

# TRTA Newsletter

*Published for the Trumbull Chapter of the Ohio Retired Teachers Association.  
TRTA – one of nine chapters in District XI.*

**Volume XIII, No. 5**

**September 2017**

## **From our President:**

Fall is already in the air--the leaves are yellow, red, and brown. A shower sprinkles softly down. The air is fragrant, crisp, and cool, and once again, we are NOT in school!

I recently received notice from Alissa Burton, Publications and Communications Coordinator for ORTA, introducing our new Executive Director, Dr. Robin Rayfield. He joins ORTA with a strong educational background, ranging from classroom to building administration to superintendent to college professor. He firmly believes that ORTA's work, while advocating for the retired educator, stresses that community involvement is something that is truly key to leading a full, abundant lifestyle. It is our duty to those who have worked so hard within their careers to teach and advocate for others, to continue to be a strong voice for that community; Dr. Rayfield states, "My work will be to meet and exceed the expectations of our constituents and to continue to make ORTA a continued voice for our members." Our best wishes go to Dr. Rayfield as he continues to make ORTA even stronger!

Congratulations and good luck go out to Mary Fuller, our nominee for the Shepherd of the Valley Legacy Award. She is very deserving of this award. See Marilyn Stanton for information concerning the luncheon on October 4.

Don't forget to bring your "goodies" to our October meeting! Proceeds will benefit the Scholarships. And please plan to shop that day!



*Diana M. Bauman, President*

## **TRTA Meetings**

### **2017 Meeting Dates:**

10/10, 12/12

### **Every other month on the second Tuesday at Noon**

Ciminero's Banquet Centre, 123 N. Main St.,  
Niles, Ohio 44446

### **October Meeting Program:**

Ohio State Senator Joe Schiavoni will provide a legislative update focusing on education issues. At the August meeting members submitted questions for him to address.

### **Hospitality, Mary Fuller, Chairperson**

As Anne said in *Anne of Green Gables*, "I am so glad I live in a world with Octobers."

Our decorations will reflect the splendor of fall--especially October!

**Mailing Meetings:** Won't you consider dropping by to help assemble our newsletter? If everyone does a little, no one has to do a lot! The mailing work sessions are at 9:00 a.m. at St. Paul Lutheran Church, 2860 E. Market St. Warren, OH.

Next Mailing Meeting: Tuesday, November 21, 2017.



### **Web Address:**

**<https://trumbullrta.wixsite.com/trta>**

You can also follow **Trumbull Retired Teachers Association** on Facebook.

**Calling volunteer readers!** United Way of Trumbull County's Reading Great by 8 Literacy Initiative has three unique programs to help kids Kindergarten through Grade Two develop the literacy skills to be reading on grade level by Grade Three. Read 4 Fun is a program to show students that reading is supposed to be about fun. There are two events under this program. The first is in October. Second grade students in participating school districts enjoy a visit by a volunteer who reads a story, does a craft themed to the story and shares a snack with the classroom. Time commitment is 1 hour during school time. The book is selected by the literacy coaches. Each student receives a nylon back pack with their own copy of the new book, one or two gently used, age appropriate books, and craft materials. Schools that are confirmed as of now are all four Warren City PK – 8 buildings and LaBrae. Others will be confirmed in September. To volunteer, please contact Sue Datish or Ginny Pasha at United Way of Trumbull County at 330.369.1000 x26.

Please e-mail comments or corrections to the TRTA newsletter to Karen Marshall, editor - at [KarenM115@gmail.com](mailto:KarenM115@gmail.com)



### Interesting Observational Study

A recent Prospective Urban Rural Epidemiology (PURE) study followed 135,335 adults in eighteen countries. And it followed each individual for over seven years, linking diet with mortality and cardiovascular disease, as well as strokes and non-cardiovascular disease mortality. The team, led by Dr. Mashid Dehghan, an investigator for the Nutrition Epidemiology program at the Population Health Research Institute, looked at the effects of nutrients.

Their findings:

- High carbohydrate intake was associated with higher risk of total mortality, whereas total fat and individual types of fat were related to lower total mortality. Total fat and types of fat were not associated with cardiovascular disease, myocardial infarction, or cardiovascular disease mortality, whereas saturated fat had an inverse association with stroke.
- PURE participants who consumed at least 35 percent of calories from fat were 23 percent less likely to die than those who received 10 percent or less from fat. Interestingly, the higher the fat intake, the less their chances of a stroke. More revealingly, those who took in 77 percent of calories from carbohydrates were 28 percent more likely to die than those who consumed under 46 percent.
- There was no difference in mortality rates between those who ate three-four servings of veggies and those eating eight or more every day. Instead they placed emphasis on the role of fruit and seeds.

Being an observational study, researchers stopped shy of speculating on cause and effect.

In a nutshell, a healthy diet based on the PURE results would be rich in fruits, beans, seeds, vegetables, and fats, include dollops of whole

grains, and be low in refined carbohydrates and sugars.

Health is multifactorial. Income levels matter. Employment conditions matter. Stress matters. But the more researchers tear apart these factors and hone in on an optimal diet, it's clear that a carbohydrate-heavy diet, especially one including processed foods and added sugars, is not leading anyone on the road to optimal health. (<http://bigthink.com/21st-century-spirituality>)

### Choosing Ripe Fruits

Cantaloupe is ripe when it smells ripe. It can be kept in the fridge for about four days when it is ripe. Kiwi is ripe when it is soft to the touch. A ripe one will stay three weeks in the fridge. Apples will stay ripe for six weeks in a plastic bag in the fridge. Bananas are ripe when they turn yellow with traces of brown. Overripe ones can be frozen to use in smoothies. Berries are ripe when picked, and they will last about four days in the fridge. Peaches and nectarines can be ripened in a paper bag on the kitchen counter, then kept about one week in the fridge.  
(<http://www.webmd.com/food-recipes>)

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## PENSION ALERT

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Recently you received a mailing from POP5 asking you to join their organization either with yearly or life membership dues to protect Ohio pensions. PLEASE KNOW THAT YOUR PENSION IS ALREADY PROTECTED. YOU DO NOT NEED TO JOIN ANY ORGANIZATION TO PROTECT YOUR PENSION! Representatives of ORTA, OEA, OFT, and other groups regularly attend STRS board meetings. You can certainly join if you like, but this group can do nothing more than any of the others.



### Final Spelling Bee Report

As promised in our last newsletter, the following is a list of corporate sponsors for the 32<sup>nd</sup> Annual TRTA Spelling Bee. We are sincerely grateful to these businesses for their continued support of this special project. We salute Arby's, Bruster's Real Ice Cream, Chemical Bank, Eat'nPark, Elm Road Dairy Queen, Girard Free Library, Home Savings, Huntington National Bank, Mahoning Valley Scrappers, McDonald's Restaurants, Olive Garden Italian Restaurants, Waffle House, Wendy's, and the Trumbull County Fair Board. This year the children's librarian at the Girard Free Library, Mrs. Maria Selak, gave us character-building and value-building books that were given to the library by the following Girard businesses: Blackstone Funeral Home, Girard Dairy Queen, Kinnick Funeral Home, Kitchen and Bath Cabinets, Vallourec Star, and the Fraternal Order of Eagles and its Auxiliary.

Thank you for patronizing these generous sponsors!

Denise M. Deltondo, Spelling Bee Coordinator

## Meeting Reservation

**Tuesday, October 10, 2017 - 12:00 PM at Ciminero's Banquet Centre**

**Please make reservations by October 1, 2017**

Member Name: \_\_\_\_\_

Guest Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

\_\_\_\_\_ luncheon @\$11.75 = \_\_\_\_\_

**Scholarship Donation:** \_\_\_\_\_

**Total Enclosed:** \_\_\_\_\_

**Make one check payable to TRTA.  
Send this form to:**

Dee Sullivan  
1125 Townsend Ave.  
Youngstown, OH 44505-1267  
330-759-1305

### **ATTENTION SNOWBIRDS!**

This bi-monthly newsletter is mailed in January, March, May, July, September and November. If you are away during any of these months, your newsletter will **NOT** be forwarded or held by the U.S. Postal Service. Since we mail with a bulk rate permit to save expenses, these newsletters are returned to TRTA, and we must pay a "postage due" fee. Help us keep your database entry valid by informing TRTA of address changes. Please contact Dave Ambrose by mailing this form to 2740 Atlantic Street NE, Warren, OH 44483-4426, by email at [dambrose1@neo.rr.com](mailto:dambrose1@neo.rr.com), or by phoning 330-647-3666.

### **OUT-OF-TOWN ADDRESS, 2017-2018**

Member: \_\_\_\_\_

Street: \_\_\_\_\_

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

Months you will be at this address

- ☐ September
- ☐ November
- ☐ January
- ☐ March
- ☐ May
- ☐ July

\_\_\_\_\_ I want my newsletter sent to my snowbird address.

\_\_\_\_\_ Do not send a newsletter when I am at my snowbird address.

**Please note: If your plans change, inform Dave to make database adjustments.**



You **MUST** make lunch reservations by October 1<sup>st</sup> if you are planning to attend our luncheon meeting on October 10<sup>th</sup>.

Thank you!

**T C ORTA**

2740 Atlantic St. N.E.  
Warren, OH 44483-4426

**Nonprofit ORG**  
**U.S. Postage Paid**  
**Warren, OH**  
**Permit NO. 29**

## **Committee News**

**Membership**, *Gretchen LaLiberte, Luanne Hite, Chairmen; Dave Ambrose, Membership Dues Coordinator*

### **PLEASE HELP! TIME TO RECRUIT!**

The number of retirements in Trumbull County has declined from previous years again this year. After averaging about 120 retirees in past years, there were approximately 25 for this year. There were only 3 schools and the TCESC who had more than one. Please consider inviting one of these new retirees or a previous retiree to the luncheon in October. We have sent information to the new retirees inviting them, but a personal invitation would be better.

**Reminder:** Your 2018 dues are payable by January 31, 2018, if you are not a life-time member.

**Community Service**, *Marilyn Stanton, Ellen King, Chairpersons*

Thanks to everyone who brought school supplies to our last meeting. They were delivered to Emmanuel Center in Girard for distribution.

Our committee on behalf of TRTA has nominated Mary Fuller for the Valley Legacy Award for Community Achievement. She will be recognized and winners announced at a luncheon on Wednesday, October 4, 2017 at The Maronite Center on Meridian Road. If you are

interested in attending the luncheon and would like to sit with other TRTA members, tickets are \$30. Checks or money orders should be made payable to Shepherd's Foundation. They should be mailed to Marilyn Stanton at 1281 Prindle Booth Rd., Niles, OH 44446 by Friday, September 22, to be submitted together.

Call 330-717-8063 with any questions.

At our October meeting we will be signing cards for veterans in the VA hospital.

**Scholarship**, *Donna Pate, Chairperson*

It's coming at the October luncheon. "Make it or Grow it" Homemade Goodies Sale. This is your chance to share your cooking, gardening, and craft talents with our members. Please wrap baked goods in small quantities like six cookies, four pieces of fudge, one or two pieces of cake, etc. Whole cakes, pies, breads are also welcome. Check your garden for fresh produce. Did you preserve any homemade jams, jellies, relish, peppers? How about our crafters? Do you have some items our members might like? Halloween is coming. Grandparents love those creative holiday items many of you make. **ALL** money from this sale is for the Scholarship Fund. Cash is always welcome if you do not wish to buy anything. You can also donate throughout the year by adding extra to your reservation each time, buying 50/50 raffle tickets, writing personal checks, making a memorial donation, etc. Tax deductible receipts are available from Pat Pinney. See you in October.