

President's Message

Emily Caristo

“With the start of a new year, many of us have made resolutions that we hope will improve our well-being. However, a 2018 calendar entitled “A Year to Treasure” suggests that you “Write it on your heart, that every day is the best day in the year.” In 2017, one of the best days at WERTA occurred at our November luncheon. This amazing day featured abundant sunshine, a scrumptious fare and an interesting and informative presentation by horticulturist, Paul Levine, professionally known as “Pauley the Plant Guy”. He arrived with a dozen beautiful plants which he described in depth and then raffled off to our luncheon guests. A great time was had by all. I want to extend my sincere gratitude to all those who supported our fall luncheon and hope you will continue to join us.



Emily Caristo Pauley the Plant Guy Evelyn Paola

MARK YOUR CALENDAR: March 6, 2018 our next luncheon meeting at **Heritage Club, Bethpage State Park** (formerly Carlyle-on-the-Green).



FOR THE CHOC-O-HOLIC.....

For the past several years studies have shown that chemicals in dark chocolate help lower blood pressure and cholesterol, protecting against cardio-vascular disease, as well as increasing mental and emotional well-being. Dark chocolate contains FLAVANOLS, the antioxidant chemicals which facilitate blood circulation, and therefore increase blood flow to the brain. Cocoa FLAVANOLS appear to protect the brain from age-related diseases. Also present in cocoa is RESVERATROL, the antioxidant that is also found in red wine! Remember....only authentic dark chocolate offers these benefits. Look for chocolate labeled as containing at least 60 percent cocoa. Choose a high-quality product. Avoid chocolates made with high fructose corn syrup, vegetable oil or artificial flavors, as well as filled chocolate candies, even if the shell is dark chocolate.



Wishing you an early Happy Valentine's Day!!!!



WHO KNEW!!

As crazy as it sounds.....sticking a pie under the TAP before baking moistens the dough so it can hold on to more sugar! It is suggested that you brush the pastry thoroughly with water. As a result, the crust will be able to grip a full 3 tablespoons of sugar!!



Mary Armbruster
120 South High Street
Lindenhurst, NY 11757

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DATED MATERIAL
PLEASE DO NOT DELAY

Save the date!
MARCH 6, 2018
WERTA Luncheon

Remember:
Bring another retired teacher
to the luncheon to share in the
fun and benefits of NYSRTA
and WERTA!

**Directions: *Heritage Club*
Bethpage State Park**

Northern Parkway Eastbound Exit
36A, or Westbound 37A to Rte.
135, Seaford-Oyster Bay
Expressway south to Exit 8–
Powell Ave. Turn left off Exit
Ramp. Proceed to Traffic Circle–
2nd Right, follow signs to
Clubhouse

OR

LIE to Exit 44 South– Rte. 135,
Seaford-Oyster Bay Expressway
south to Exit 8– Powell Ave. Turn
left off Exit Ramp. Proceed to
Traffic Circle– 2nd Right, follow
signs to Clubhouse

OR

Southern State Parkway to Exit 31
North– Bethpage State Parkway.
Continue to the end, past Exit
B4— Follow signs to Clubhouse

Heritage Club is located in the
Clubhouse.



Winter Luncheon

Heritage Club
Bethpage State Park

Date: March 6, 2018 Gathering Time: 11:30 am



Salad: Tri-Colored Greens, Yellow Tomatoes, Avocados, Roasted Peppers,
Grilled Ciabatta Bread, Baked Goat Cheese, Sherry Vinaigrette

Entrees Choice of: SLICED CHATEAUBRIAND– with a Merlot Reduction;
TUSCAN CHICKEN– Boneless Chicken Breast, Sun-dried Tomatoes, Lemon, Garlic,
and Fresh Rosemary; GRILLED SALMON–Topped with a light Chardonnay Lemon
and Basil Cream Sauce

All served with Chef's Selection of Accompaniments

Dessert: Apple Cobbler A La Mode

Beverages Included: Coffee, Tea, and Soda Cash bar available

Program: Floral Demonstration by “THERESA” of Flowers by Voegler-N. Merrick

Send reservation form with a check for \$30 per person to :

Candy Misner, 694 Seaman Ave., Baldwin, NY 11510 by **February 24, 2018**

Member's Name: _____

Guest's Name: _____