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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. 2

March 2015

From our President:

Lansing Christman writes, "March is a month of hope, of looking ahead, of closing the doors to winter and opening them to another spring" and I agree!

It is time to look ahead to the April 23rd Spring Conference at the Fawcett Center in Columbus. Information is in the ORTA Quarterly and registration is due by March 31st. This year's theme is "Communication is The Key". The keynote speaker is Jacqueline Wolven and there are break-out sessions in the afternoon.

Also, since TRTA is celebrating its 50th year, we look forward to marking that milestone at our August meeting.

See you at the April 14th meeting.

Carol Pinney, President

Committee News

Membership, Jane Cribbs, Chairperson

If your mailing label says TRTA 2015 and ORTA 2015 your dues are current for this year. Better yet, TRTA L and ORTA L -- you do not have to worry about your status.

Scholarship, Donna Pate, Chairperson

Scholarship applications are due back by April 1. If you are a sponsor, you might want to remind your student about the deadline. Forms are still available by calling Joyce Faiver at [330-539-5837](tel:330-539-5837).

TRTA 2015 Officers

President.....Carol S. Pinney
President-elect Diana Bauman
Recording Secretary Linda Cowin
Financial Secretary..... Ellen King
TreasurerPatrick C. Pinney
ChaplainAlberta Morales
Historian Charlotte Jessep
ORTA Trustee.....Denise Deltondo
Past President.....Denise Deltondo



TRTA Meetings

TRTA 2015 General Meeting Dates

April 14, 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 speaker for our April meeting will be renowned storyteller Sandy Zikursh. She will perform a First Person Presentation of BETSY ROSS. She is both informative and entertaining.

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

Hospitality, Mary Fuller, Chairperson:

The décor will be SPRING-inspired. After the seemingly never-ending deep freeze and snow cover, I think we are all ready for the colors 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 9 a.m. at Grace United Methodist Church on Drexel Avenue. Dates: 5/19/15, 7/21/15,

Web Address: 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





“Bust Clutter Hotspots”

A typical refrigerator door holds 52 objects that may cover 90% of its surface. In order to de-clutter this space, take down everything. Put mementos in a bag for 2 weeks. If you find that you can live without them, discard them. Rotate magnets, photos, and artwork so that you can see them with a fresh eye. (webmd.com, March 2, 2015)

Reduce Arthritis Pain without Medication

Drink tea, as it is rich in polyphenols that suppress inflammation. Boost your vitamin C and D. Eat grapes, as grape skin contains resveratrol, a natural compound that helps reduce inflammation. Try therapeutic taping, which is wrapping tape around a joint to realign, support, or take pressure off the joint. (Bottom Line, Winter 2015)



Clean a Kitchen Sponge

The most effective way to clean a kitchen sponge is to rinse it, wring it out, and microwave it for 30 to 60 seconds. The microwave will kill all those nasty germs. (Bottom Line, Winter 2015)

Strength Train Your Brain

A single 20-minute strength-training routine might boost memory, according to a study of 46 young adults conducted at the Georgia Institute of Technology. The participants viewed a series of photos, then half did leg extension exercises. The other half had their legs moved up and down by researchers. Two days later, those in the active-exercise group remembered 10 percent more of the photos. Exercise releases stress hormones that researchers think might help the brain store memories. This works with older adults too. (Acta Psychologica, November 2014)

Preventing Kidney Stones’ Return

Within five years up to 50 percent of men and women who had a kidney stone will develop another one, according to the American College of Physicians. Drinking about 8 1/2 to 12 ½ cups of water or other fluids a day could cut the recurrence in half. (Annals of Internal Medicine, November 4, 2014)



Congratulations!

Congratulations to TRTA Member and former TRTA President Barb Wright on receiving the 2015 Community Star Award from the Tribune Chronicle. This award “honors those who have used exceptional volunteer efforts to improve our community.” Congratulations Barb!

Meeting Reservation

Tuesday, April 14, 2015 – 12:00 Noon at Ciminero’s Banquet Centre
Please make reservations by April 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

May Service Day Project

Our May Day of Service 2015 project will once again benefit Second Harvest Food Bank at 2805 Salt Springs Rd., Youngstown, Ohio 44509. They need our help to do a variety of jobs for the food bank. We were very pleased with last year’s turn out and hope even more members will be able to participate this year. We need everyone’s help, men and women, to make this community project a success. You are welcome to come and participate even if you only have an hour or two.

There are 3 ways to sign up for this worthwhile event:

1. You can return your slip by including it with your April dinner meeting reservation to Ellen King.
2. Bring it with you to the April meeting.
3. Mail it to Marilyn Stanton by May 8th.

Marilyn Stanton
1281 Prindle-Booth Rd.
Niles, OH 44446

Complete this form by putting an “X” in the time you are able to help.

	M, May 18	T, May 19	W, May 20	Th, May 21	F, May 22
10:00 am -12:00 pm					
12:30 pm -2:30 pm					

Name: _____ Phone Number: _____

You will receive a phone call reminding you of this event.

Community Service, Marilyn Stanton, Ellen King Chairpersons

We would like to thank everyone for their contributions to Warren Family Mission. They were very appreciative of our donation. Please remember that we will be collecting coloring books, crayons and storybooks for Akron Children's Hospital of the Mahoning Valley at the April meeting.