules
- How to Maintain Your Estate While Getting the Healthcare You Need
- Review the Benefits and Discounts of the BRTA Long-Term Insurance Plans
- How to Know if Long-Term Insurance is Right for You
- Compare Long-Term Care Insurance Premiums from Several Companies
- Learn About the Three NEW New York State Partnership for Long-Term Care Plans

LONG-TERM CARE INSURANCE WORKSHOP

Conducted by Stephen M. Polizzi, CMFC, CLTC, CRPS

Wednesday, November 14, 2012

4:00 PM—5:30 PM

Buffalo Teachers Federation

271 Porter Avenue

Buffalo, NY 14201

Program is open to family members!

Buffalo Retired Teachers Association

Invites Members to attend
BRTA Holiday Luncheon

To be held at
Salvatore's Italian Gardens Restaurant
6461 Transit Rd. Depew, NY 14043
716-683-7990
Thursday, December 6, 2012

Social Hour: 11:15 Complimentary Fruit Punch and Cash Bar

Luncheon: 12:15 Choice of:
1) Filet Mignon— 6 oz. tender beef cut
2) Fresh Poached Salmon—Served with Lobster Dill Sauce
3) Chicken Milanese—panko breaded with tomato, onion and asiago
cheese, finished with balsamic glaze
Luncheon includes Salad, Vegetable, and Dessert & Beverage

Cost: \$24.00 for Members (BRTA subsidizes the cost for members.)
\$29.00 for Non-Members Guests

Payment: Due by Thursday, Nov. 29, 2012

Payable to: Buffalo Retired Teachers Association

Mail to: Ophelia Nicholas (633-1690)
9 Steinway Court
Williamsville, NY 14221

Note Bene: No cash refunds given after reservation deadline.

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

Holiday Luncheon December 6, 2012

Please reserve _____ seat(s) for me for the Holiday Luncheon.

My Check for \$ _____ is enclosed My Choice for Meal is # _____

Name _____ Phone _____

Guest Name _____ Meal Choice # _____

Guest Name _____ Meal Choice # _____

Guest Name _____ Meal Choice # _____