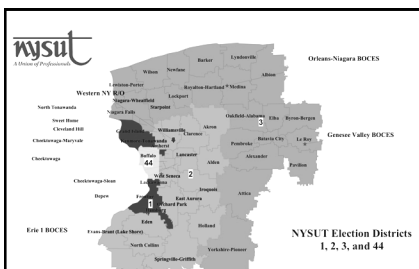


# Western N.Y. NEWS & Views

SUMMER 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,

Hello Summer! Time for all of us to enjoy festivals, cookouts, family gatherings, beautiful sunsets, and the warmth of the sun.



The Board of Trustees are working on a Pilot Program sponsored by the coalition with support from NYSUT called "Building Bridges." This is a part of the "Union for Life" movement across the state. We are reaching out to active locals helping them to prepare their teachers for retirement by providing in-person information. Trustees have volunteered their time by linking up with numerous locals for this new and innovative program.

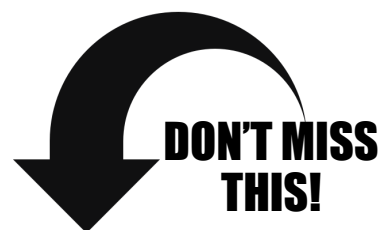


On the political scene elections for local races across Western New York are gearing up their campaigns. Election 2024 is underway as well. Read and do your research to find the candidate who suits your political ideology. Think about what you are willing to do...circulate petitions, go door-to-door, volunteer for phone banks, and participate in fundraisers or rallies. You can make a difference! There is a great deal at stake for all of us during this election cycle.

Be sure to check our "Save the Date" Section for two upcoming luncheons.

As always, be well.

*Yours in solidarity,  
Lynn Mele*



### WOMEN'S RIGHTS NATIONAL PARK & SKANEATELES LAKE TOUR THURSDAY, JUNE 15, 2023 - \$145

Departs and Returns to the AA Office on International Drive, Amherst, NY

Tour includes: Motorcoach Transportation, Seneca Falls – Women's Rights National Park, Lunch at Sherwood Inn, One-Hour Skaneateles Lake Cruise, Driver Gratuity

Please contact Frank Marchese at 716-698-8434 or buffwigs@verizon.net with any questions and instructions on how to sign up. Don't Delay! Confirm your reservation today!

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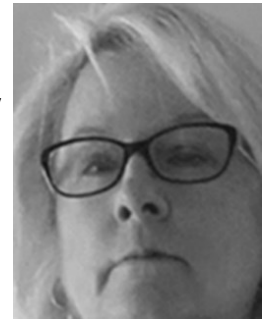


For up-to-date information on RC's 1, 2, & 3 visit our website at <http://rcwest.ny.aft.org>

Are you on Facebook? By scanning this QR Code, you will be brought to our Facebook page. Make a friend request; we are a private group.




### Spotlight On: **Kathy Brown**



I became active in the Grand Island Teachers' Association almost immediately in my teaching career due to my father's urging as he said the Teachers' unions had done so much for their members it was important to give back. I attended many union meetings where the President of the GITA, Richard Meredith, went through each part of the contract and explained the importance of each provision and why it was fought for in negotiations. This

background really assisted me as a Union Rep at Grand Island SD to help my fellow teachers and as a member of the Executive Board later. I tried to attend all the leadership sessions the union offered. After being a Building rep for several years, I served as the Grievance Chair and then became the Vice President of the GITA. I served on many negotiation teams during this time.

I enjoyed a wonderful career teaching and now a fun retirement. I am currently serving as President of the WNY Retiree Council #1. I am also very active as the Secretary of Buffalo Niagara Honor Flight organization. This group takes WWII, Korean and Vietnam Veterans to Washington, DC free of charge for a trip of honors and show of gratitude that many of these veterans never received while in or returning from the military. I am in a book club that my friends and I started over 20 years ago. I have taken art classes for the last 8 years, and I most recently took Ken-Ton Community Ed classes to learn Pickleball! I like to travel and seem to be found in casinos quite a bit! My retirement has been such a blessing so that I can choose each day how I want to fill it! I am very grateful for what our union does to make this happen for its members.



**SCHOOL BOARD  
VOTING TAKES PLACE  
ON TUESDAY, MAY 16,  
2023 ACROSS NYS  
(except for the "Big 5"  
City Schools Districts).  
Get Out and Vote!  
Be proactive!**

**SAVE THE DATE!**

**ENCOURAGE YOUR NEW RETIREES TO ATTEND!**

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

***Holiday Luncheon for All***  
Tuesday, December 12, 2023  
Salvatore's Hospitality Event Venue




**KUDOS to recently renewed retiree members,  
Lois Martle from Attica CSD and Marwin Feldman from Kenmore SD,  
both of whom retired 38 years ago!**

**PARTICIPATION FEE FORM (Sept 1, 2022-Aug 31, 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

## VOLUNTEERISM IS ALIVE AND WELL!

You've now retired.....it's important to remain active! NYSUT retiree David Faix from the Ken-Ton SD where he taught Middle School Social Studies, has found one way to remain active-volunteer! David has assumed the role of Education Coordinator of the Niagara Aerospace Museum in Niagara Falls which is looking to add to their volunteer docent staff to help with tours for visiting students from WNY schools. The Museum is located at the Niagara Falls International Airport, 9990 Porter Road, Niagara Falls, NY 14304. Their main focus is on the contributions of Aviation Pioneers—Glenn Curtiss, Larry Bell, Reuben Fleet—to Aviation and Space Flight. Emphasis is on local history and STEM subject areas.



The museum is hosting an informational gathering on Tuesday, June 6 from 1:00-3:00 PM. If you plan to attend the informational meeting or would like more information, please contact David Faix at [david.faix@niagaraaerospacemuseum.org](mailto:david.faix@niagaraaerospacemuseum.org) or call 716-297-1323 and leave a message.

There are several other organizations that need volunteers and docents, for example to name a few: Honor Flight, SPCA, Local Historical Associations, Local Museums, Performing Arts Theatres, AAUW American Association of University Women Annual Book Sale, Local County Fairs, Local Summer Events, Hospitals and Nursing Homes, Hospice, The Teacher's Desk, Libraries, Explore Buffalo, Literacy Volunteers, Outdoor Venues, and Big Brothers, Big Sisters of Erie, Niagara and the Southern Tier. Or, just return to your school district for volunteer opportunities in elementary classrooms.

**Make an inquiry as to what you can do!**



Help create a world where diversity is celebrated, equity is the norm, and oppression, in all forms, is eradicated. Help create a world filled with love, respect, and empathy for everyone. Help create a world where every person can reach their fullest potential.

**Become a Stick & Stones Facilitator**

Learn how to promote social unity and increase cultural awareness in your school and community by attending this new NYSUT workshop for members and local affiliates. The goal is to bridge cultural divides and make our schools and communities more welcoming and inclusive places for people of all abilities and backgrounds by helping participants see beyond their own personal world view.

If interested in becoming a Sticks and Stones workshop facilitator go to:  
[www.nysut.org/implicitbias](http://www.nysut.org/implicitbias)

## **STAY HEALTHY! TAKE CARE OF YOUR BACTERIA!!**

A plant-based diet promotes health-boosting gut bacteria. Micro-organisms often work well with our bodies. In the digestive system, they work positively to make us healthier. These tiny creatures can reduce the risk of some types of cancers, obesity, and diabetes. According to a study published in *Nature Magazine*, what you eat greatly determines which bacteria thrive in your gut. The study included 1,100 people who kept track of their diets with journals. They then had blood tests and stool samples analyzed. People who ate plant and animal foods that were not processed such as spinach, eggs, fish, and tomatoes had a diverse group of microbes in their systems. These are associated with good cardiovascular health including good blood sugar values and low LDL cholesterol. Those who ate mostly processed foods including fruit juices, bacon, and other processed meats showed high values of bad microbes. The Mayo Clinic experts say that this shows that people who eat minimally processed foods will experience the health benefits. (Source: *Mayo Clinic Newsletter June 2021*)