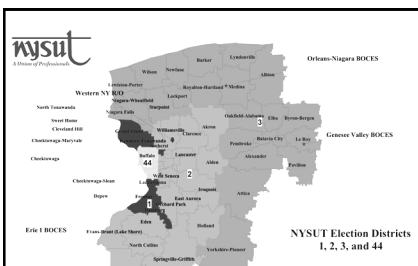


# Western N.Y. NEWS & Views

MARCH 2023

Reaching Out to Retirees in Five Western New York Counties— We are over 12,000 strong — a Coalition of Councils 1, 2 & 3



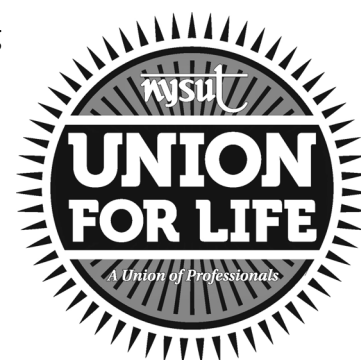
## from the President's Desk by Lynn Mele



Dear Retirees,

Happy Springtime! Of course, here in WNY it can and has snowed in June (1980)! Folks are looking forward to packing away sweater gear, getting gardens ready for planting, and just going outside and enjoying warmer temperatures.

This is also the time that active teachers are weighing their options for retirement. If you have friends who are contemplating this move, encourage them to reach out and take advantage of NYSUT's programs regarding retirement. They can call our local NYSUT office on Essjay in Williamsville (716-634-7132). Some of our Board Members will be reaching out to locals and presenting additional materials. If you have any questions, you can always contact Janet Goddard, NYSUT Retiree Services Consultant, at the Essjay location.



Our Program Committee is busy planning trips and activities for summer and early fall. Be sure to review the Bus Trip information below. Don't forget, we have a website and Facebook page with all the latest information on a wide variety of topics from Political Action to Medicare.

I hope to see many of you at our Regional Conference on May 9 at the Buffalo Niagara Marriott on Millersport Highway in Amherst. Look inside this newsletter for details on the conference. As always, be well.

*Yours in solidarity,  
Lynn Mele*

## SKANEATELES, NY COACH BUS TRIP

Departs and Returns to:

AAA office on International Drive, Amherst, NY  
June 15, 2023 – Approx. 7 AM-6 PM



On the way, visit the Women's Rights National Park in Seneca Falls. Lunch at the Sherwood Inn and a one-hour cruise on Skaneateles Lake. Check our webpage (see below) or Facebook Page—WNY Regional NYSUT Retiree Council for a complete itinerary, or email buffwings@verizon.net for more information.

### NYSUT Retirees of WNY Officers

**President  
Lynn Mele  
716-632-2975**

**1st Vice President  
Veronica Cavan  
716-691-5190**

**2nd Vice President  
Rosemary Donohue  
716-574-4658**

**Recording Secretary  
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716-662-2363**

**Corresponding Secretary  
Kathy Stewart  
716-998-4483**

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716-636-1827  
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Consultant  
Janet Goddard  
716-634-7132**

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SCAN  
QR CODE



For up-to-date information on RC's 1, 2, & 3  
visit our new website at  
<http://rcwest.ny.aft.org>



**Experienced**  
**Resourceful**  
**Engaged**

**NYSUT Retiree**  
**Regional Conferences**  
**Stay Connected!**

**Regional Conference for Retiree Councils 1, 2, 3 and 44:  
 Union for Life – Ways to Enhance Your Retirement**



Once you are a member of NYSUT, you are a member for life. Even in retirement your union continues to protect and enhance your rights.

NYSUT works to preserve your income, including Social Security and Medicare; and provides education on relevant topics and social opportunities to enrich the lives of our members.

**Join your fellow retirees on May 9, 2023,** to learn new strategies for maximizing your life in retirement. The conference program, scheduled for 8:30 a.m. – 2:30 p.m., includes presentations, workshops, deluxe buffet lunch and raffle prizes.

**Conference Location:**

Buffalo Niagara Marriott  
 1340 Millersport Highway, Amherst, NY

**Conference Cost:**

\$30 per person covers a continental breakfast and deluxe buffet lunch

**Need more information?**

Call: Lynda Brown 716-634-7132  
 or Email: [Lynda.Brown@nysut.org](mailto:Lynda.Brown@nysut.org)

**Payment may be made using a credit card, via online registration, or by check.**

**Checks should be payable to NYSUT** and may be mailed with registration form to:  
 NYSUT  
 Attn: WNY Retiree Regional Conference  
 270 Essjay Road  
 Williamsville, NY 14221



**For full descriptions of the workshops, and to register for the conference, either scan the QR code at left, or go to: [nysut.cc/RRC-23-05-09](http://nysut.cc/RRC-23-05-09)**

*Please copy and submit a separate registration form for each guest along with payment.*

**Registration Form** **Deadline: April 25, 2023**

Name: \_\_\_\_\_ Email: \_\_\_\_\_  
 Street: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

**Choose ONE Workshop for Session 1:  
 (10:20 – 11:00 a.m.)**

- Self-Care Tips for Caregivers
- Chair Yoga
- Financial Freedom in Retirement
- Tech Tips for the Digitally Challenged
- Member Benefits – Shopping and Travel

**Choose ONE Workshop for Session 2:  
 (11:15 – 11:55 a.m.)**

- Self-Care Tips for Caregivers
- Chair Yoga
- Financial Freedom in Retirement
- Journaling for Wellness in Retirement
- Pan-American Exposition History

## Election of Officers for Retiree Councils 1, 2, and 3 Term of Office: September 1, 2023 – August 31, 2026

The following are the officer nominations for RC 1, 2 & 3

### RC 1

President: Kathy Brown  
Vice President: Lynn Mele  
Secretary/Treasurer: Nancy Keller  
Delegate/Alternate: Maxine Knisley/Tom Spengler

### RC 2

President: Eva Mroczka  
Vice President: Rose Furman  
Secretary/Treasurer: Joanne Smith  
Delegate/Alternate: Liz Dolce/Mark Shanahan

### RC 3

President: Veronica Cavan  
Vice President: Arlene Reese  
Secretary/Treasurer: David D’Amato  
Delegate/Alternate: MaryLou Mancuso

Article IV Section D of each Retiree Council Constitution states: “If a position is uncontested, the nominee is automatically awarded the seat. In accordance with *Roberts Rules*, the Secretary may cast a single vote for the candidate.”

**SAVE THE DATE**

**NYSUT Retirees of WNY Fall Luncheon  
to Welcome New Retirees  
Tuesday, September 19, 2023  
The Columns, Elma, NY**

### PARTICIPATION FEE FORM (2022-2023)

If you have not already sent in your Participation Fee Form, we urge you to support our Retiree Councils by sending in your \$10 participation fee and by encouraging others to support the work we do for all of us. Thank you.

Name \_\_\_\_\_ District you retired from \_\_\_\_\_

Street Address \_\_\_\_\_ Year of Retirement \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Make your \$10 contribution payable to: NYSUT Retirees of WNY.

Mail this form to: Eva Mroczka, c/o NYSUT Retirees of WNY, 270 Essjay Rd. Williamsville, NY 14221

