

TRTA Newsletter

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

Volume XIII, No. 4

July 2017

From our President:

It was just great to have so many of you attend our June meeting to honor our Scholarship recipients and the A+ Teacher Awardees. The Scholarship recipients were very appreciative and very willing to share their future plans. The A+ Teachers felt very gracious to be honored by their colleagues and former teachers. These are two very worthwhile projects that TRTA is proud to perpetuate. Kudos to the committees that helped to make them a success.

STRS Update: The Retirement Board has approved Health Care premiums for 2018. Approximately 80% of enrollees will not see an increase in premiums, A complete list of the premiums is posted on the STRS website or you can call 888-227-7877. In October, all plan enrollees will receive personalized health care plan information in preparation for the fall open-enrollment period that extends from November 1-21, 2017. The Health Care Fund is estimated to remain solvent for 18 years but they are working with the system's actuary to extend solvency to 30 years or more. The Health Care program currently covers 126,000 individuals.

Our speaker for August is a return of one of our favorites, Traci Manning with a new program.

Hope to see you there!



Diana M. Bauman, President

TRTA Meetings

2017 Meeting Dates:

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

August Meeting Program:

Our speaker for the August Meeting is Traci Manning, Curator of Education, Mahoning Valley Historical Society. She will be presenting Founding Mothers Part 2: From religious organizations to charitable groups, educators to business leaders; the history of the Mahoning Valley is full of remarkable women who defied the odds and left indelible marks on our daily lives. Learn about the remarkable women who helped to settle and shape the Mahoning Valley and encourage business growth, community development, entrepreneurship, and philanthropy.

Hospitality, Mary Fuller, Chairperson

The decorations for the August luncheon will reflect the bright sunshine days and twinkling firefly nights of summer.

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, September 19, 2017



Web Address:

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

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



Name tags at Meetings:

Please pick up **ONLY** your own name tag when attending TRTA luncheons. Sometimes people like to pick up the name tags for everyone at the table. It causes confusion when people enter and cannot find their name. We also use the name tags to determine the lunch count. Thanks so much for understanding!

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



Little Savings Tricks

- Put aside every \$5.00 bill you receive in change. Stash it away in an envelope. You can save as much as \$1400 in a year.
- Each time you use a coupon, put the savings aside in the bank. Do this with loyalty cards too. When the receipt lists what you have saved, put that away for later.
- Try to spend as you did in college for one week a month. Don't buy anything you couldn't buy then, and don't use credit cards. Seek out free entertainment and eat simple meals. Put aside what you save.

(AARP Bulletin, June 2017)

Second Opinions Do Matter

In a study of 286 people who went to the Mayo Clinic for a second opinion, 21 percent got a new diagnosis and 66 percent got a better-defined diagnosis than they had originally. Just 12 percent had their original diagnosis confirmed.

(Consumer Reports *On Health*, July 2017)

Tinnitus Trouble

An annoying ringing, hissing or buzzing in the ears can be a sign of tinnitus, which can be constant or intermittent. This condition is often associated with a hearing loss, so a hearing evaluation can be helpful. Have the doctor look at your medications also, as some are known to make the condition worse.

(Consumer Reports *On Health*, July 2017)

Losing Weight

Again, the topic we talk about, but this time with a twist. There may be a link between the amount of clutter you own and your body weight. Peter Walsh, the author of *Lose the Clutter, Lose the Weight*, recruited a test panel of 25 people who went through a decluttering program for six weeks. Each panelist lost an average of ten pounds, and declared their homes were more organized than before. [Note: this will not be happening in my sewing room. I have to keep all the fabric! Carol]

(AARP *the Magazine* June/July 2017)

AARP suggests we disrupt aging by challenging outdated beliefs about what it means to age and starting to live life your way. You can join the discussion at disruptaging.org.

Trivia Bits

- In 1894 a drowning Adolf Hitler was saved by a priest at the last second.
- The first product to have a bar code was Wrigley's gum.
- Thomas Edison was afraid of the dark.



Spelling Bee Report

Your generosity this year is more overwhelming than words can express! There was a beginning balance of \$26.19, and the following members donated \$304: D. Alejars, BJ Bahmer, A. Banks, D. Bauman, D. Blake, K. Carr, N. Countryman, J. Cribbs, S. Datish, J. DuBois, E. Flaviani, D. Fogel, C. Jessep, R. Jones, A. and C. Harris, C. Hart, E. King, M. L. Krauss, G. LaLiberte, D. Lewis, K. Luhaney, M. Overholt, C. Price, J. Ruggiero, P. Rumancik, B. Seiple, J. Snowberger, M. Stanton, L. Webb, P. Wing, B. Wright, and an anonymous donor. Special thanks to Diane Starr who once again donated a book for each speller. I purchased report covers, hand sanitizer, glue sticks, postage stamps, vinyl folders, notebooks, highlighters, index cards, wooden rulers, large erasers, markers, colored pencils, cookies, chips, goldfish crackers, and candy. The children will also receive pens and pencils previously donated and a paper folder donated by Gretchen LaLiberte. TRTA members are the best! I thought last year's bags were the best ever, but I think we've topped them thanks to your generosity! I'm sure the 32nd Annual Spelling Bee will be super! A list of our corporate sponsors and the ending balance will appear in the final report in September.

Denise Deltondo, Coordinator

Meeting Reservation

Tuesday, August 8, 2017 - 12:00 PM at Ciminero's Banquet Centre

Please make reservations by August 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, 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 August 1st if you are planning to attend our luncheon meeting on August 8th.

Thank you!

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

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Committee News

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

PLEASE HELP! TIME TO RECRUIT!

The TRTA Membership Committee needs to find the recently retired educators who taught or live in Trumbull County.

We still need members' help to contact recent certified/ licensed retirees from the following districts:

Bristol, Brookfield, Girard City, Hubbard, LaBrae, Liberty, Lordstown, Mathews, McDonald, Niles City, Warren City and Weathersfield.

We would like to invite these recent retirees to our October meeting.

If you would be willing to help by contacting the Superintendent's office, Treasurer's office or other teachers from one of the districts please contact:

Luanne Hite (330-719-4438)
ib573@aol.com

Gretchen LaLiberte (330-240-9966)
grlalib@embarqmail.com

We will contact you with further instructions.

Thanks to those of you who volunteered to help at the June meeting.

Scholarship, *Donna Pate, Chairperson*

It is always a special time when TRTA presents scholarships to deserving young people at the June meeting. This year's winners of \$1000 each are: Alexis Goberish from Bristol, Hailey Mathews and Stefani Tripoulas from Harding, and Alexis Rae and Paul Woodrum from Maplewood. TRTA now has awarded 81 scholarships totaling \$53,000 since 2007.

The "Homemade Goodies Sale" is coming in October. Please start thinking what items you could make to sell because this is our big moneymaker for the scholarship fund.

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

Our committee would like to again thank all the members who volunteered at Second Harvest Food Bank during our May week of service. Thank you!

At the August meeting we will be collecting school supplies to be distributed by Emmanuel Center of Girard.