



BRTA NEWSLETTER

WWW.BRTA.BIZ

President: Al Marabella

Recording Sec.: Dolores Scanlon

1st VP: Charles Peszynski

Corresponding Sec.: Elisa Harting

2nd VP: Tom Giambra

Membership Sec.: Linda Parada

Treasurer: Stephen 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

January, 2013

UPCOMING EVENTS

Feb. 27—Winter Luncheon at Sean Patrick's. Information on page 4.

April 21-May 4—Eastern Europe Cities Tour

May 29—Spring Luncheon at Windows on the Green, Westwood Country Club

June 8—15—Mississippi River Adventure. Openings available. Call Al at 635-9530 or Russ at 839-5781 for information

June 11—Don Guerra Golf Outing at Terry Hills. New this year: raffle for two sets of 2 passes to the PGA Golf Championship to be held in Rochester in August, 2013.

Sept. 4—Fall Luncheon at the Millennium —election of officers and introduction of new members

Sept. 21-Oct. 1—Tour of Spain

Oct. 28-31—Fall Foliage Tour—Hudson Valley, Mansions, West Point and others

President's Message

As is BRTA's custom, at the Holiday Luncheon money was raised to be donated to a worthy cause. This year's donation went the William Floyd School District on Long Island that services the beach area. We were able to send \$1000.00 due to your generosity, our highest contribution ever.

Here we are in another year. I don't know about you but I never thought much about retirement when I was working. Now it's 2013. I never thought about seeing the turn of a new century let alone be retired 13+ years into it. Anyway, Belated Happy New Year.

Most of us are very fortunate with the pensions we receive & the supplement of Social Security & Medicare benefits. It seems to work well for us. So I guess the time passes nicely with peace of mind. However, while the fiscal cliff may have been avoided, the question of what will happen to Social Security & Medicare benefits still remains up in the air. Medicare could be a voucher program or greatly reduced or Social Security could become an individual investment account or all sorts of changes in eligibility or coverage or increase in taxes that apply or cuts to benefits or any or some of the above. If you have some thoughts about these matters, which probably concern all of us, contact your Senator and Congressional Representative. Let them know your feelings. After laws are passed it's much harder to advocate for a position.

As a teacher in Buffalo, my classroom was on the first floor next to the front door. There were times when there was violence in the neighborhood that I feared might carry over into the building. I thought of my own safety and that of the students in my charge. The Security Guard office was next to my room. Did that lessen my fear? NO! Why? He, if he were armed, could only react to shots fired. An assault weapon gets off quite a few shots in a short time. If assault weapons were not available to the general public or multiple magazines, perhaps a hunter's rifle or a side arm would not do as much damage by time security reacted. Of course, any real gun control legislation will be decided by who lobbies Congress. A national standard is needed to make availability or non-availability the same from state to state. New York may pass strict gun laws but across the NYS line procurement may be easier. It's a short drive for many over the line. Let your voice be heard. Call you Senator of Congressional Representative with your view. Let's not have the moneyed speak for you.

Elections happen this fall. BRTA is in need of a Friendly Service representative and candidates for all positions are welcome. If you can help out with 5 mailings a year and 4 luncheons, BRTA can use your assistance. Contact Peter Riester at 632-

Benefits Available to BRTA Members

Long-term Care Insurance; 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 Tire

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 at 716-836-7013 or toll free at 1-800-683-3682

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

IN MEMORIAM

John Letturi	October, 2012
Martha Pierce	October, 2012
William Hymes	November, 2012
Michael McCabe	November, 2012
Mary Agnes O'Hara Fisher	November, 2012
Oscar Smuckler	December, 2012
Rev. Gary Becker	December, 2012
Ann Scott	December, 2012
Freddie Fordham	December, 2012
Thomas Canazzi	December, 2012
Paul Benkoske	December, 2012
Laverna Roche	January, 2013
Dorothy Neidzwiecka	January, 2013

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 Elisa Harting (838-3708).

VOLUNTEERS NEEDED

The Botanical Gardens has recently created an indoor family/children's garden. Lessons have been created that would provide kids with hands-on experiences in the family garden—stressing healthy eating for a healthy life. The Director of Education at the Botanical Gardens hopes that some of you will step forth to facilitate activities. All materials and assistants to help will be provided. The primary need for assistance is on weekends especially Saturday mornings requiring about an hour and a half from 10:15 - 11:45. The Director hopes to have at least 12 dedicated volunteers, who working in pairs, would only be needed every 6 weeks. If you are interested and want to learn more, please contact Lynn Wieser, the Director of Education at the Gardens at 716-827-1584 ext. 291

CLUB ANNOUNCEMENTS

BRTA has clubs available to members and guests:

BRTA Golf League starts in May and goes through September. Play is at Executive courses, which vary monthly. For information call Mary Agnes Marabella @ 635-9530.

BRTA Card Club meets the 1st Monday of each month at Friendly's on Maple Rd. in Amherst. Single players or tables of 4 welcome. Call Carolyn Cardarella @ 689-8838.

Preventing Falls

It's that time of year when many of us are concerned about falling due to winter weather conditions. Some of us have been walking outside this summer and fall and would like to continue this exercise outside on nice winter days. Others will take their walking to the inside of a mall. Another concern is walking to and from our vehicles and to and from our homes without falling.

If you would like to continue your walking outside in the winter, I have tried Stabilicers. Each Stabilicers has metal studs attached to it and each can be easily pulled on or taken off shoes or boots. These Stabilicers have prevented me from falling when I needed to get out on a nice winter day for a walk. They can be purchased from most stores dealing with winter gear.

Falling makes you become tentative in how you walk and move around; you are not as secure. You must not become less active. If you become less active, you are more likely to fall again because you will start to lack strength and balance. So if you haven't, you need to start a regular exercise routine working on strength, stamina, balance and reflexes (how you respond and react to obstacles in your path).

Working on balance is something you can do every day. While brushing your teeth, stand on one leg then change to the other. While watching the television, stand on one leg for a count of 20, then change to the other leg.

How do we prevent falls in our homes? As we get older, items in our homes that use to be harmless now pose a greater risk. Stairs, bathrooms, dimly lit hallways, a little extra clutter around the house, pets under foot and rugs all may become problems. Most can be minimized though. Just take more time and attention, make a few changes to your home to reduce your risk of falling.

Enjoy the outdoors this winter!

HOLIDAY LUNCHEON CHARITY DONATIONS

BRTA members attending the December 6th Holiday Luncheon at Salvatore's Italian Gardens were exceptionally generous in their holiday donations to two charities chosen as this year's recipients. This year's split club benefited the Hurricane Sandy Relief Fund and was sent to William Floyd School District Hurricane Relief on Long Island. Total receipts for the split club amounted to \$938. and the BRTA Executive Board authorized rounding it up to \$1000.

The Holiday Donation Buckets on each of the luncheon tables collected \$413 to be donated to the local charity, Cornerstone Manor. Cornerstone Manor assists battered women and children in the Buffalo area. Once again, the Executive Board rounded up the donation to \$500.

Thank you to all the attendees who donated so generously to this year's charities.

Frequently Requested Numbers

Website: www.brta.biz

President: Al Marabella—635-9530

Membership: Linda Parada—875-3392

Luncheons: Ophelia Nicholas—633-1690

Travel: Russ Gervasi—839-5781

Newsletter: Elisa Harting—838-3708

Buffalo Retired Teachers Association

Cordially Invites Members & Guests to attend

BRTA Winter Luncheon

To be held at

Sean Patrick's

3480 Millersport Hwy. Getzville, NY (between North French & 990)

716-636-1709

Wednesday, February 27, 2013

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

Luncheon: 12:15 Choice of:

1) Corned Beef & Cabbage

2) Fresh Salmon with Dill Sauce

3) Chicken Marsala with Hunter Sauce

Luncheon includes Soup, Vegetable, Dessert, and Beverage

Cost: \$22.00 for Members --\$27.00 for Non-member Guests

Payment: Due by February 20, 2013

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)

Winter Luncheon February 27, 2013

Cost \$22. Members \$27. Non-Members

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

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

Name _____ Phone _____

Guest Name _____ Meal Choice # _____

Guest Name _____ Meal Choice # _____