



TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retired Teachers Association

May 2019

Volume X, Number 3

TRTA General Meeting Dates:

June 11, Aug. 13, Oct. 8,
Dec. 10, 2019

Every other month on the second
Tuesday, 12:00 Noon

Ciminero's Banquet Centre

123 N. Main St.
Niles, Ohio 44446

Program:

TRTA Scholarship Recipients and
A+ Teachers will be recognized.

Hospitality: *Mary Fuller, Chairperson*
102 days of summer are coming up. It
will fly by because, as Shakespeare
said, "Summer hath all too short a
lease." June décor will celebrate the
summer season.

Collected at all meetings: Cancelled
stamps, cell phones, eyeglasses,
hearing aids, and yarn. No Candle
Wax!

Mailing Meetings: Won't you
consider dropping by to help
assemble our newsletter. The mailing
work sessions are at 9 a.m. at St. Paul
Lutheran Church on Market St.:
July 16, Sept. 17, Nov. 19.

From our President:

"People do not decide to become
extraordinary. They decide to accomplish
extraordinary things." —Edmund Hillary



At our June luncheon, we will be honoring the A+ Teachers who have
done extraordinary things and also our scholarship recipients who
we expect to do extraordinary things.

Twenty Trumbull County teachers are being honored as A+ Teachers.
Our judges read 1,090 letters. This collaboration with *The Tribune
Chronicle* and Outback Steakhouse allows us to honor deserving
teachers as well as proudly promote TRTA. Several of these
extraordinary honorees will be attending our June Luncheon.

We will continue to honor extraordinary students with scholarships.
We are very pleased to announce that all of this year's winners are
focusing on education as their career. Kudos!

Selecting these recipients is no easy task. We have been fortunate to
have a group of diligent and conscientious members on our
scholarship committee. Donna Pate has led the committee
of Joyce Faiver, Marcia Overholt, Libby Whetson, and Anita Shaw.
Ladies, thank you for your dedication.

Please join us at our June luncheon to honor the extraordinary
teachers, scholarship recipients as well as the Scholarship
Committee.

Sue Datish, President

Beware!

You may have received a letter from Protect Ohio Pensions requesting you to join. They are not associated
with STRS. Our pensions are protected by law and not this organization!

TRTA Lifelines

Volume X, No. 3 compiled by Carol Hart



Information Tidbits

From Jim Fredericks, VP of Technical and Regulatory Affairs, National Pest Management Assn., Fairfax, VA: An adult mouse can squeeze through an opening the size of a dime. Spiders almost never bite; their fangs are too small to pierce human skin. (They're still creepy.) Carpet beetles will eat cashmere! It is a natural animal fiber, and that's what they feed on.

From Richard Munley, Chiropractor who specializes in senior care: The best exercise is in the pool. Wallets change how you sit, so carrying a wallet in a back pocket and sitting on it is a major cause of lower back pain!

From Stephen Devries, Cardiologist: Blueberries and meditation are REALLY good for you. The biggest hidden source of salt in the American diet is bread.

(AARP Bulletin/Real Possibilities, March 2019: pp. 18-20)

Uses for Hydrogen Peroxide

Hydrogen peroxide has uses we never think about! It can be used to disinfect toothbrushes and dental appliances. Soak kitchen or bathroom sponges in equal parts of hydrogen peroxide and water. Rinse thoroughly. (If that doesn't help, toss the sponge and get a new one.) You can whiten your fingernails by making a paste of one part hydrogen peroxide to two parts of baking soda, massaging on your nails, and letting it sit for 2-3 minutes before rinsing. Hydrogen peroxide, a half cup added to your wash cycle, can take the place of bleach.

(<https://www.rdcom/home/improvement>)

Aging well: Learn to cope with change

Focus on the things you're grateful for. When you stop taking things for granted, you appreciate and enjoy what you have even more.

Acknowledge and express your feelings. Don't deny what you're going through. Find healthy ways to process your feelings, perhaps by talking with a close friend or writing in a journal.

Accept the things you can't change. Many things in life are beyond our control. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems. Face your limitations with dignity and a healthy dose of humor.

Look for the silver lining. When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes.

Take daily action to deal with life's challenges. When a challenge seems too big to handle, sweeping it under the carpet often appears the easiest option. But ignoring the problem doesn't make it go away; it allows both the problem and your anxiety to build. Instead, take things one small step at a time. Even a small step can go a long way to boosting your confidence and reminding you that you are not powerless.

(<https://www.helpguide.org/articles>)

Sunshine

Betsy Janecko has recently been hospitalized. Prayers and cards would be greatly appreciated. Her address is 3472 Niles-Carver Road, Mineral Ridge, OH 44440-9527.

Luncheon Reservation Tuesday, June 11, 2019–12:00 Noon at Ciminero's Banquet Centre

Please make reservations by June 1, 2019.

Member Name: _____ Guest Name: _____

Phone number: _____ Email: _____

_____ Lunch(es) @ \$11.75 = _____

Scholarship Donation: _____

Total Enclosed: _____

If you make a reservation and are unable to attend, regretfully there can be no refunds or carry overs for the next meeting as TRTA has to pay Ciminero's for the lunches ordered.

A RESERVATION IS REQUIRED; NO WALK INS. Thank you for your understanding.

Make one check payable to TRTA.

Send this form to:

Dee Sullivan
1125 Townsend Ave.
Youngstown, OH 44505-1267
330-360-2243

Membership

Luanne Hite, Gretchen LaLiberte, Chairpersons; Dave Ambrose, Dues Coordinator

PLEASE HELP! IT'S TIME TO RECRUIT NEW MEMBERS!

Another school year is coming to a close, and it's time for TRTA to begin locating the names and addresses of newly retired educators who taught or who live in Trumbull County. If you are still in contact with staff in the district where you taught, ask them to find out the names and addresses of new retirees.

At the June meeting, we will be asking for volunteers to contact the treasurer's office or the superintendent's office of each district for the names and addresses of new retirees. Names are public record. Inform them that you are contacting them on behalf of the Trumbull Retired Teachers Association and would like to invite new retirees to attend a future meeting. New member applications will be available at the June meeting. If you know a retiree who has not joined our organization, please consider giving them an application and inviting them to a meeting.

Send your information to:

Gretchen LaLiberte--grlplib@embarq.com or 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

If you know individuals who might be interested in joining TRTA/ORTA, please extend a personal invitation to them. Bring them to one of our luncheons. This is a great way to increase our membership.

Scholarship

Donna Pate, Chairperson

Please join us at the June luncheon as we present our four scholarship winners. Thank you to all TRTA members who have contributed in many ways to the scholarship fund. You purchased 50/25/25 tickets, added money to your luncheon reservations, supported the "Make It, Bake It" sale, and sent personal donations. Your generosity is greatly appreciated.



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Warren, OH 44483-4426

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Spelling Bee 2019

Denise Deltondo, Chairperson



The 34th Annual Spelling Bee will be held on Thursday, July 11, on the historical stage at the Trumbull County Fairgrounds. Heartfelt thanks to the following members for the \$290 donated towards goodies for the children's treat bags: Betty Jean Bahmer, Diana Bauman, Dorothy Blake, Ava Bloom, Janice Bogan, Kathy Carr, Linda Cowin, Jane Cribbs, Sue Datish, Joyce Faiver, Eva Flaviani, Sheri French, Mary Fuller, Cindy Harris, Betsy Janecko, Vickie Janik, Charlotte Jessep, Marsha Kind, Ruth Larson, Barb Loomis, Kathy Luhaney, Donna Pate, Diane Ross, Jane Snowberger, Marilyn Stanton,

Sue Stingel, JoAnne Szczyglowski, Linda Webb, and two members who wish to remain anonymous. With a \$13 beginning balance from last year, there is a total of \$303 with which to buy school supplies and a few treats for this year! If you have not yet contributed and wish to do so, I will be glad to accept your donation at our June 11 meeting! Sincerest thanks to Linda Cowin for collecting donations in my absence in April.

Temporary or Permanent Address Changes Whether you are changing your address temporarily or permanently, please contact Dave Ambrose with your new address. Email: dambrose1@neo.rr.com Phone: 330-647-3666. Address: 2740 Atlantic Street NE, Warren, OH 44483

Membership Cards Dave Ambrose will continue to print TRTA membership cards upon request. If you are a 2019 member or a TRTA LIFE member and would like a TRTA membership card, please contact Dave at dambrose1@neo.rr.com or 330-647-3666. You will be able to pick up your membership card at the nametags table at the June TRTA luncheon meeting.

Web Address: <https://trumbullrta.wixsite.com/trta>--Follow Trumbull Retired Teachers Association on Facebook. Please email comments or corrections for the TRTA Newsletter to Cindy Harris, Editor, at cindyharris513@gmail.com