

TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retired Teachers Association.

Volume IX, No. 2

March 2018

From our President:

Hopefully, the winter weather is behind us, and we are in the throes of spring! A time of birth and reawakening, as well as fresh air and sunshine. (Let's not talk about spring cleaning!)

As you know, Denise DelTondo has been keeping us apprised of the transformation in the organization of ORTA that will take place on April 1, 2018. The intent is for ORTA to work more closely with local chapters. A big thank you to Denise for always updating us on pertinent chapter information.

The following information may be of interest to some of our members: A press release from Dr. Robin Rayfield, ORTA Executive Director, stated that ORTA has entered into a partnership with Education First Credit Union, a financial institution that works with people connected to education. You can gain further information on the ORTA web page.

As usual, Sue Datish has an interesting program planned for our next get-together. Looking forward to seeing you on April 10th!

Diana M. Bauman, President



TRTA Meetings

2018 Meeting Dates:

4/10, 6/12, 8/14, 10/9, 12/11

Every other month on the second Tuesday at Noon

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

April Meeting Program:

Local historian and author Sean Posey will outline the history of theaters in the Mahoning Valley, with a specific focus on Trumbull County. He will talk about the evolution of the Robins family movie business in Trumbull County, which culminated in the opening of the Robins Theater. He will also discuss the opening of the various drive-ins in the area and will talk about the history of the Warner brothers during their time in the movie business in Youngstown and the Mahoning Valley.

Hospitality, Mary Fuller, Chairperson

"Came the spring with all its splendor. All its birds and all its blossoms. All its flowers and leaves and grasses."

~ Ralph Waldo Emerson

The April decorations will celebrate the long-awaited beauty of spring.

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 am at St. Paul Lutheran Church, 2860 E. Market St. Warren, OH.

Next Mailing Meeting: Tuesday, May 15, 2018

OUR WEBSITE

TRUMBULLRTA.WIXSITE.COM/TRTA

CHECK IT OUT!

Make sure to watch the slide show on the bottom of the homepage highlighting honors our members have received.

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

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➡ REMINDER: ⬅
MEETING RESERVATION
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You **MUST** make lunch reservations by April 1st if you are planning to attend our luncheon meeting on April 10th.

Thank you!



The Right Place for Care

What is the difference between what an urgent care center and an emergency room can do? Urgent care centers may be appropriate for the kinds of non-life-threatening problems you would usually see the family doctor for, such as back pain, minor burns, and upper-respiratory infections. According to the Urgent Care Association of America, most facilities employ family-practice and emergency care doctors who can do on-site X-rays and lab tests and stabilize people for emergency transport. But if you suspect that you're having a medical emergency such as a heart attack or a stroke, or you have a severe injury, call 911 and get emergency care, advises John Rogers, M.D., president-elect of the American College of Emergency Physicians. Staff at an ER "can run the full range of diagnostic tests and bring in specialists as needed," he says. (*Consumer Reports On Health*, March 2018, p. 12)

The Secret to Good Sleep

A well-ventilated room led to a better night's sleep for 17 participants in a Dutch study. Over five nights, the subjects slept with windows and bedroom doors either shut or open. After checking sleep sensors and volunteers' questionnaires and diaries, researchers found that ventilation was associated with deeper, longer sleep and fewer wake-ups. Fresh air may help by improving air quality in a bedroom. [A small study, I know, but something to think about.]

(*Consumer Reports On Health*, March 2018, p. 3)

Pups for a Longer Life

Owning a dog reduces the risk of early death significantly, according to the results of a 12-year Swedish study. Dogs owners who lived alone benefited the most by 33%, while those who lived with others benefited by 11%. Possible reasons? Those living alone had a closer relationship with their dog and did all the walking, which helped them get more exercise. Those with hunting breeds (hounds, retrievers, terriers) appeared to reap greater benefits than owners of other types of dogs, although all dog owners received a longevity boost. Dogs ease feelings of loneliness and produce feelings of well-being.

(*Consumer Reports On Health*, March 2018, p. 3)

High-Fiber Foods

Add these to your diet for anti-aging benefits: avocados, 9 g of fiber; green peas, 9 g of fiber per cup; lentils, 8 g of fiber for ½ c cooked; raspberries, 8 g per cup; almonds, 6 g per ½ cup; sweet potatoes, 6 g; pears, 5.5 g; edamame, 6 g per ½ c, shelled; bulgur, 4 g per ½ c cooked; and popcorn, 4 g per 4 cups.

(*Consumer Reports On Health*, March 2018, 4-5)

WHEN YOU ARE DISSATISFIED

AND WOULD LIKE TO GO BACK TO YOUR YOUTH,

THINK OF ALGEBRA!



~ WILL ROGERS

33RD ANNUAL TRTA SPELLING BEE

It's hard to believe it's almost spelling bee time again! The 33rd Annual Bee will be held on Thursday, July 12, at 1 p.m. at the Trumbull County Fair. At the present time plans are being made for the bee to be held in the education building, not on the historical stage on the midway. Due to the storms last year, the bee was moved indoors, and it worked out beautifully as we did not have to compete with the noise and announcements on the midway.

Last year you generously donated money so that I could purchase school supplies and a few treats for the spellers' bags. After the bee you voted to continue that instead of donating food items. Monetary donations will be collected at the April meeting. That way I can take advantage of sales and promotions. Thanks in advance for your generosity! The kids and I really appreciate it!



Denise M. Deltondo, Spelling Bee Coordinator

PS Please don't forget that we are looking for one or two people to take over the bee. I will gladly give you all my materials and even help on the committee if you'd like; I just don't want to be in charge. After 13 years, it's time for some new blood!

Meeting Reservation

Tuesday, April 10, 2018 - 12:00 PM at Ciminero's Banquet Centre

Please make reservations by April 1, 2018

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

May Service Day Project

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

Monday, May 14	Tuesday, May 15	Wednesday, May 16	Thursday, May 17	Friday, May 18
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

Re-Districting Update

NEW REGIONS MAP



The first organizational meeting for District Liaisons was held on January 24 with Dr. Robin Rayfield, Executive Director of ORTA. The Northeast Region was the first group to meet; the other four regions will follow. All terms will expire on July 31, and the years will be staggered so that not everyone will be new every three years. **Carol Kinsey's term is a three-year term and will end on July 31, 2021. Carol will oversee the Alliance area in Stark County, as well as Columbiana, Geauga, Mahoning, Portage, Stark, and Trumbull counties.** Kendra Burger will serve a two-year term ending on July 31, 2020, and will cover Carroll, Harrison, Holmes, Jefferson, Tuscarawas, and Wayne counties. Stella Hull will serve a one-year term ending on July 31, 2019, and supervise Ashtabula, Cuyahoga, Lake, Lorain, Medina, and Summit counties. In the event of a scheduling conflict, they each can attend chapter meetings outside their respective counties.

T C ORTA
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Warren, OH 44483-4426

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Committee News

Membership, *Gretchen LaLiberte, Luanne Hite, Co-chairs; Dave Ambrose, Membership Dues Coordinator*

We currently have 414 members. We would still like to see our membership grow. If you know individuals who might be interested in joining, please extend a personal invitation to them. Bring them to one of our luncheons.

Welcome New Members:

Kristy Fill (TRTA/ORTA) and Cindy Harris (ORTA)

Upgraded Membership:

Sharon Richardson (TRTA LIFE) and
Mary Ann Rodgers (TRTA LIFE)

All Current Members' Telephone Numbers and Email Addresses

We are currently updating our records. Please email Dave Ambrose, our Membership Dues Coordinator, your current email address and your current phone number. If you do not have access to the internet please call him.

Email: dambrose1@neo.rr.com

Phone: 330-647-3666

Pre-Retirement, *Gretchen LaLiberte, Luanne Hite Co-chairs*

The pre-retirement/membership committee is working on the plans for the pre-retirement workshop to be held

October 24, 2018. We have tentatively scheduled speakers from TRTA, ORTA, AMBA (Association Member Benefits Advisors), STRS, and a speaker to discuss estate planning.

As the date of the workshop draws closer, we will be asking for volunteers to help the evening of the workshop and/or bake cookies for the refreshment table.

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

Thank you to everyone who brought coloring books, crayons and story books for Akron Children's Hospital. At our April meeting we will be taking donations for the spelling bee treat bags. Please refer to Denise's article. It is time to sign up for our May Service Day project at Second Harvest Food Bank. You may sign up for as many days as you would like. Please return all forms by bringing them to the April meeting or mailing them to Marilyn Stanton, 1281 Prindle Booth Rd., Niles, OH 44446 by May 1st.

Scholarship, *Donna Pate, Chairperson*

Scholarship applications are due April 1. We are also seeking news about our past scholarship winners. What school attended, major, graduation, present employment, etc. Please see one of the committee members if you know of anyone. The committee members are: Joyce Faiver, Marcia Overholt, Libby Whetson, Anita Shaw, or Donna Pate Thank you.