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# TRTA Newsletter

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

*TRTA—one of nine chapters in District XI.*

Volume XVI, No. 3

May 2015

## From our President:

**Spring!**

**“No other season holds such blend of earth and heaven in it, and I intend to make the most of every, lovely minute!”**

We hope everyone will come to our June meeting to greet our scholarship winners.

I bring you greetings from Carol Kinsey, our District Director, and some of the many compliments on the meeting and hospitality she received in April. She was most impressed with our chapter and its work and asked to be up-dated with our activities. We have received an award and recognition for our volunteer work.

Finally, I encourage everyone to come to our August meeting to celebrate FIFTY YEARS OF TRTA.

Looking forward to seeing you,  
*Carol Pinney, President*

## Committee News

### **Membership, Jane Cribbs, Chairperson**

#### **Win a Free Dinner!**

As another school year draws to a close, the new retirees can be recruited to join TRTA and ORTA. Take a look at your district and personally invite a new retiree to join us. I will have membership forms available for you to take at our June meeting. Sign your name at the bottom of the membership form to be eligible for a free lunch. All newbie membership forms signed by a current member now until December will be placed in the December drawing.

#### **Help Wanted:**

Anyone willing to help call his/her district to obtain retirees' names, please volunteer by calling Jane Cribbs at 330-898-3696 or email [jlcibbs11@aol.com](mailto:jlcibbs11@aol.com). These new retirees will receive a postcard inviting them to our October meeting.

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

The Scholarship Committee has met and selected the five students who will each receive a \$1000 TRTA Scholarship. Please join us at the June luncheon when these recipients will be introduced and have the opportunity to tell about their plans for the future.

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

Thanks to all who brought coloring books, crayons and storybooks to the April meeting for Akron Children's Hospital. If you forgot, you may still bring them to the June meeting. We will also be collecting items for the treat bags for the spelling bee. Please refer to Denise's article for suggestions. Thanks to all those who signed up for our May week of service at Second Harvest Food Bank. We'll have a full report at the June meeting.

## TRTA Meetings

### **TRTA 2015 General Meeting Dates**

June 9, August 11, October 13, December 8

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

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

**Program:** Our scholarship winners will be introduced. Come and meet these deserving individuals.

**Collected at all meetings:** Candle wax, cancelled stamps, cell phones, eyeglasses, hearing aids, and yarn.

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

The décor will be Hooray for Summer and the Summer Holidays! I think we are all more than ready for bright summer days!

**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 a.m. at Grace United Methodist Church on Drexel Avenue. Dates: 7/21/15, 9/15/15, 11/17/15

**Web Address:** [www.trumbullrta.blogspot.com/](http://www.trumbullrta.blogspot.com/)

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Please email comments or corrections to the TRTA Newsletter to Sue Datish, editor at [suedat@gmail.com](mailto:suedat@gmail.com)



**Ready Made Bargain**

Buying a cooked meal from your favorite supermarket isn’t only a time-saver, it can be a bargain too. And no entrée is priced more aggressively than rotisserie chicken, which can be found for as little as \$4.99 whole. That’s less than you’d pay for an uncooked bird—a tough deal to pass up. However, consider the fact that chains make up for the entrée’s low price with sides (like macaroni and cheese) which generate a higher profit. (*Consumer Reports*, May 2015)

**HOW SECURE IS MY PASSWORD?**

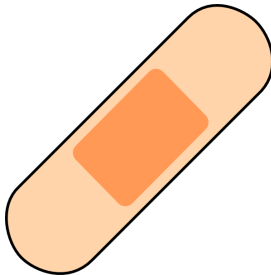
**Safe Passwords**



Here are a few tips for making your online passwords a bit tougher to crack:

- Use at least eight characters.
- Include an uppercase and a lowercase letter, at least one numeral, and a special character such as “\$”
- Don’t use common words or facts from your life the someone might be able to guess or dig up (a birth date, a child’s name)
- Don’t use the same password on more than one account. If thieves crack into one, the rest are in jeopardy.
- (*Shop Smart*, April 2015)

**Best Way to Heal a Cut**



Most cuts and scrapes do not need a topical antiseptic or topical antibiotic. In fact, using those treatments can harm tissue and cause more problems. Recent research suggests that it’s better to keep those types of wounds moist. Doing so helps to encourage the formation of new tissue by facilitating healthy cell growth. It also prevents scabs from forming (which can hinder healing by drying out skin cells and might reduce pain and scarring. To maintain the proper moisture balance over a wound, use gauze or an adhesive bandage. Change it when it gets wet and wash the wound with mild soap and water. If it doesn’t appear to be healing, call a doctor. (*Consumer Reports*, May 2015)

**Common Pains of Aging Adults**

Osteoarthritis is a common pain of adults in their 60’s and beyond. This causes joint pain, swelling, and stiffness in hips, knees, and lower back. One thing that can help is being active. Choose an exercise program with weight training and aerobic activity. Stretching is also helpful to maintain flexibility. Another fix is losing weight to reduce strain on joints and ease pain.

([www.webmd.com/pain-management](http://www.webmd.com/pain-management))



**TRTA Board Recommendation**

The TRTA Board has made the following recommendation pertaining to our local dues:

Annual dues will be raised to \$20 per year and Life Membership will be raised to \$150.

**Meeting Reservation**

**Tuesday, June 9, 2015 – 12:00 Noon at Ciminero’s Banquet Centre**

**Please make reservations by June 1, 2015.**

Member Name: \_\_\_\_\_ Guest Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

\_\_\_\_\_ **luncheon @ \$11.25 =** \_\_\_\_\_

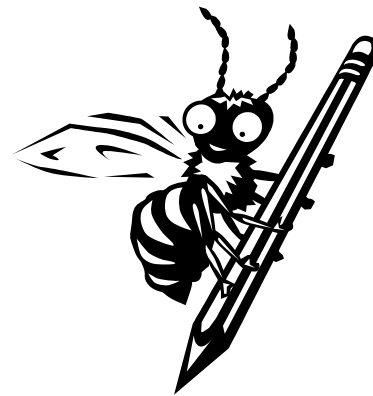
**Scholarship Donation:** \_\_\_\_\_

**Total Enclosed:** \_\_\_\_\_

**Make one check payable to TRTA.**

**Send this form to:**

Ellen King,  
7141 Vineland Place  
Youngstown, OH 44512-4845  
Phone: 330.758.3902



**Spelling Bee**

The 30<sup>th</sup> Annual Spelling Bee will be held on Thursday, July 16, at 1 p.m. at the Trumbull County Fairgrounds, and the committee is once again accepting donations for the spellers’ treat bags. Your generosity last year was heartwarming, and the spellers were thrilled with their prizes. This year we are preparing 50 bags. If you would like to contribute, please bring 50 of any one item (50 pens, 50 pencils, 50 stickers, 50 pads of post-it notes, 50 pencil sharpeners, 50 erasers, etc.) to our June 9 meeting. If you’d like to donate a food item, crackers, pretzels, Sweet Tarts, Skittles, etc., would be fine. We all love chocolate, but it should be too hot in July to even consider including it in the bags. Salt water taffy is also a no-no; last year it was so hot that it all oozed out of the wrappers! Please put your name on your donation so that you can be recognized at the August meeting and in the next newsletter! Thanks once again for your help!



**In Memoriam**

Since April 14, 2014, the following TRTA members have passed away:

Pat Agresta, Mary Ann Averell, Robert Burk, Patricia Bulter, Fred Cleary, Marie Fansler, Robert Force, Dorothy Hardin, Jane L. Hawley, Nora Hites, E. Maxine Hughes, Joseph Kupka, Frances Latell, Gary Mackey, Catherine Santucci, Gretchen Saunders, Alvira Schulthesis, Dorothy Stover, and Patricia Tarajack.



**In Memory of Judy Durst**

It is with deep regret that we learn of the passing of Judy Durst, the smiling face and pleasant voice that answered the ORTA phone “Ohio Retired Teachers Association”. Judy so capably took care of many of our requests and inquiries. She retired in 2014 and would have been 74 on May 3. Rest in peace, dear friend . . .