

T C ORTA
150 Royal Troon Dr SE
Warren, OH 44484-4668

Return Service Requested

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

TRTA Newsletter

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

TRTA—one of nine chapters in District XI.

Volume XVI, No. 4

July 2015

From our President:

Jeremy Taylor writes “Some friendships are made by nature, some by contact, some by interest, and some by souls.” How true! Many of our members come to our meetings to renew friendships, continue established ones and make new ones. In August we are celebrating the Fiftieth Year of TRTA and I look forward to many coming to be with us. I hope that our past presidents will share something about their terms of office. Charlotte Jessep is working on a memorabilia display.

The following comes from ORTA:

- Ann Hanning, Executive Director, will be retiring at the end of her contract – December 31, 2015. She has been a tireless worker and supporter of our group and will be difficult to replace.
- Remember, ORTA is partnering with Habitat for Humanity and encourages the local chapters to support this endeavor.
- ORTA is announcing a Dual Membership Program effective January 2016 and any year after. Under this program ORTA will rebate to the local chapter 10% of the ORTA dues for dual members. Local Chapters who adopt this program must change their Bylaws to conform to this program and submit them to the ORTA office. At the July Board Meeting a recommendation will be made to be presented to the General Membership at the August Meeting.

Come and be part of all these developments in TRTA.

Carol Pinney, President

TRTA Meetings

TRTA 2015 General Meeting Dates

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 on August 11 will be Burton W. Cole. He is Assistant Metro Editor for the *Tribune Chronicle*. The *Tribune* has carried his weekly column "Burt's Eye View" for 19 years. Burt's view is a humorous look at everyday activities. Burt is also an author and won the 2015 Selah Award for Best Middle Grades Novel. Burt is an entertaining speaker that you will not want to miss!

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

Hospitality, Mary Fuller, Chairperson:

August decorations will bring to mind sunshine and the warm blue waters of lakes, pools, and the sea---one can only hope, especially after the weather in May and June!

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: 9/15/15, 11/17/15

Web Address: www.trumbullrta.blogspot.com/ Follow Trumbull Retired Teachers Association on Facebook.

Please email comments or corrections to the TRTA Newsletter to Sue Datish, editor at suedat@gmail.com

Committee News

Membership, Jane Cribbs, Chairperson

We need your help!

Help is needed to contact the retiring teachers and administrators to invite them to our October luncheon meeting. You can get this information by calling the treasurer's office, superintendents' secretaries or other teachers from the district. Get all 2015 certified retirees' names and addresses for the district you call. The following districts need to be contacted: BLOOMFIELD, BRISTOL, BROOKFIELD, HUBBARD, MAPLEWOOD, MATHEWS, NILES, SOUTHLINGTON AND WEATHERSFIELD.

Call or e-mail me and let me know if you are willing to help. Contact: JLcribbs11@aol.com or 330-898-3696

Thanks to those of you who volunteered for the other districts at the June meeting.

Scholarship, Donna Pate, Chairperson

Congratulations to our five scholarship winners who received \$1000 awards at the June luncheon. Winners and their high schools were: Jenna Baughman, Liberty, Courtni Johnson, Niles, Abby Lipkovich, McDonald, Andrew Plesco, Bristol, and Ashley Wolanzyk, Lakeview/TCTC. We extend a sincere thank you to everyone who contributed to the scholarship fund.

We are looking forward to our “Homemade Goodies” sale in October. This is more than a bake sale. Be creative. Homemade jellies, jams, pickles, relishes, fresh vegetables from the garden or other homegrown items are encouraged.

If you won't be at the August luncheon to sign up, feel free to call Joyce 539-5837, Libby 369-8003, Carolyn 638-1011, Marcia 372-5652, or Donna 638-6550. You will receive a reminder call in September.



Thinking about Vitamin D

Vitamin D seems to be in the news lately. Two of the proven benefits of Vitamin D are its ability to boost bone health and the role it plays in brain development and function, suggesting it can lessen symptoms of mild depression. Many studies are still investigating the effects of Vitamin D on dementia, heart health, weight gain, and autoimmune diseases; the evidence of its benefits are inconclusive. However, many physicians suggest using supplements of 600 IU per day for those folks under the age of 70 and 800 IU per day for those ages 71 and up. Be wary that some drugs interact with Vitamin D: laxatives, steroids, anti-seizure and anti-cholesterol medications, and the health medicine digoxin. (www.webmd.com)

Four Legs of Health

Cardiologist John Mandrola, MD, was recently featured on webmd with some suggestions for maintaining health. He compared the four "legs" he believes are involved in a "table of health." One weak or faulty leg can cause the table to wobble or to break. Think about these things:

Diet: be mindful of it. Think about what you eat and you will automatically begin to make healthier choices. When you cut back on salt, salty things will not taste as good as they once did.

Exercise: choose an exercise you'll stick with. This is not just physical activity; this is actual exercise, a sustained activity that makes you breathe hard and sweat. Consider exercise like a drug: take it every day.

Sleep: maintain good sleep patterns. Plan for a good night's sleep. Sleep research has recently shown a link between sleep disorders and common diseases.

Attitude: change your attitude, whether it be how you handle worry or stress or anger. The brain-heart connection is important. Although drugs and devices dominate the field of cardiology, generosity, kindness, grace, and love are high up on the list of heart-healthy treatments. (www.webmd.com)



Save Your Brain

To keep your mind sharp as you age, you may want to become a regular at your local crafts supplies store. A recent Mayo Clinic study showed that seniors who kept up with their arts-and-crafts pastimes were 73 percent less likely to develop thinking and memory problems that can lead to dementia. "Engagement in these activities maintains or strengthens the function of brain cells," says lead researcher Rosebud Roberts. So does the socializing that goes along with those activities, she adds.

For the study, researchers tracked the activities of 256 people, with an average age of 87, for about four years. Keeping up with the artsy hobbies they had enjoyed in midlife lowered the risk of memory gaps. And the benefits extend to lower levels of stress, and for knitters with chronic pain less discomfort while working with needles and yarn. Older women who did crafts also had stronger spatial-ability skills. (ShopSmart.org July 2015)

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, August 11 2015 – 12:00 Noon at Ciminero's Banquet Centre
Please make reservations by August 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

Community Service, Marilyn Stanton, Ellen King Chairpersons

Our committee would like to again thank all of you who volunteered for our May week of service at Second Harvest Food Bank. We had 44 people sign up to work, covering all 5 days. Hopefully even more of you will join us next May! A very special thank you goes to LYNN VALENTINO for the many beautiful afghans she shared with us at the June meeting! She spends much time making these from the yarn you contribute. Just a reminder that she can only use 4 ply yarn and no cotton or wool. Thanks also to Linda Falatic, Doris Mathews and Jo Ann Stringer for volunteering to judge the 4-H booths at the fair. There is no special project for the August meeting due to our anniversary celebration.

Spelling Bee Denise Deltondo, Coordinator

The 30th annual spelling bee at the Trumbull County Fair was held on Thursday, July 16th.

Thanks to the following members who donated sweets, treats, and school supplies for the spellers' treat bags: Dorothy Blake, Connie Brown, Jane Cribbs, Sue Datish, SueEllen Davis, Ray and Pam Derda, Joyce Faiver, Dottie Fogel, Mary Fuller, Loren Gargano, Bonnie Hood, Helen Irwin, Charlotte Jessep, Kathy Luhaney, Marcia Overholt, Donna Pate, Marilyn Stanton, and Libby Whetson. Special thanks to Pat and Carol Pinney for once again donating the treat bags and to Diane Starr for supplying a book for each speller. Money donated was used to purchase plastic folders.

Corporate sponsors this year include Bruster's Real Ice Cream, Dairy Queen, Eat'N Park, Girard Free Library, Hometown Buffet, Huntington Bank, Mahoning Valley Scrappers, McDonald's, Olive Garden Italian Restaurant, Talmer Bank, Waffle House, and Wendy's. Special thanks once again to the Trumbull County Fair Board for offering free admission to pre-registered spellers

Once again, heartfelt thanks to each of you for your generosity!

First in the State!

For the second year in a row, Trumbull Retired Teachers' Association was recently recognized for having the highest number of volunteer hours in the State of Ohio among all 90 local chapters of the Ohio Retired Teachers' Association. Pictured from left are Carole Wolfe, community participation chairman, Darlene Ruzicka, ORTA president, Denise Deltondo, Trumbull past president and current Trumbull County trustee, and Carol Kinsey, District XI Director. Jean Slicker was the District XI Director in 2014 when the hours were served.

