

# Notes from the

# BLACKBOARD

EDITOR- Kathy Grandjean

WINTER 2017

## Officers

### President/Legislation

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

### Vice-President

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6566 E. Port Bay Rd.  
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### 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

### State Membership

Kathleen Clute 585-374-6371  
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### Parliamentarian

Sandra Keller 315-331-6120  
114 Stuart Ave. Newark, NY 14513

### Immediate Past President

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

## Message from the President – Bill Lesniak

Greetings fellow retirees,

As I begin my first year as your President, I look forward to providing you with fellowship among the Wayne County Retired Educational personnel. We have two luncheon meetings a year (the first Tuesdays in June and October). We hope to have informational meetings concerning issues we are faced with, an entertaining program to spice up our lives and of course a chance to get together with colleagues. We try to make the meals tasteful, light in calories and low in cost. I hope you all can make it to our next luncheon meeting June 6<sup>th</sup> at Young Sommer Winery in Williamson.

A little about myself, for those that don't know me. I retired from Sodus Central as a Science teacher in 2003. Since then I have been actively involved with the Wayne County Retired Teachers Association, NYS Retired Teachers Association, Lions Club of Sodus, Sodus Community Library, NYS Local & Regional Science Olympiad, Sodus Church of Epiphany, and the Wayne County Rock & Mineral Club. I occasionally will be found subbing at Sodus Central, but that has become less with more time spent in other areas. My wife, Rita, and I also try to find some time to travel.

Speaking of substituting, if you are retired and wish to substitute, you must now register with the state by the end of your birth month this year or there will be a cost to activate your status in the future. See article on Continuing to Substitute in this newsletter or at <http://www.cwzretiredteachers.org/teaching-certif-registration/> Hoping to meet all of you June 6<sup>th</sup>,

*Bill Lesniak*  
President, WCRTA

WINTER 2017

## Committees

### Community Service

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

### Friendly Service

Linda Vanderbrook 585-377-4723  
534 Penbrooke Dr.  
Penfield, NY 14526

### Resolutions – OPEN

**THIS COULD BE YOU!**  
Please consider volunteering for this position

### Health Care

Sharon Maher 315-483-6055  
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North Rose, NY 14516

### Historian

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7449 State St. Sodus, NY 14551

### Newsletter Editor

Kathy Grandjean 315-333-1113  
2601 Lake Rd. Ontario, NY 14519

## NEWS & NOTES

### Did you miss the Fall Meeting?



*Pictured above: Past Presidents in attendance, Current Officers and our presenter, Loreen Jorgensen.*

The Fall Luncheon was a fun and informative event.

Our main speaker was our own Loreen Jorgensen, who gave a wonderful presentation entitled **“Church Stories of Wayne County Part II.”**

Pat Fisher, another of our own, stopped by from the Wayne County Historical Society to talk about **“The Marshall Papers.”** This is a proposal to start a Wayne County Local History Scholarship Essay Competition. This would be similar to The Hoffman Papers, which many of you probably remember. If you have an interest in this, contact one of us and we will put you in touch with Pat.

We said goodbye to our President, Sue Nellany, and welcomed the new President, Bill Lesniak.

The buffet meal was provided by the United Methodist Church and was delicious.

### Community Service – Elaine Leasure

A reminder to everyone to keep track of their daily exercise and walking and running events. We will be collecting this information at the spring meeting. Stay warm and healthy!

### Health Care – Sharon Maher

It's Winter in Upstate New York!!!

“My Fingers are always cold!!”

“Yeah, so??? It's winter in Upstate New York!! ”Oh, It's January not June???”

OR IS THAT THE ONLY REASON??

#### 10 REASONS YOUR FINGERS AREA ALWAYS COLD

1. Raynaud's Syndrome – narrowing of blood vessels in fingers, toes, etc. due to cold or emotional stress
2. Autoimmune diseases – Lupus, rheumatoid arthritis, etc. can cause Raynaud's
3. Hypothyroidism -thyroid is out of whack, thyroid is the thermostat of the body
4. Circulation Problems – when blood isn't circulated well for any circulatory reason, you will feel it in your hands and/or feet with tingling, numbness, or coldness.
5. Anemia – when oxygen or iron in blood is low,
6. Vitamin B12 Deficiency – leads to decreased red blood cells - diet, lower absorption over 50, some digestive issues – Celiac or Crohn's disease
7. Low Blood Pressure – your body shifts blood flow away from extremities to vital organs
8. Stress and Anxiety – with chronic stress or anxiety, body goes into “fight or flight” mode, adrenaline surges, and blood vessels to extremities constrict
9. Medications – Many medications constrict blood vessels, particularly arteries, causing Raynaud's. (Beta-blockers, some – cancer, migraine, and OTC decongestants )
10. Smoking – nicotine constricts blood vessels and can cause plaque buildup in the arteries.

WISHING YOU A HEALTHY, HAPPY 2017!!! SEE YOU ALL IN JUNE!!! *Sharon*



## Legislation – Bill Lesniak

1. We have a new President that has vowed to repeal the “Obama Affordable Care Act”. NYSRTA will be focused on protecting Medicare and Medicaid from cuts, preserving drug discounts and preventive benefits, and safeguarding insurance protections in the Affordable Care Act. We may be asking for your help. A website to help keep you posted on these issues is:

[www.retiredamericans.org/](http://www.retiredamericans.org/)

2. NYSRTA will still push to improve the COLA law to more accurately account for increases in inflation by raising the base amount or by allowing for higher CPI percentage to be applied.

3. We will be working with a new State Senator, Pam Helming, and may be asking for your assists when meeting with her. Virtually every aspect of our lives, every institution, and every activity is affected by government. This is particularly true of the State Legislature as it relates to programs for education retirees. The State Legislature is pressure-sensitive and will respond to needs if the effort is made to contact them in an effective manner. Complaining about it and wishing for it will not make it happen. It takes organized and persistent action.

4. This fall we will be voting on a ballot issue to hold a State Constitutional Convention. At stake for our members is a possible negative impact on our pensions, taxes on our pensions, and the actual cost to taxpayers of the convention itself. We have spent our lives dedicated to public service, often forgoing higher salaries offered in the private sector. We have earned and deserve the modest pensions we were promised tax free.

Bill Lesniak  
Legislation Chair

## Convention - October 2016

We had another successful Annual Convention. Angelo Grande, our NYSRTA President, stated in the latest issue of York State “Our Association is alive and well...NYSRTA continues to be the true source for retired educators.” Our zone was in charge of the convention this year and Wayne County was well represented at the convention. President Grande had this to say- “Thank you to all of the members of the Central Western Zone and 2016 Convention Chairs, Jane Behnk and Sandra Kushner for hosting the Convention. It was a wonderful Convention and we enjoyed the workshops that were available.”

The Keynote Speaker was Eleanor Stearns, who also spoke at one of our Wayne County luncheons. She impersonated Elizabeth Cady Stanton, and was wonderful to watch again.

The Delegates approved four proposed new resolutions and one emergency resolution as recommended by the Resolutions Committee.

**Resolution D-19-1: Return Cursive Writing to the Elementary Classroom (Western Zone),**

**Resolution E-16-1: Ethics Reform in the State Government (Western Zone),**

**Resolution E-17-2: Mandating Seatbelts for All NY State Backseat Passengers Aged 16 or Older (Long Island Zone),**

**Resolution E-18-3: A Resolution to Oppose the 2017 Constitutional Convention Referendum Initiative (Northeastern and Long Island Zones),**

**Resolution D-19-1: Repeal the Teacher Registration Regulations (Central Zone)**

## SOME HIGHLIGHTS FROM THE 66th ANNUAL CONVENTION

These and more can be found in the York State Winter Newsletter at:

<https://nysrta.org/york-state/>



*Julie Wunder, Past President of Wayne County, one of many CWZ Greeters*

## What's on Your Bucket List??

At our Spring Luncheon in 2015, Dic Lasher spoke on his experiences working on Rose Parade Floats. Our new President, Bill Lesniak and his wife, Rita (our Historian) decided to check that off their bucket list!!



*Bill and Rita and friends with their float!*



*Everybody loves a raffle!*



*Ellen Stearns*



*The Float was "Keep the Beat Alive" sponsored by Union Bank along with the American Heart Association*



*Mealtimes were a wonderful chance to interact with members from all over our state.*

## *We have received word of the following members passing:*

**Ralph Brongo**, Oct. 2016 – husband of Linda (Newark), father of Ralph Brongo Jr (Pal Mac)

**Fuller, Nathalie**, Oct. 2016 – Wayne Central

**Pease, Winifred**, Sept. 2016 – Wayne Central

**Pierce, Rose**, Sept. 2016 – Wayne Central

**Sones, Charlie**, July 2016 – Wayne Central

**Turner, Kay**, Dec. 2016 – mother of Kathy Grandjean – Williamson

**Wiggins, Richard**, Oct. 2016 – retired from Red Creek, also taught at NRW



*2016 Convention Host, CWZ Delegates in front of the 10 zone quilt made at a workshop led by CWZ's Judie Byndas in 2007- the last convention we hosted.*