

# TRTA Newsletter

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

**Volume IX, No. 3**

**May 2018**

## **From our President:**

Spring has Finally Sprung! And it certainly took its good old time getting here! As Memorial Day approaches, let us unite in remembering. Originally called Decoration Day, it has been celebrated since the Civil War, and after 137 years remains one of America's most cherished observances. The spirit of the day has not changed--we take this day to honor all those who have given their lives in defense of freedom and democracy.

Congratulations to all those members who submitted their volunteer hours. Your community involvement has been and continues to be quite impressive. Sincere thank you to the Community Involvement Committee for their outstanding efforts in organizing and tracking our many projects.

A special thank you goes out to our Scholarship Committee for working diligently to select the five high school seniors that will each receive a \$1,000 scholarship from TRTA.

Thank you, also to the A+ Teacher Committee that has been meeting with Sue Shafer from the Tribune Chronicle and administrators from the TCESC to choose the 20 A+ Teacher Awardees.

At our June meeting we will be honoring the Scholarship Winners and the A+ Teachers. We hope to have many in attendance to acknowledge these two very special groups of students and teachers.

See you on June 12.

*Diana Bauman, President*



## **TRTA Meetings**

### **2018 Meeting Dates:**

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

### **June Meeting Program:**

At the June meeting we will be honoring our Scholarship Recipients as well as the A+ Teachers.

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

"The American flag represents all of us and all the values we hold sacred." ~ Adrian Cronauer

Our June decorations will celebrate our flag, Independence Day, and also the arrival of summer--reasons to celebrate, indeed!

**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, July 16, 2018 at 9:00 a.m.

**OUR WEBSITE**

**TRUMBULLRTA.WIXSITE.COM/TRTA**

**CHECK IT OUT!**

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

**REMINDER:**  
**MEETING RESERVATION**

You **MUST** make lunch reservations by June 1<sup>st</sup> if you are planning to attend our luncheon meeting on June 12<sup>th</sup>.

Thank you!



### Ways to Boost your Energy in 10 Minutes or Less

#### 1. Eat Your Breakfast.

People who eat breakfast every morning report less hunger and less fatigue than those who don't. Eating something like oatmeal helps you feel fuller longer; hunger can lead to low energy.

#### 2. Do a Downward Dog.

Yoga, which uses deep breathing, can be an excellent fatigue-fighter.

#### 3. Belt out a favorite tune.

Singing gives you an emotional high, which reduces stress hormones in your body.

#### 4. Have a drink of water.

Dehydration can leave you feeling drained and fatigued. Remember to drink water during the day.

#### 5. Eat a handful of almonds or peanuts.

These snacks contain magnesium and folic acid. A lack of these nutrients can make you feel weary.

#### 6. Choose a spice.

The aroma of a cinnamon stick or a piece of peppermint can actually perk up a person.

#### 7. Get moving.

Exercise can actually fight fatigue. Just get up and move around frequently. Even pacing in circles while you are on the phone helps you feel less tired.

#### 8. Let the sunshine in.

Walking outside on a sunny, clear day can boost mood, memory, and the ability to learn something new.

#### 9. Have a bite.

Grabbing a snack that has protein and slow-burning carbs can help fuel your body. Bananas with peanut butter is a good choice.

#### 10. Hang out with positive people.

Emotions are contagious. Being with folks who are upbeat increases your energy level. (<https://www.webmd.com/balance>)

### Sow the Seeds of Health

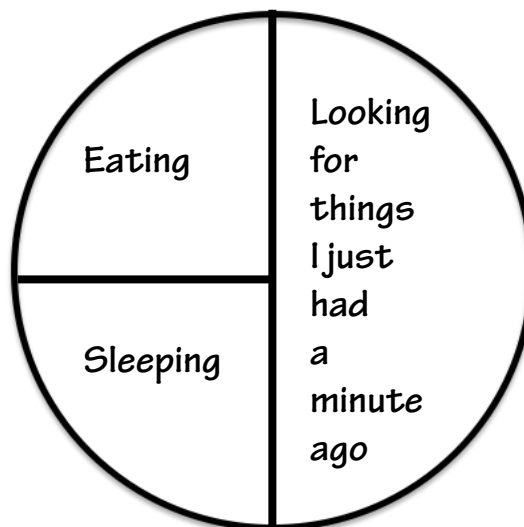
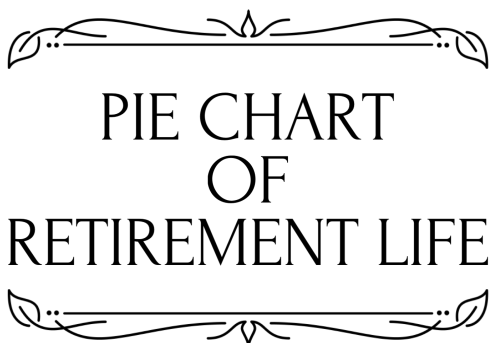
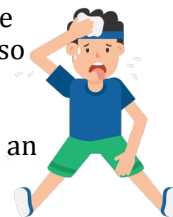
Consider the benefits of growing fresh vegetables and herbs. If you have a spot on your deck, patio, or balcony that gets 3 to 6 hours of full sun a day, you can grow leafy greens such as spinach, lettuce, or Swiss chard. You can also try basil, chives, parsley, oregano. If you get 6 to 8 hours of sun, you can grow a pepper or tomato variety that does well in a container. There are even small eggplants that can be grown in a container.

(Consumer Reports On Health, May 2018, p. 12)

### An Interesting Bit about Sweating

According to journalist and writer Christopher McDougall, author of *Born to Run*, early humans ran game animals to death in order to feast on them. Game animals such as the gazelle needed to stop and rest every so often so they wouldn't become overheated. The fact that humans can sweat helped us outlast a game animal. Human sweat is an efficient cooling system. Sweat also makes us a little, well, slippery, so it could save lives when being pursued. Who knew?

(<http://thebigthink.com>)



## **Meeting Reservation**

**Tuesday, June 12, 2018 - 12:00 PM at Ciminero's Banquet Centre**

**Please make reservations by June 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

## **33<sup>RD</sup> Annual TRTA Spelling Bee**

The 33rd Annual TRTA Spelling Bee will be held on Thursday, July 12, at 1 p.m. on the Trumbull County Fairgrounds in the Junior Fair Exhibit Hall (4-H Building). Registration will be held the day of the bee from noon to 12:45 p.m. No preregistrations are being taken because July 12 is Kids' Day at the fair; children 14 years of age and under are admitted free on July 12! The list of donors will be published in the next newsletter. Your generosity at the April meeting was heartwarming. This year you donated \$267. When combined with the \$23 balance brought forward from 2017, we can spend \$290! Thank you!



Denise M. Deltondo, Spelling Bee Coordinator

## **In Remembrance**

The following TRTA members who left this world between April 2017 and April 2018 were remembered at the April 10th meeting during the memorial service. We lovingly remembered Marguerite Bottoroff, Myron E. Bronson, Andrew Cvercko, Roberta G. Davis, Pamela R. Flory, Margaret Halavick, Alan Harris, Carolyn A. Lander, Robert H. McClary, and David P. Powell. They were treasured members of our organization who are sincerely missed and will live on in the hearts of those who loved them, especially their students.

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

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## **Committee News**

**Membership**, *Gretchen LaLiberte, Luanne Hite, Co-chairs; Dave Ambrose, Membership Dues Coordinator*  
Welcome to John Matuszuski (Renewal)

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

### **SAVE THE DATE SAVE THE DATE SAVE THE DATE**

The pre-retirement committee is working on the plans for the pre-retirement workshop to be held on Wednesday, October 24, 2018, at St. Paul Lutheran Church. We will need volunteers to help with registration, baking cookies, and helping in the kitchen with the refreshments. If you are interested in helping out, please see Gretchen or Luanne at the next meeting.

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

Thanks to the 41 people who signed up to work at Second Harvest Food Bank.

There will be no special collection at the June meeting.

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

The Scholarship Committee has met and selected five outstanding students to each receive a \$1000 TRTA Scholarship. Join us at the June 12<sup>th</sup> luncheon to meet these wonderful young people and send our best wishes as they pursue their higher education goals.

### **2017-2018 Officers**

<b>President</b>	Diana Bauman
<b>President Elect</b>	Sue Datish
<b>Recording Secretary</b>	Linda Cowin
<b>Financial Secretary</b>	Dee Sullivan
<b>Treasurer</b>	Patrick C. Pinney
<b>Chaplain</b>	Carol S. Pinney
<b>Historian</b>	Charlotte Jessup
<b>Past President</b>	Carol S. Pinney