

TRTA Newsletter

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

Volume XIII, No. 2

March 2017

From our President:

Everyone's talking about the weather...but no one ever does anything about it! I'm sure that you have heard that one before or if you don't like the weather, wait ten minutes. Well, we certainly can't complain about the month of February and spring certainly must be right around the corner.

In light of the recent concern pertaining to our pension and benefits, I would like us to take a moment to remind ourselves about the purpose and goals of ORTA. The Ohio Retired Teachers Association will be a model for accountability, sound judgment, effective communication and proactive pursuit of member benefits and services. ORTA is the voice of Ohio's retired public educators, and advocates for the improvement of pensions and benefits to the STRS, the Ohio Legislature, and other agencies dealing with retirement issues. Since 1947, ORTA has represented the interests of retired teachers at the General Assembly and STRS through the ninety chapters throughout our state. And remember, our pensions are secured; our benefits are not. If you are not a member of ORTA, please consider joining this most valuable organization.

Looking forward to seeing you at our next meeting!



Diana M. Bauman, President

TRTA Meetings

2017 Meeting Dates:

4/11, 6/13, 8/8, 10/10, 12/12

Every other month on the second Tuesday at Noon

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

April Speaker:

Experience the scenic beauty and challenging adventure of author Robert Grau as you hear his unique story and see photos of his 2,181 mile thru-hike of the Appalachian Trail. His trek from Georgia to Maine was completed in 170 days. You'll hike the trail vicariously on his life-changing journey through 14 states. You may purchase a signed copy of his book, *Five Million Steps on a Journey of Hope: Thru-Hiking the Appalachian Trail*, for \$15.00—cash or check. 100% of book proceeds directly benefit destitute people in Appalachia.

Hospitality, Mary Fuller, Chairperson

"Blossom by blossom the SPRING begins."

-Algernon Charles Swinburne

The April floral arrangements and door decorations will feature spring blossoms and bunnies to add a touch of spring to your décor. As always, the profit will be placed in the Mobile Meals fund.

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 8:45 a.m. at St. Paul Lutheran Church, 2860 E. Market St., Warren, OH.

Next Mailing Meeting: Tuesday, May 16, 2017



Web Address:

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

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

Please e-mail comments or corrections to the TRTA newsletter to Karen Marshall, editor - at KarenM115@gmail.com

***You know you're a retired teacher...
when you remember the names of 727 former
students but you can't remember where you left your
phone!***

TRTA Lifelines

Volume V, No. 2 (March 2017)

Compiled by Carol Hart



Speaking of Scary Things

Our lives are not as exciting as those of folks in past times, but we are still “wired for the chase.” Some of us actually pay to go to a horror movie and get scared! Such uncanny things as clowns may make us uncomfortable and frightened, yet they may also hold a fascination for us. A fear of heights can be good for us because we are more careful standing at the edge of a cliff or hill. One way to safely “get scared of heights” is to stand on a glass bridge or viewing window, like at the CN Tower. Generally spiders and snakes are harmless, but we still can be frightened by one. It causes a “fight or flight” reflex.

Although there may be no logical reason for it, many people are scared of flying, dentists, and needles. Sudden loud noises can be startling too, especially when they are unexpected. These things result in a reaction from our conscious brain, the cortex.

Sharks, cats, and dogs are all known as causes of fearful responses. Sometimes these responses are related to something that has happened to us. Everyone is fearful of something; however, the film industry has discovered movies can capitalize on such fears. And then they become entertainment!

(<http://webmd.com/mental-health>)

Getting All-Day Energy

- Mornings: Let the sunshine in. Exposing yourself to sunshine each day (even if it's a bit cloudy) can help synchronize your sleep/wake cycle. Take a drink break. Even mild dehydration can zap energy, memory and attention.
- Afternoons: Get moving. Exercise can be a powerful antidote for fatigue. Moderately sip coffee and tea at this time. Limit yourself to two to four 8-oz. cups a day.
- Evenings: Power down. Dim the lights and switch off television, smartphone, or computers an hour before bed time. Keep your bedroom dark, and stick with a sleep schedule. Address your stress by trying some mindful meditation before bed.

(Consumer Reports *On Health*, Vol. 29, Issue 3, March 2017)

Dental Care

Just one in eight Americans over 65 years of age has dental insurance. Fewer than half of all older adults went to the dentist in the last twelve months. Of those with coverage, twice as many annually went to the dentist, which is important in preventing gum disease and other problems linked to poor dental health. Dental insurance is not covered by Medicare, and only in limited ways by Medicaid. For details on money-saving strategies that can help you maintain your oral health, visit CR.org/saveyoursmile.

(Consumer Reports *On Health*, Vol.29, Issue 3, March 2017)

Trivia Bit: Cartoonist Thomas Nast, known for his Santa Claus drawing, was the first one to portray Democrats and Republicans as donkeys and elephants.

32nd Annual Spelling Bee

The 32nd Annual Spelling Bee at the Trumbull County Fair will be held on Thursday, July13, at 1 p.m. Your past generosity has been heartwarming, and last year it was also back breaking! You donated so many wonderful items that the bags were completely stuffed, heavy, and difficult to transport. Therefore, I have been given permission to suggest something different this year. My proposal is this: Please allow us to do the shopping for you. I have already purchased on sale rulers, plastic folders, notebooks, index cards, highlighters, and erasers. If you would consider a small donation of \$5 or \$10, we could cover the cost of the supplies and postage stamps, and I would be happy to purchase a few snacks that would fit into the bags with no duplications. Since I will be unable to attend our June meeting, I am asking for donations to be brought to our April meeting. If you feel strongly that you would like to donate something specific, I will gladly accept your gift. We make 50 bags so 50 of one item is needed. Please bring them to the April meeting. Thanks, once again, for your generosity.

Free admission to all pre-registered spellers (rides not included) was once again approved by the Fair Board. Those accompanying the spellers must pay the admission fee. Pre-registration will take place from Monday, May 15, through Friday, June 2. Please call me at 330.530.4011 to pre-register.

Denise Deltondo, Spelling Bee Coordinator

Meeting Reservation

Tuesday, April 11, 2017 - 12:00 PM at Ciminero's Banquet Centre

Please make reservations by April 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

2017 Membership Form

TRUMBULL RETIRED TEACHERS ASSOCIATION (TRTA)

OHIO RETIRED TEACHERS ASSOCIATION (ORTA)

Renewal Application

Membership is open to all Trumbull County Educators. Unified membership is required.

Dues must be received by March 31, or your name will be removed from the roster.

Member's Name: _____

e-mail: _____

Will not be shared

_____ I would be willing to receive my Newsletter by e-mail.

_____ Current Member

_____ New Member

Choose One

ANNUAL MEMBERSHIP DUES

_____ TRTA/ORTA Unified Annual Membership (\$50.00)

_____ I am a TRTA Life Member (ORTA ONLY \$30.00)

_____ I am an ORTA Life Member (TRTA ONLY \$20.00)

LIFE MEMBERSHIP DUES

_____ TRTA (\$150.00)

_____ ORTA (\$500.00)

ORTA Life dues (\$500.00) are payable in three ways:

_____ Two payments: One-half now; one-half in 6 months

_____ Four payments: January, March, May, July

_____ Lump Sum: \$500

Total Enclosed: _____ Checks payable to TRTA

Send this form and payment to: Dave Ambrose, 2740 Atlantic St. N.E., Warren, OH 44483-4426

Questions—Contact Dave Ambrose

Phone: 330-647-3666 or e-mail: dambrose1@neo.rr.com

May Service Day Project

Complete this form by putting an "X" under the time you are able to help.

Monday, May 15	Tuesday, May 16	Wednesday, May 17	Thursday, May 18	Friday, May 19
10 am - 12 pm	2 pm - 4 pm	10 am - 12 pm	2 pm - 4 pm	10 am - 12 pm

Name _____ Phone number: _____

You will receive a phone call reminding you of this event.

**Bring this form to the April
meeting**

OR

**Mail May Service Day Form
by May 1st to:**

Marilyn Stanton
1281 Prindle-Booth Rd.
Niles, OH 44446-4408

T C ORTA

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

Address Service Requested

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



Committee News

Membership, *Gretchen LaLiberte, Luanne Hite, Dave Ambrose Chairpersons*

ARE YOUR DUES UP TO DATE? Check your mailing label. This will be your last newsletter if your dues are not paid by March 31, 2017. If your label says Life or 2017, your dues are current. If you become aware of any new retirees, please let us know so we may contact them.

Gretchen LaLiberte---grlplib@embarqmail.com
Luanne Hite---ib573@aol.com

If you have any questions concerning your membership or to make an address correction, please contact:

Dave Ambrose 330-647-3666 or dambrose1@neo.rr.com

WELCOME
NEW
MEMBERS

Peter Gabriel, Cheryl Kistler,
Diane Lewis, Pam S. Thomas,
and Dorothy Sideropolis

Scholarship, *Donna Pate, Chairperson*

Applications are still available for the TRTA Scholarships. Call Donna Pate at 330-638-6550 if you would like to nominate someone and you did not pick up an application form at the February meeting. However, the deadline for submitting the application is April 1st, so the student will have to hurry to complete the form in time.

Community Service, *Marilyn Stanton, Ellen King Chairpersons*

Thanks to everyone for your generous donations of coloring books, crayons and storybooks that were delivered to Akron Children's Hospital Mahoning Valley. The response was fantastic!

At the April meeting we will be accepting monetary donations to purchase items for the spelling bee treat bags. Please refer to Denise's article.

May Service Day Project

Our May Day of Service 2017 project will once again benefit Second Harvest Food Bank at 2805 Salt Springs Rd., Youngstown, Ohio 44509. They need our help to do a variety of jobs. There is something for everyone! We hope even more members will be able to participate this year.

The dates and times are included on the form in this newsletter. All forms must be returned by May 1st. Be sure to include your name and phone number so that we may give you a reminder call. You may sign up for as many as you would like.

You may either/or:

1. Bring the form to the April meeting.
2. Mail the form to:

Marilyn Stanton
1281 Prindle-Booth Rd.
Niles, OH 44446-4408