

# WAYNE COUNTY RETIRED TEACHERS' ASSOCIATION

Spring 2018

## OFFICERS/COMMITTEES

### President/Legislation:

William Lesniak 315-483-8061  
7449 State St. Sodus, NY 14551

### Vice-President:

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6566 E. Port Bay Rd.  
Wolcott, NY 14590

### Secretary:

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39 Dickerson St. Lyons, NY 14489

### Treasurer/County Membership:

Sharon White 315-447-1031  
296 White Rd. Parish, NY 13131-4230

### Parliamentarian: OPEN

Please consider volunteering for this position.

### Historian:

Rita Lesniak 315-483-8061  
7449 State St. Sodus, NY 14551

### Community Service:

Elaine Leasure 315-986-1423  
3280 Orchard St. Walworth, NY 14568

### Friendly Service: OPEN

Please consider volunteering for this position.

### Health Care:

Sharon Maher 315-483-6055  
6578 Hunters Point Rd.  
North Rose, NY 14516

### Immediate Past President:

Sue Nellany 315-589-2876  
4041 Wayne St. Williamson, NY 14589

### Resolutions: OPEN

Please consider volunteering for this position.

### Newsletter Editor:

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## Greetings from the Executive Board of the Retired Teachers of Wayne County.

We have planned a great luncheon for June 5th and hope you'll be able to join us. Our program will be the well-known outdoor and naturalist writer Chris Kenyon. Chris is a great advocate of Wayne County tourism. He will be sharing some of the natural wonders of our area through pictures taken throughout all corners of the county. Come and see what is available in your local community and where you can experience it for yourself.

Get your reservation in by May 18th and feel free to bring a colleague, spouse or friend along. Hopefully you'll enjoy a couple of hours reconnecting with old friends, listening to an interesting speaker and enjoying the musical entertainment.

## Want to stay active and keep your mind engaged?

Our organization is in need of some people to be willing to give a little bit of their time to keep this organization strong. We cannot grow without the vitality and energy of new leadership. There are positions open in our Central Western Zone and in our county unit of NYSRTA. I am hoping someone will come forward to take on some of these positions so that we can continue to serve the needs of our retired colleagues. Please let me or one of the executive committee members know if you are interested or know someone who might be. Positions that are open or need assistants are: at the county level – Vice President, Resolutions, Parliamentarian and Assistant Membership; at the zone level- Vice President, Membership and Nominations.

*Bill Lesniak – WCRTA President*

If you would like to receive notices via email and have not provided Bill Lesniak with your email address, or it has changed, please send Bill an email with your address: [wmllesniak@aol.com](mailto:wmllesniak@aol.com)

**Thanks to all who have been sending news items for the newsletters. Keep them coming!!**

**Health & Wellness Committee**  
**By: Sharon Maher**

**WANT TO LIVE TO BE 100?  
OR BE AS HEALTHY AS YOU CAN BE FOR  
AS LONG AS YOU CAN???**

**One Way -  
Take care of your "gut"!!**

In the last few years, the gut – and the trillions of bacteria inside it – has been getting more and more focus. Scientists are still studying how gut bacteria affects our health, but they do know it is happening. Good gut bacteria (living organisms) have been tied to improved digestion, better regulated blood-sugar levels, reduced bowel inflammation, infection and gastrointestinal symptoms linked to diarrhea and irritable bowel syndrome; they can help lower cholesterol levels, and even improve mood.

Research is also continuing as to the effects on other issues, from colon cancer to Alzheimer's. Studies are looking promising. As news continues, the sales of probiotics are increasing.

You can send a stool sample to a team of scientists to get a personalized gut bacteria evaluation.

What many don't know is that to support good bacteria, probiotics, you have to eat prebiotic nutrients in specific dietary fiber. Prebiotics are not living organisms, and are soluble, fermentable organisms unable to digest in your stomach so they can progress to your intestines, where they feed the probiotics and ferment into short-chain fatty acids. These fatty acids provide all the good-for-you benefits that keep us healthy. Without the prebiotics to feed the probiotics, the good gut bacteria die off or even attack your system. Good gut bacteria will look for anything to eat to survive and could go after the mucus lining of your intestine. That mucus protects your gut from the bad bacteria, so if there is less mucus, it can lead to risk for infection or inflammation.

**The answer: Adding prebiotic and  
probiotics to your diet.  
Stay tuned!! Look for more to come!!**

**Kudos to Irene Bierer**  
(Our very own playwright)

Williamson Central retiree Irene Bierer has recently completed writing the script for an original play entitled "The Heart of the Bennetts." Based on the lives of Dr. Josiah Bennett and his wife Ruth, Irene developed their story into 5 vignettes progressing with a narrator between scenes, revealing something about the lives of

- Josiah and Ruth at the beginning of their life together. Ruth sings to her baby, Myron.
- Grown up now, Myron and his daughter Mary Appolonia (Appie) as she bursts into Ruth's home, and Myron follows with their various points of interest.
- Charles and wife Delia; she died, he gave their baby girl to his sister to raise, he meets and marries Phoebe.
- Ellen Wealthy Bennett (daughter of Charles and Delia) asks help sorting out her feelings about her mother dying, baby sister given away, father remarries right away and keeps both a stepson and another new baby - but her little sister can't live at home again - all true, by the way. Aunt Mary and Uncle (Dr.) Lathrop Sprague help her resolve her emotions. He sings an uplifting song for her.
- John Paul (J. P.) Bennett and wife Sarah figure out what his past life has been about, as he needs to speak about it that evening at the Presbyterian Church.

These scenes are built upon facts, as Dr. Bennett came to Williamson in 1815, marrying Ruth Reeves from Palmyra in 1818. Their four children were born in a historic home that still stands on East Main Street across from the Williamson United Methodist Church. The play will be presented on Wednesday, May 2, at historic Gates Hall in Pultneyville at 7:00 p.m. Admission is free and refreshments will be served.

*Submitted by Perry Howland*

**Legislation**  
**By: Bill Lesniak**

Another note to keep you up to date with the action in Albany.

Yes we have a budget but the Senate is in turmoil with the power possibly going over to the Democrats and many of the Governor's proposals that have been blocked by the Republicans will likely come to light again - increased taxes and license fees to mention a couple. Our staff and legislative advocates will be watching, and we may be contacting you for support on any issues affecting us. Hope to update you with good news at the luncheon.

**Community Service**  
**By: Elaine Leasure**

At our Spring meeting, we are collecting personal care items (both mini and regular size) for men and women. We are also collecting lap blankets or throws - new or very gently used. There will be a chance to make a donation at the meeting as well. Everything will go to the Veteran's Home in Canandaigua.

**Honor a Teacher**

The Epke-Meagher Award

This award is presented annually to a retiree(s) who has taught in the geographical area of the Central Western Zone of the NYS Retired Teachers Association (which includes Wayne County). It is to recognize a retiring teacher who has shown exemplary service and leadership in their **school** and **community**. If you have someone you would like to nominate go to [cwzretiredteachers.org](http://cwzretiredteachers.org) or contact an officer.

**PART 2**  
**Take Charge of Your Health**  
**SOURCES OF PREBIOTICS AND**  
**PROBIOTICS -**  
**NATURAL FOODS WORK BETTER THAN**  
**SUPPLEMENTS**

**PROBIOTICS**

Yogurt (live culture made from goats' milk high in probiotics thermophilus, bifidus, and bulgaricus and can be infused with probiotics like lactobacillus and acidophilus), Kefir (combo of goats milk and kefir grains - high in antioxidants, lactobacilli, and bifidus bacteria), Sauerkraut (fermented cabbage said to reduce allergy symptoms)

Dark Chocolate (not a prebiotic, but effective probiotic carrier, by helping probiotics survive travel through digestive tract). Microalgae (spirulina, chlorella, blue-green algae), Miso Soup (full of lactobacilli and bifidus bacteria), Pickles (any pickled vegetable), Tempeh (fermented, probiotic-rich grain made from soybeans), Kimchi (Asian spicy fermented cabbage), Kombucha Tea (not for everyone, especially if you have problems with candida)

**PREBIOTICS**

A type of fiber; un-digestible plant fibers that live in the large intestine. Microalgae (it feeds and nourishes probiotics already in your gut.), raw Jerusalem artichoke (called sunroot, sunchoke, or "fartichoke" related to sunflower that can be boiled, sautéed, or roasted), raw Dandelion Greens (use in salads, sandwiches, stews, casseroles, soups, and herbal teas. Can blanch for 20 seconds to reduce taste), raw chicory root, raw garlic (use in guacamole, hummus, veggie stir fries), raw onions, cooked onions, raw asparagus, apple cider vinegar, coconut meat, raw wheat.

You do lose some of the fiber if you cook prebiotic foods. You should consume a minimum 5 grams of prebiotics and may be getting this from what you eat. It's very hard to gauge. Too many prebiotics can cause bloating, gas, and discomfort.

**In closing, just remember**  
**PREBIOTICS EQUAL A HAPPY GUT!**

**Please consider joining NYSRTA if you are not already a member. For information, check out the website: [www.nysrta.org](http://www.nysrta.org)**

**This organization works in many ways to protect us as retirees. Your membership and support is important!**

**If you read Bill Lesniak's legislative report, you can see there are many issues that affect each of us and our future being addressed by the organization.**

**The cost is only \$30.00 per year. If you prefer, Lifetime Membership is \$450.00**

**You can join on line or fill out the application below and mail to:**

**The New York State Retired Teachers' Association**

**8 Airport Park Boulevard**

**Latham, New York 12110-6414**

**New Member Enrollment Form and Profile**

Name  Mr.  Miss.  Mrs.  Ms.  Dr. \_\_\_\_\_

Address \_\_\_\_\_

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

Telephone (\_\_\_\_) \_\_\_\_\_ Date of Birth \_\_\_\_\_ Email \_\_\_\_\_

Retired Educator  Active Educator  Associate (non-certified support staff) Year Retired \_\_\_\_\_

County of residence \_\_\_\_\_ School Dist./College/University retired from \_\_\_\_\_

Subject area \_\_\_\_\_ Level taught \_\_\_\_\_

Level of Administration if applicable \_\_\_\_\_

Are you interested in working in retirement?  Yes  No

**Spouse Enrollment**

Spouse Name  Mr.  Miss.  Mrs.  Ms.  Dr. \_\_\_\_\_

Date of Birth \_\_\_\_\_ Email \_\_\_\_\_

Retired Educator  Active Educator Year Retired \_\_\_\_\_

State retired from \_\_\_\_\_ School Dist./College/University retired from \_\_\_\_\_

**Payment Options**

I have enclosed my check or money order made out to NYSRTA in the amount of: \_\_\_\_\_

Please charge my:  Visa  Mastercard Credit Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Print your name clearly as it appears on your card \_\_\_\_\_

Authorizing Signature: \_\_\_\_\_

- Educational Retirees are our first priority.

**What can you do for you? Join us!**

Help NYSRTA continue its 60 year tradition as the only Statewide organization in New York devoting its entire effort to retired educators and their associates.

## UPCOMING EVENTS

### SAVE THE DATES!!

**Fall Luncheon – Oct. 2<sup>nd</sup>  
Palmyra Community Library  
Decorations – Red Creek**

**CWZ Annual Meeting – Sept. 20th  
NYSRTA 68th Annual Convention – Oct. 17<sup>th</sup>-19th**

REMINDER: If you see an article or obituary regarding a retired Wayne County Teacher, please send it to our Unit Historian, Rita Lesniak. Her address is: 7449 State St., Sodus, NY 14551. Her email is: NYToyLady@aol.com

### DUES

The date after your name on the address label tells your paid dues status, for example, "17CO" would mean your dues for July 1, 2017 to June 30, 2018 are paid.

\*Please send your \$5 (checks made out to WCRTA) to:  
Sharon White  
296 White Road  
Parish, NY 13131-4230

Your support is needed to keep our organization alive and well!

\*\*If you think there is an error, please let Sharon know.

*We are grateful to the Reliant Community Credit Union for making the printing of this Newsletter possible.*