



Retirees Association

NEWSLETTER

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BOARD OF DIRECTORS:

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Message from

THE PRESIDENT

We hope everyone has had a great summer. As we enter the fall season of ACRA get-togethers, we remind you that luncheons are scheduled for September, October and November with a holiday party finale scheduled for December. Speakers will talk about county parks, elder law, Medicare, and our pension plan.

This year there will be election of Board members. I encourage you to become an active participant in determining and planning the future activities of the Association by becoming a candidate for office. There will be five positions on the ballot. Three incumbents have declared their willingness to run. Contact us to become a candidate. Nominations will close September 21. Ballots will be mailed at the end of September. Votes will be due back no later than October 28; and the results will be formally announced at the annual meeting on November 16.

The 2021 audited financial report of the pension system was released in July. The fund has grown to nearly \$1.1 billion, an increase of over \$95 million from the end of 2020. This is a sign of a well-managed fund. There were 6974 participants contributing 9.3% of their salaries to the fund. There were 5166 people, a net increase of 105 from the end of 2020, receiving an average monthly benefit of \$1926.

Since the end of the reported period the Pension Board has approved a \$30 increase to most existing pensions. Your Association initiated the request for the increase. At our annual meeting in November Pension Board representatives are scheduled to provide an update on the status of the fund.

Join us when the spirit moves you and consider volunteering to keeping your Association vibrant.

UPCOMING LUNCHEON DATES

**September 8, 2022 -
Narcisi Winery Tour
and Tasting**

**September 21, 2022 -
County Rangers -
County Facilities**

**October 19, 2022 -
Elder Law & Estate
Planning**

**November 16, 2022 -
Medicare & Retirement
Updates**

**December 14, 2022 -
Annual Holiday Party**

* Visit our website at
<http://acretirees.org/>
for more information



UPCOMING ELECTIONS FOR ACRA BOARD OF DIRECTOR'S

Elections for the ACRA Board of Directors is coming up this fall. If you are interested in running for one of the positions, please notify a board member or email ACRA at ACRetireeAssociation@gmail.com no later than September 21, 2022.

THE 1924 LIBERTY TUNNELS CRISIS

by Connie Przybyla

THE FOLLOWING ARTICLE IS THE SIXTH IN A SERIES OF ARTICLES WHERE WE WILL BE DETAILING SOME FASCINATING AND INTERESTING HISTORY OF OUR GREAT COUNTY. WE HOPE YOU ENJOY.

On May 10, 1924, a record 649 vehicles entered the southbound entrance of the new Liberty Tunnels. The record number of vehicles entering the tunnel was due to a mass transit strike.



A traffic jam at the north end of the tunnel caused the line of vehicles to slow for so long that deadly fumes had time to engulf the tunnel. The tunnel became a poison trap as carbon monoxide gas ran through the packed tunnels, smothering people with the deadly fumes. Police began hearing the honking of horns from the terrified commuters. Police entered the tunnels and told people to turn off their cars, but it was too late. Those who were able to flee in time came staggering out the entrances. They were gasping for air, their eyes were bloodshot, and their hearts pounding from the poisonous fumes.

Police officers, firefighters, motorcycle officers, the disaster squads of the United States Bureau of Mines, and civilians, went into the tunnel where people on their way to work lay unconscious in their automobiles from the gas that had overtaken them. The density of the fumes made the lights in the tunnel useless. Rescuers had to fumble their way through the darkness, going from car to car, with only soaked handkerchiefs as gas masks, over their faces, searching for those who had succumbed to the gas.



Officers Thomas Morrison and C.W. Hooker, stood out for their bravery. With no gas masks, both fought their way hundreds of yards into the death trap. They carried out, on their backs, four persons, who would have died if not rescued. Morrison found one man collapsed at the bottom of his vehicle, his hands stretched out grasping at the door. A total of thirty-three people had to be hospitalized for carbon monoxide inhalation.

The Pittsburgh Press headline that day described it as follows: "Courage, Cool Courage, Looms Large as Day's Crisis Reveals Unsung Heroes"

This crisis resulted an immediate urgency in ventilating the tunnels adequately. Until a ventilation solution was found the city began counting vehicles and tunnel use was restricted. Police would only allow six vehicles per minute to enter the tunnel. US Bureau of Mines engineers installed a ventilation system consisting of two pairs of 200-foot vertical shafts that continuously pumped fresh air into the center of the tunnels while pumping air out from the mechanical plant located at the top of Mt. Washington. The ventilation shafts were operational by August that year and after a month trial period, traffic restrictions were eliminated. It took until 1928 for engineers to get the ventilation system capable of keeping the air clear even when traffic was bumper to bumper inside.

In the Spotlight GEORGE ERNY

by Connie Przybyla

In December of 1992 George Erny retired from the Allegheny County Engineering and Construction Department as the Chief Construction Engineer. Throughout his years at the County, George also worked as an engineer at the Planning Department, Redevelopment Authority, and the City of Pittsburgh Urban Redevelopment Authority.

George is 89 years old. In 1953 he was drafted into the Army. After his discharge he went back to school and graduated from the University of Pittsburgh.

He is an avid model railroader, getting his inspiration from his childhood watching the railroad travel on 21st Street to the brewery in the Southside. Years back he was able to take a trip to Colorado to ride the tourist railroads in that state. He and his wife have traveled on Amtrak throughout the country. George enjoys gardening and planted vegetables and flowers in his yard.

George and his wife were live theater enthusiast. They have traveled to Apple Hill, Red Barn, Sherwood Forrest, St. Vincent's, Jennerstown, and the Steven Foster Memorial theater to attend plays. They also, attended numerous plays inspired by the bible in Lancaster, Pennsylvania.



George Erny

Additionally, for the past 40 years they have been subscribers to the Pittsburgh Symphony orchestra. Although he is not a sport's fan, he does occasionally enjoy watching NASCAR.

George was a Mass server for funeral Masses at his church in the past and may begin to volunteer again.

George and his wife, Roseann, were married for 60 years. Roseann passed away in July of 2021. They have one daughter, Karen, and one granddaughter, Rosalia.

ACRA wishes that this chapter of George's life continues to bring him endless time and good health to do the things he loves to do.



RECIPES BY PAM

by Pam Long

CORN SALAD

- 2 cups freshly cooked corn kernels
- 1/4 cup diced red bell pepper
- 1/4 cup chopped sweet onion such as Vidalia
- 1 Tablespoon minced fresh dill
- 1/4 cup vegetable oil
- 2 Tablespoons Dijon mustard
- 2 Tablespoons white wine vinegar
- 2 Tablespoons sugar
- 1/2 teaspoon salt

In a large bowl, combine the corn, bell pepper, onion and dill, set aside.

In a small saucepan over medium heat, bring the oil, mustard, vinegar, sugar, and salt to a simmer. Remove the pan from the heat, pour the warm vinaigrette over the vegetable mixture and toss to coat.

Set aside at room temperature. May cover and refrigerate for several hours.

Makes 4 servings.
Enjoy!

IN MEMORIAM*

MONTHS APRIL, MAY & JUNE 2022

*As provided by the Allegheny County Retirement Board

Name	Date of Death	Name	Date of Death	Name	Date of Death
Ambroffi, John	5/4/2022	Howard, Richard Jr	4/29/2022	Russell, Constance	6/4/2022
Carney Mary E	6/5/2022	Kos, Barbara A	6/1/2022	Scott, Nicholas	5/10/2022
Connolly, Bernard	5/14/2022	Lundberg, Shirley	5/22/2022	Ward, James D	5/5/2022
Cramer, Kelvin	4/30/2022	McKenna, Mary	5/3/2022	Wolstoncroft, Barbara	5/14/2022
Elnyczky, Thomas	5/18/2022	Mussari, Anthony	5/19/2022	Zempel, Glenn	5/3/2022
Gregory, James	5/30/2022	Nixon, Gilberta Ann	6/4/2022		

ACRA ANNUAL PICNIC

by Connie Przybyla



On a sweltering 90+ June day, close to 100 members of ACRA attended the picnic at North Park, Rose Barn. This year new board member, Hugh Hachmeister, coordinated a pig roast! The pig was 70 lbs. and the caterer started cooking the pig at

1:30 am so it would be ready around 12:30 p.m. There was a variety of delicious food for the buffet, which included, pulled pork, teriyaki chicken, potatoes, coleslaw, and fresh fruit. There were also plenty of homemade cookies for dessert.

After luncheon we played our annual trivia game, which everyone enjoyed, and the three top winners went home with a bottle of wine.

Once again, thanks to Hugh Hachmeister for chairing this successful ACRA event.



Photos of the picnic can be viewed on the ACRA website at <https://acretirees.org/photos-of-acra-events/>



SPECIAL RECOGNITION

**Congratulations to
Leonard and Margaret Garlicki
who will celebrate their 60th wedding
anniversary on October 22, 2022**

If you are celebrating a special anniversary, birthday, or event in your life, please email ACRA (acretireeassociation@gmail.com) the information so we can share your joy with our members.





NEW RETIREES LIST

MAY

Blumer, Robin
Claude, Stanley
Confer, Bruce
Defina, Frank
Detwiler, Daniel
Forrest, Jay
Gasper, Carl
Giesy, Denise
Howard, Maryanne
Hudson, Jaqueline
Johnson, Rhonda
Johnson, James
Kraus, Robert
Kuziel, Denise
Lebec, David
Leech, Timothy
Lewis, Deborah
Manning, Pamela
Marbury, Annie
Marcone, Susan
Martin, Sharon
Maxwell, Gary
Morrell, John
Napolitano, Michael
Necessary, Janet
Patrick, Joseph
Raehn, Ronald
Ransom, Cordellia
Sroka, Larry
Stewart, Robert
Trichtinger, Debra
Watts, Jerome
Williams, Ralph
Woodson, Sheila
Zinsser, Earl

JUNE

Blue, Myra
Brand, Randi
Corbin, Mark
Deluca, Lauren
Dittman, Jane
Dobozy, Edward
Fisher, Jeanna
Graham, Jayme
Halikos, Michael
Harewood, Yvette
Hilko, Tamara
Hollerich, Frank

Humes, Jeffrey
Kemp, William
Lewis-Pollard, Leslie
Ling, James
Marino, Kathy
McCloskey, Gregg
Pellegrino, Denise
Polovich, Elizabeth
Previte, Peter
Reed, Patricia
Russel, Anthony
Smith, Richard
Walker, Renarda
Ward, April
Younkin, Denise
Zabelsky, Lane

JULY

Alexander, Debra
Barum, James
Beasley, Dorothy
Beers, William
Davin, Dennis
Donovan, Roberta
Drummond, Stanley
Fagan-Weber, Susan
Fanto, Carolyn
Federlein, Ruth
Hanyo, George
Hennon, Deidre
Hertzler, Susan
Hopson, Clarence
Iannuzzi, Licia
Jevsevar, Judith
Jones-Abercrombie, Mary
Mistick, William
Parker Sr, Leslie
Robinson, Gary
Russo, Janet
Ruzzini, Renato
Sayre, Joann
Schafer, William
Scherer, Scott
Sigler, Rosemarie
Smarra, Kathleen
Smrdel, Mark
Stephens, Monte
Stoyer, Sharon
Unger, Chris
Weber, William
Welsh, James

A SUMMER DAY AT THE GARDEN

by Marge Lubawy



July 21 was an exceptionally hot day, but that didn't keep over 30 ACRA members from touring the beautiful Pittsburgh Botanic Garden in Oakdale. Splitting up into two groups, each with their own guide, we were told the history of the acquisition of the former mining property and transformation into the beautiful space that now has lovely gardens, trails, meadows, and woodlands. We visited the peaceful Japanese Garden with the water lily pond and lotus flowers, the Pollinator Garden where bees and butterflies were busy doing their work, and the Garden of Five Senses where young and the not-so-young can play with the cymbals and other fun items. It was a special day for those who attended.



SIMILARITIES AND DIFFERENCES BETWEEN FLU AND COVID 19

by Joan McMahon

You cannot tell the difference between flu and COVID-19 by just looking at the symptoms alone because they both have some of the same ones. That is why testing is necessary. Both are contagious respiratory illnesses caused by viruses

Both COVID-19 and flu can have varying degrees of symptoms, ranging from none to severe. Common symptoms which they share include **fever, cough, difficulty breathing, fatigue, sore throat, runny nose, body aches, headache, vomiting, diarrhea, loss of taste (although this is more common with COVID-19).**

With COVID-19, symptoms may begin 2 to 14 days after infection. With flu, symptoms typically start 1 to 4 days after infection.

Contagiousness with COVID-19 is still being studied. It is now believed that persons are contagious 2-3 days before their symptoms begin, and another 8 days after symptom onset. It is important to note that a person who is infected but has no symptoms can also spread the virus.

With flu, most people are contagious 1 day before symptom onset, many remain contagious up to 7 days after symptoms begin.

Both COVID-19 and flu are spread person to person by people who

are in close contact (within about six feet). Spread is by inhalation of the virus particles expelled when people with the illness talk, cough or sneeze. Both viruses can also be spread by touching a surface that has virus on it or shaking hands with a person who has the virus on their hands. The virus which causes COVID-19 is considered to be more contagious than the flu virus.

Serious illness and complications can result from both COVID-19 and flu. **However, COVID-19 may cause more serious illness in some people, such as older adults and those with certain underlying medical conditions. Serious illness resulting in hospitalization and death can occur even in healthy people. Some people who have had COVID-19 can go on to develop long term post-COVID conditions, such as blood**



clots in the lungs, heart, legs, or brain. Post COVID conditions are a range of symptoms that can last weeks or months after first being infected with the virus that causes COVID-19. Long COVID can happen to anyone who has had COVID-19, even if their illness was mild, or if they had no symptoms.

The National Institutes of Health (NIH) has developed guidance on the treatment of COVID-19, and the Food and Drug Administration (FDA) has approved drug treatment for COVID-19 and has issued emergency use authorization to allow healthcare providers to use investigational products for treating patients with COVID-19. Prescription influenza antiviral drugs are available to treat flu.

Three COVID-19 vaccines to help prevent COVID-19 (**Pfizer-BioNTech, Moderna, and Johnson & Johnson's Janssen**) are currently approved for use in the United States. Research is ongoing to develop vaccines that will be effective against evolving variants of COVID-19. For flu, there are multiple FDA-licensed influenza vaccines produced annually to protect against the flu viruses expected to circulate each year.

Reference Source:

www.cdc.gov/flu/symptoms/flu-vs-covid19.htm

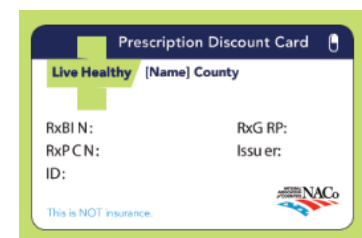
ALLEGHENY COUNTY Rx

You can receive a prescription discount card, which offers an average savings of up to 24% off the retail price of commonly prescribed drugs from the National Association of Counties (NACo).

The program is FREE to Allegheny County residents regardless of age, income, or existing health coverage. More than three hundred pharmacies in the county participate in this

program and a national network of more than 65,000 pharmacies honor the NACo prescription discount card. You may be able to save up to 80% on generic drugs and up to 40% on brand name prescription medication.

Ask your local pharmacy if they participate or call NACo at 877-321-2652 to find out if a specific pharmacy is part of the program.



Cards are available at county offices, libraries, senior centers, Goodwill stores and many pharmacies or download a card from the NACo website at <http://nacorx.org>