



TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retired Teachers Association

March 2020

Volume XI, Number 2

TRTA General Meetings:

April 14, June 9, August 11,
October 13, and December 8
Every other month on the second
Tuesday, 12:00 Noon
Ciminero's Banquet Centre
123 N. Main St.
Niles, Ohio 44446

Program: In April, we will welcome
Bruce Zimmer who will speak about
"The Life of the Honey Bee".

Hospitality: Mary Fuller, Chairperson

One unknown writer says, "Spring
breathes new life into the world around
us." But perhaps another unknown
writer says it better. "Every April, God
rewrites the Book of Genesis". Our
decorations will showcase the beauty of
spring renewal. Can't wait for the
renewal of spring to begin.

Collected at all meetings:

Cancelled stamps, cell phones,
eyeglasses, hearing aids, and yarn. No
candle wax! At our April meeting we will
accept donations for the Spelling Bee.

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.: May 19,
July 21, September 15, and November
17.

Foundation Financial Update:

Foundation Fund: \$11,147
See a list of donors on our webpage.

From our President:

March . . . what a wonderful
month—The beginning of Spring,
Right to Read Month and Dr. Seuss's
birthday!

As former educators, we often
reflect back on our careers. I am the
"Big Tech" person now, but I actually
started as a Language Arts Teacher
and Reading Coordinator.

No matter how much technology we
have, reading is still important. There is nothing like a good book. We
know that in our retirement keeping active, alert, and engaged is
extremely important. Reading has informed me, inspired me, and
given me endless pleasure.



The traveling we can do from a
comfortable chair in our homes is
priceless!!!

A few reminders:

Remember to pay for your
reservation by the first of the
month. Late payments "muddy
the water" and create extra work
at the door. Tony Ciminero treats

us like gold but does like an accurate count of attendees.

Also, as you pick up your nametag, please look at the clipboard and
list the first names of any current members who just need us to keep
them in our thoughts.

Sue Datish, President



If TRTA is mandated to cancel a luncheon,
notification will be done via email and on
our website. If you have any questions,
please call Sue Datish at 330.719.1978.

The **MORE** that you
READ, the more things
you will **KNOW**.
The **MORE** that you
Learn, the more places
you'll **GO**.
Dr. Seuss



Fighting Loneliness

Retirement is a setup for loneliness, and the pain it causes is real. Here are some ways to beat loneliness after retirement. First, help yourself by helping others. “A sense of purpose can moderate loneliness,” says F. Michler Bishop, a cognitive behavioral therapist in NYC. Second, on a site called Meetup.com, you can find fellow aficionados of anything from left-handedness to lizards. But be cautious about lingering too long online. The web is not a substitute for face-to-face connections. Third, befriend yourself. “Autobiographical work like journaling can help lonely people deal with their feelings,” says Rosemary Blieszner, a professor at Virginia Tech. (AARP the Magazine, Real Possibilities, December 2019-January 2020: p. 56.)

Dangers of Ultraprocessed Foods

Unless you make everything you eat from scratch—and sometimes even then—you can’t avoid some processing of foods. However, there are some dangers in ultraprocessed foods.

Ultraprocessed food also is not as filling as natural food, but it can be more “tantalizing”. Ultra-processing includes multiple steps—not just, for example, adding salt and canning. The process also brings in ingredients—usually with unrecognizable names—that you wouldn’t find in a crop or on a farm. They include artificial colors and flavors, preservatives, and ingredients, such as emulsifiers meant to make the look or texture of the food more appealing.

Sodas, luncheon meats, sugary cereals, and chips are ultra-processed, along with many other packaged snacks and baked goods, some frozen meals, and some crackers.



“You’re introducing ingredients that shouldn’t be there in the first place that don’t naturally exist in food and instead are brought in purely by human preparation,” says Qi Sun, MD, ScD, an associate professor of nutrition at Harvard University. “You basically destroy the structure of the food and reorganize it . . .”

Minimal processing cleans food, preserves it, or removes inedible parts—like the outer skin of a coffee bean as it’s ground. Besides grinding, these processes include refrigerating, freezing, fermenting, pasteurizing, and vacuum-packaging. The key to keeping it minimal is that the nutrition content of the food is still pretty much the same. Whole-grain flours and pastas are minimally processed foods, as are oils pressed from nuts, olives, or seeds.



Once you add sugar, salt, or fats to the mix, processing is no longer “minimal”. Canned fruits and vegetables that include added salt or sugar are processed. So are fresh-baked bread, some cheeses, and canned fish. Still, they’re not ultra-processed. Their ingredient lists are limited to two to three items, but they are typically ready to eat (or at least edible) right out of the package.

This is a lot to think about. Read labels when shopping and remember to choose wisely.
(<https://www.webmd.com/diet/news>)

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 44483-4426.

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

Community Service

Jean Morello, Chairperson

Second Harvest Volunteer Form May Service Day Project

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

Tues. May 19	Wed, May 20	Thurs., May 21	Fri., May 22
2pm-4pm	10am-12pm	1pm-3pm	10am-12pm

Take this form to the April meeting or send it to:

Jean Morello
290 Dakota Ave.
McDonald, OH 44437
Email:
more290@zoominternet.net

Name _____ Phone number: _____
You will receive a phone call reminding you of this event.

Luncheon Reservation Tuesday, April 14, 2020—12:00 Noon at Ciminero's Banquet Centre

Please make reservations by April 1, 2020.

Member Name: _____ Guest Name: _____

Phone number: _____ Email: _____

_____ Lunch(es) @ \$12.00 = _____

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



Spelling Bee 2020

Denise Deltondo, Chairperson

It is once again time to begin thinking of the 35th Annual TRTA Spelling Bee at the Trumbull County Fair on July 9. Your monetary donations will be cheerfully accepted at the April meeting so that we can take advantage of the sales! If you would prefer to purchase something, please make sure to include 50 of that particular item as 50 bags are prepared. Thanks for your generosity!

Preretirement

Gretchen LaLiberte and Luanne Hite, Co-chairpersons

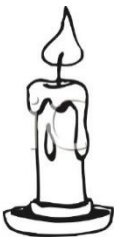
The 2020 Preretirement Seminar will be held on Thursday, October 15, 2020. We will be asking for volunteers to help the evening of the seminar and/or bake cookies for refreshments.



T C ORTA

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

Nonprofit ORG
U.S. Postage Paid
Warren, OH
Permit NO. 29

**Necrology Committee, Denise Deltondo, Chairperson**

At the February meeting, the following members were lovingly remembered: F. Wilson, H. Lopez, M. Bradford, P. Pinney, S. Grant, J. Taylor, L. Sackett, M. Rossi, J. Yurcho, B. Lyons, R. Davis, M. Krauss, C. Sweeney, S. Barker, H. Pearce, W. Rowley, J. Carnahan, M. Gougler, G. Reed, K. Latimer, R. Batcha, and G. Vendemia. Obituaries can be found on the TRTA website under the *More* tab, *Necrology*. Sincerest thanks to Sue Datish, Linda Cowin, and Dave Ambrose for their assistance!

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

Do you want to help increase our TRTA membership? Currently there are 405 members. If you know someone who is currently retired invite them to one of our luncheons. This is a great way to increase our membership. *Welcome New Members*: Barbara R. Guliano (TRTA), Elaine G Morgan (TRTA), and Garry Peacock (TRTA and ORTA) *New Life Members*: Rebecca A. Seiple (TRTA) and Diane D. Lewis (TRTA and ORTA).

WE NEED YOUR HELP! In recent newsletter mailings, we have lost valid mailing addresses for Eva Joanou and Anthony Molinari. If you have an address, please let Luanne Hite (330-719-4438), Gretchen LaLiberte (330-240-9966), or Dave Ambrose (330-647-3666) know.

Membership Cards Dave Ambrose will continue to print TRTA membership cards upon request. If you are a 2020 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 April TRTA luncheon meeting.