



Retirees Association

NEWSLETTER

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BOARD OF DIRECTORS:

Guy Tumolo, *President*
Pete Schepis, *Vice-President*
JoAnna McQuaide, *Secretary*

Cathy Thomas, *Treasurer*
Connie Przybyla, *Editor*
Angela Conte

Pamela Long
Marge Lubawy
Joan McMahon



Message from THE PRESIDENT



Fellow retirees, we are about to complete a year full of restrictions on our social interactions. Let us pray that the coming year will be brighter, more interactive, and without the overwhelming fear the past nine months have brought us.

With that hope in mind your Board has prepared a full schedule of luncheons, speakers, and will be considering organizing some interesting activities for the new year. The first luncheon is scheduled for St. Patrick's Day, Wednesday, March 17, 2021. We pray that the advancements against the pandemic will have progressed successfully to permit our getting together again and enjoying each other's company.

In mid-November current Board members were reelected at the Annual meeting conducted via Zoom. If you were able to join in, we hope you enjoyed the experience and the presentation on Medicare. The annual president's report and financial status condition report were delivered.

Now is the time to renew your membership in ACRA. The joy and information this newsletter brings is alone worth the fifteen dollars. While I am on the subject of membership, I would like to ask you to seriously consider volunteering to help keep this association functioning. It does not take much. You could help by organizing an activity you are interested in, helping with the picnic, selecting the menu for the luncheons, contributing to this newsletter, recommending a speaker, maybe even consider serving on the Board. There is an election every year. We need you in order to continue to have a dynamic organization.

We are in what has historically been the most social time of the year, having just celebrated Thanksgiving and with Christmas coming soon, we have our hopes on the horizon that the new year will allow us to get together for a few meals, interesting programs and activities. BLESSED CHRISTMAS AND A HOPE FILLED NEW YEAR!



ACRA ZOOM MEETING

by *Connie Przybyla*

ACRA held its first ever Zoom meeting on November 18, 2020. William McKendree, PA Healthcare Benefit Support Program spoke about the Medicare changes for 2021. Also, a motion to accept the slate for Board of Directors was entertained and accepted to re-elect the current Board (Angela Conte, Joan McMahon, Marge Lubawy, Pam Long and Connie Przybyla) to another two-year term.

2021 RETIREMENT CHECK DATES

- January 28, 2021
- February 25, 2021
- March 25, 2021
- April 22, 2021
- May 27, 2021
- June 24, 2021
- July 22, 2021
- August 26, 2021
- September 23, 2021
- October 28, 2021
- November 24, 2021
- December 23, 2021

In the Spotlight: **KATHY AND BOB BANOS**

by *Connie Przybyla*



*Bob and Kathy Banos
with their daughter,
Laura*

This edition of *In the Spotlight* features husband and wife, Bob and Kathy Banos. After 41 years Bob retired in 2016 and Kathy retired this year after 44 years with the County.

Bob retired as a Hearing Officer in the Court of Common Pleas, Family Division, Juvenile Section. He previously held positions as a Public Defender and Supervisor of Public Defenders at Juvenile Court.

Kathy retired as a Court Reporter working in the Court of Common Pleas. Prior to that assignment she was assigned to Juvenile Court, then to the Court Reporter Audio Room.

Bob is an avid gardener and Kathy loves bird watching. They combined their hobbies by Bob growing beautiful Firecracker flowers, which attract humming-birds to

their garden. They reminisced sitting in their yard watching the hummingbirds surrounding the colorful flowers.

Kathy volunteers two days a week at the local food bank. She is also trying to relearn how to play the piano. Bob has a passion for working outdoors turning his yard into an oasis of colorful flowers.

They both love going to Bluegrass Festivals in the surrounding areas often making the outing a long weekend. Additionally, they like going to Bed and Breakfast inns, live theater, and magic shows at Liberty Magic.

Since Bob does not fly, they have kept most of their trips fairly close. They have visited Williamsburg, VA, Bald Eagle State Park, PA, Horseshoe Curve in Altoona, and many wineries. In the future, they hope to take a cross country train trip.

Bob and Kathy met at Juvenile Court and have been married for 37 years. They have one daughter, Laura, who lives in Philadelphia. Laura is the traveler in the family and has visited many countries.

We wish Kathy and Bob a long and healthy retirement and that they get to take that cross-country train trip soon.

2021 LUNCHEON DATES

- March 17, 2021 - Identity Theft - Member Appreciation Day
- April 21, 2021 - Battle of Homestead
- May 19, 2021 - US Brig Niagara
- June 16, 2021 - ACRA Annual Picnic
- July - NO MEETING/LUNCHEON
- August - NO MEETING/LUNCHEON
- September 15, 2021 - Sarris Candies
- October 20, 2021 - TO BE DETERMINED
- November 17, 2021 - Medicare and Retirement Updates
- December 15, 2021 - Holiday Party

*For more details visit our website at <http://acretirees.org/>

RECIPES BY PAM

by *Pam Long*



Santa's Whiskers Cookies

- 1 cup of unsalted butter
- 1 cup of sugar
- 2 Tbsp. milk
- 1 tsp. Vanilla
- 2 1/2 cups sifted flour
- 3/4 cups finely chopped red and green candied cherries
- 1/3 cup finely chopped pecans
- 3/4 cup of flaked coconut

Cream together butter and sugar. Blend in milk and vanilla. Stir in flour, cherries, and nuts. Form into rolls 2 inches in diameter and 8 inches long. Roll in the coconut. Wrap in waxed paper and chill several hours or overnight. Slice 1/4 inches thick and place on an ungreased cookie sheet.

Bake 375 for 12 minutes or until edges are golden. Makes about 5 dozen.

Enjoy!



IT'S NOT TOO LATE TO GET A FLU SHOT!

by Joan McMahon



Getting a flu shot is more important than ever during 2020-2021 in order to protect yourself and those around you from the flu, and to help reduce the strain on healthcare systems responding to the COVID-19 pandemic. (The flu vaccine does not protect against COVID-19).

Most younger people will recover from flu in less than two weeks having symptoms which may include fever, chills, sore throat, muscle aches, runny nose, fatigue, and malaise. However, it has been observed for many years that people 65 years of age and older are at high risk of developing serious complications from flu. The heightened risk is due in part to changes in immune defenses with increasing age. In recent years, it is estimated that between 70 percent and 85 percent of seasonal flu-related deaths have occurred in people 65 and older, and between 50 percent and 70 percent of seasonal flu-related hospitalizations have occurred in people in this age group. Serious complications such as pneumonia, myocarditis, encephalitis, and multi-organ failure have been noted in this age cohort.

Presently, there are several flu vaccines available. Two of these: **Fluzone High-Dose Quadrivalent** vaccine, manufactured by Sanofi Pasteur Inc., which contains four times the amount of antigen (inactivated virus that promotes a protective immune response) than a regular flu shot; and **Fluad Quadrivalent** vaccine, manufactured by Seqirus, containing an additive which can create a stronger immune response, are newly licensed in the U.S. this season. They are both inactivated---you cannot get the flu from the vaccine. Although they may result in more of the temporary mild side effects that occur with the standard dose seasonal flu vaccine such as pain, redness or swelling at the injection site, headache, and muscle ache. These conditions typically resolve in 1-3 days.

The Advisory Committee on Immunization Practices (ACIP) does not state a preference for one vaccine over another for people for whom more than one vaccine is licensed for their age. **The important thing is to make sure and get a flu shot, after discussing with your doctor which vaccine, among the several available this season, is best for you! Be well!**

References:

<https://www.cdc.gov/flu/highrisk/65over.htm>

https://www.cdc.gov/flu/prevent/qa_fluzone.htm

Immunization Action Coalition, IAC Express, Issue 1,518: September 29,2020

RETIREMENT OFFICE UPDATE

To the Retiree's, Survivors and Active Members of the Allegheny County Retirement System:

2020 has been a tough year but I am pleased to report that during the Coronavirus Pandemic, staff remained fully functioning. Although we had to close our doors to members during the Allegheny County RED Phase, staff worked diligently to answer retirement questions and process new retirements, payroll, and refunds amongst other administrative duties. During that time, our offices were thoroughly cleaned, and plexiglass partitions were installed in our reception area.

When the County moved into the YELLOW Phase, our office doors re-opened to our members. In accordance with Allegheny County and the County Office Building policy, we asked that members wear a mask when entering our office. Our number one priority is to keep our staff and our members safe while providing them with the services that they need.

The fund had a market value of 935 million as of 7/31/2020. Even through the pandemic, the funds are very diversified and were able to withstand the market fluctuations.

I am also pleased to announce that the Board completed the RFP process for Consulting Services on September 17, 2020. The Board unanimously voted to offer AndCo Consulting a one-year contract that begins December 1, 2020.

I hope that everyone is doing well and staying safe during these trying times. Please remember that we are here for you if you need anything from the office.

Happy Holidays,

Walter Szymanski,
Manager, ACERS

TEST YOUR KNOWLEDGE OF PITTSBURGH

by Connie Przybyla



In these stressful times, let's lighten up things and have a little fun. How much do you think you know about Pittsburgh? See if you can answer the following questions.

1. The first injectable polio vaccine was developed at the University of Pittsburgh in 1952. Name the doctor.
2. Pittsburgh had the first automobile tunnel in the country. Which tunnel is it?
3. Used on soda and beer cans - this invention was developed by Alcoa in 1962. It was first used by Iron City Brewery.
4. The first internet emoticon was created by a Carnegie Mellon University computer scientist Scott Fahlman in 1982. What emoticon was it?
5. What game's concept was developed in Pittsburgh in the early 1920s and is played every week throughout the country?
6. Why did the Civic Arena make history, on September 18, 1961?
7. How many bridges are in the Steel City?
8. A Pittsburgh artist, director and producer who was a leading figure in the visual art movement known as pop art.
9. The Poison Center at Children's Hospital of Pittsburgh created what in 1971?
10. This 5-time Academy Award winning movie was partially filmed in the old Allegheny County Jail.
11. What famous architect designed the Kaufmann's large parking lot downtown?
12. What indispensable part of Lawrence Welk's television show was invented in Pittsburgh?
13. In 1966 Pirates fans used what to place a hex on opponents? Additionally, who came up with the idea?
14. The Steelers were the first National Football League (NFL), team to win 6 Super Bowls - Name the years they won the Super Bowl.
15. In 1909, Forbes Field became the first steel and concrete stadium in America. It was torn down in what year and what replaced it?
16. What feat did Mario Lemieux accomplish on December 31, 1988?
17. Who was the first Pittsburgh Pirate to be inducted into the baseball Hall of Fame?
18. What was the name of Pittsburgh's professional basketball team in the original American Basketball Association?
19. In 1886 what chocolate covered peanut butter candy was formulated by an Irish immigrant living in Pittsburgh?
20. Name the father/daughter duo who anchored the local news on KDKA.

*Answers on page 5



IN MEMORIAM*

AUGUST 2020 TO SEPTEMBER 2020

Name	Date of Death
BERCHOK, MARIANNE R	8/8/2020
BRUNO, ANTHONY	8/1/2020
BYRNES, JAMES J	7/20/2020
COBURN, BARBARA	7/23/2020
COLL, ROBERT J	8/1/2020
CONNERY, THEODORA N	8/31/2020
CUSACK, KAREN A	7/20/2020
DEGENES, RALPH J	7/24/2020
DOLINAR, DIANE M	8/3/2020
EVERS, FRANCES I	9/25/2020
FLUMAN, GARY C	9/13/2020
FULL, ROBERT A	7/17/2020
JERICO, CHARLOTTE J	8/1/2020
KING, DONALD B	9/1/2020
LABELLA, FRANCIS	8/1/2020
LEACH, DELLAFAE	8/18/2020
LEIGHT, ROBERT R	7/26/2020
MADIGAN, MARTIN J	7/29/2020
MALLARY, VERA G	9/6/2020
MATJASKO, IRENE H	9/8/2020
MCDERMOTT, FLORENCE E	9/17/2020
MERTZ, ROBERT P	8/8/2020
MILLER, VIRGINIA	9/14/2020
NATALE, MARILYN	8/20/2020
POMPE, JACOB	8/9/2020
RAKACZKY, THOMAS G	8/22/2020
ORR, RICHARD	8/2/2020
RODAITIS, MERCEDES	8/30/2020
RULLO, ANGELO	10/5/2020
SCHRAEDER, BARBARA ANN	7/17/2020
SMITH, MARY T	10/3/2020
STEVENS, PATRICIA	8/6/2020
TRAFALSKI, THOMAS	9/8/2020
VANNOSDEL, JOANNE G	8/22/2020
WASHINGTON, MARJORIE	9/26/2020
WEBSTER, DORIS F	9/26/2020

*As provided by the Allegheny County Retirement Board

Answers:

- Jonas Salk and his team. Polio cases dropped 90% in the first two years of the vaccine's use.
- Liberty Tunnels
- Pull-tabs on cans
- The Smiley :)
- Bingo. Hugh J. Ward first came up with the concept of bingo in Pittsburgh and began running the game at carnivals in the early 1920s, taking it nationwide in 1924. He secured a copyright on the game and wrote a book of Bingo rules in 1933.
- It was the first stadium with a retractable roof.
- 446 bridges, more than any other city in the world.
- Andy Warhol
- Mr. Yuk stickers
- The Silence of the Lambs
- In 1949, Frank Lloyd Wright was hired by Edgar J. Kaufmann, Sr to design a large parking garage on a lot next to Kaufmann's department store.
- The bubble machine - The machine is on display at the William Penn Hotel. It was made by a Pittsburgh local and debuted at Welk's New Year's Eve show at the William Penn Hotel in 1938.
- Green Weenie/Bob Prince
- 1975, 1976, 1979 & 1980, 2006, 2009
- July 1971 - Three Rivers Stadium
- He scored 5 goals, 5 different ways (by scoring at even strength, on the power play, short-handed, on a penalty shot and into an empty net in an 8-6 Penguins victory against the Devils).
- Honus Wagner
- The Pittsburgh Condors (originally called Pittsburgh Pipers)
- Clark Bar (inventor - David L. Clark)
- Bill & Patty Burns

SENIOR DISCOUNT

HUNTING AND FISHING License Senior Discounts:
 Pennsylvania residents age 65 and older can purchase hunting and fishing licenses at reduced rates of \$13.90 for a hunting license and \$11.90 for a fishing license (plus \$9.90 annually for the trout stamp). A lifetime hunting license is \$51.90 or pay \$101.90 for a lifetime license that includes hunting, fur taking, archery, and muzzleloader privileges.

NEW RETIREES LIST

AUGUST 2020

Bednar, Donna
 Bench, Raymond
 Brady, Michael
 Bronson, Gwendolyn
 Chiesi, Kathleen
 Colonello, Faye
 Cosby, Marilyn
 Cox, Tracey
 English, Meredith
 Ferguson, Debra
 Gilmore, James
 Kreuzer, Edward
 Larbig, Elaine
 Lekovitch, Edward
 Lesko, James
 Liba, Michael
 Martuseavich, Donald
 McFarren, Carrie
 Miklos, David
 Miller, Patrick
 Mills, Annamarie
 Mongelluzzo, Paul
 Muraco, James
 O'Toole, Regis
 Parnell, Robert

Poluszejko, Michael
 Pristas, Tracey
 Schott, Bernadette
 Schroettinger, John
 Scopelitis, Nancy
 Slavick, Ronald
 Sobczak, Annette
 Walters, Joyce

SEPTEMBER 2020

Adams, Michael
 Carr, Nancy
 Caruso, Michael
 Casciato, Gregory
 Colussi, Karen
 Connors, Jeraldine
 Costanzo, Ronald

Dawkins, Kenneth
 Duckworth, Morris
 Duncan, Kimberly
 Guerra, Paula
 Horgan, Mary
 Janes, Annette
 Jesionowski, Mark
 Johnson, Ronald
 Karabinos, Gertrude
 Konieczka, Daniel
 Meeder, Daniel
 Morgan, Debra
 Riedl, Marie
 Rowe, Deborah
 Siders, Michelle
 Slinger, Frank
 Soroczak, Daniel

Sullivan, David
 Wheeler, Gladys
 Zentgraf, Cheryl

OCTOBER 2020

Seibert, Edward
 Anderson, Mary
 Blumen, Karen
 Burrows, Michael
 Demsey, Karen
 Frey, Julie
 Ladebue, Carol
 Lane, Harold
 Lynch, David
 Willison, Francis
 Neyman, Leroy
 Sarris, Cynthia
 Schafer III, Joseph
 Tyler, Tyrone
 Beloncis, Cathleen
 Brown, Stanley
 Smith, David
 Starkey, Tina
 Vena, Thomas
 Whaley, Sharon



ACRA ANNUAL DUES

Renew your ACRA membership for 2021 now. Please renew your membership by completing the form below and sending your \$15 to **ACRA, RENEWAL DUES, PO Box 15285, Pittsburgh, PA 15237**. Additionally, if you have not given us your email address, please consider giving it to us, so you are kept up to date on all ACRA events. We do NOT share information. **Deadline for renewal is January 31, 2021.** Thank you.

ACRA RENEWAL FORM - \$15 ANNUAL MEMBERSHIP FEE

Last Name _____ First Name _____

I am the Retiree YES NO I am the Spouse of a Retiree YES NO

Address _____

City _____ State _____ Zip Code _____

Telephone _____ Cell Phone: _____

Email Address _____

Dept. You Retired From _____ Year of Retirement _____