



# TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retirement for Teachers Association

January 2026

Volume XVII Number 1

## TRTA General Meeting Dates:

February 10, April 14, June 9, August 11, October 13, and December 8. Every other month on the second Tuesday, 12:00 Noon, at **Ciminero's Banquet Centre**, 123 N. Main St., Niles, Ohio 44446.

**Program:** Our speaker is Trumbull County Tourism Bureau Executive Director, Beth Kotwis Carmichael. Her business card says "Promoting the sites, sounds, and experiences of Trumbull County"

**Hospitality:** *Mary Fuller, Chairperson*  
"Winter whispers softly, painting the world in frosted serenity."~Unknown  
Decorations will incorporate the beauty of winter and some favorite pastimes of the season.

## Collected at all meetings:

Cell phones, eyeglasses, and hearing aids.

## Mailing Meetings:

Won't you please consider joining us to help with the mailing at 9 a.m. at St. Paul Lutheran Church, Market St., Warren, on March 10, May 12, July 14, September 8, and November 10.

## From our President, Carol Hart

New Year Greetings! First of all, I hope you all enjoyed a satisfying holiday season. Whether it was a hectic or a quiet one, I hope you had time to enjoy family and friends and peaceful moments. I hope you were able also to savor the beauty of winter and its bright landscapes. With the new year comes the start of my tenure as TRTA president. I am grateful to be your new leader. I am following many successful past presidents, and I have learned from all of these folks. I found it to be a special pleasure to take part in TRTA's sixty-year celebration. Our membership and their focus on education are the keys to our longevity and continuing impact on the community. My attention during my term of office will be to the following TRTA goals: to promote the interests and welfare of retired teachers; to foster good fellowship among retired school personnel; to aid the advancement of public schools; and to promote continued education through a scholarship fund. I believe in what we do and the importance of our organization. I know working together is the way to continue to reach these goals. Let's all look forward to the future.

## Teacher Grants, *Diana Bauman and Cindy Harris*

Four \$500 Teacher Grants were awarded on December 16 to the following teachers. Heather Whetstone, Bloomfield High School; Jennifer Wilson, Champion Elementary School; Sarah Frank, Liberty High School, and Heather Ault, Weathersfield Elementary School. They will share their grant projects at our August general membership meeting. These very much appreciated grants would not be available without your support of the Make It/Bake It Sale, Community Foundation, and luncheon reservation contributions. *Thank you!*

## Treasurer's Report, December 31, 2025

Checking account balance	\$3,493.96
Savings account balance	\$6,052.27
Scholarship Fund	\$15,934.04
Teacher Grant Fund	\$2,372.43
11-month CD	\$5,099.80



You may view the detailed treasurer's report on the TRTA website: <https://trumbullrta.wixsite.com/trta>.



## **TRTA Lifelines, Carol Hart, Volume XII No. 1**

### **Seasonal Affective Disorder (SAD)**

SAD is a type of depression that manifests during the cold autumn and winter months when the days are shorter and darker. There are some tips that can help the sufferers of SAD. One is light therapy, including a device that can simulate natural light. Staying active, even by taking a daily walk in the middle of the day can help. Dress warmly and be careful walking to avoid falls if you choose to walk outdoors. Social interaction can lift spirits, so make an attempt to connect with others by phone, by video or by writing a letter. (Trumbull County Mental Health and Recovery Board, Coping with the Holidays: 13)

### **Vitamins and Supplements**

Calcium is a mineral that keeps bones healthy and strong. The best way to get your calcium is to consume dairy products and calcium-rich foods like spinach. Older adults need 1200 mg a day. If you are at risk for osteoporosis, you can use a supplement. Magnesium has benefits as well, and older adults need 420 mg daily. Again, the best way to get magnesium is from beans, whole grains, nuts and fruits. A low-dose supplement (200 mg) could be helpful. Vitamin D helps the body absorb calcium and control blood sugar. Anyone using supplements should be aware of the dangers of consuming too much, as there are side effects. Check with your physician. ("Guide to Popular Supplements," Consumer Reports, January/February 2026: 28-39)

### **Trivia Notes**

The first Winter Olympics were held in France in 1924. The country that invented ice cream is China. The first ice cream was milk mixed with rice and packed in snow. Happy New Year to All!

### **Necrology, Denise Deltondo**

At the February 10 meeting, we will remember the following members lost since our last memorial service: Marguerite D. Thompson, Dorothy M. Dalrymple, Elizabeth Howren, John Matuszowski, Libby Whetson, Mary E. Sabol, Herman L. Jackson, Jr., Eleanor K. Woodford, Elizabeth Cole Clark, Carol Alex, Peter J. Gabriel, James P. Ford, Evelyn E. Wlodarski, Dorothy Lipka Blake, Elizabeth J. Boozer, Robert J. Sanders, Mary M. Shilakis, Dorothy L. Green, June C. Byo, and Mary L. Ulam. If you know of a deceased member not listed, please call me at 330.530.4011 so that the name can be added to the list. Thank you.

### **Scholarship,**

Applications for the TRTA scholarships will be open sometime in January 2026. The scholarships are available to any Trumbull County public high school senior or any junior or senior college student who graduated from a Trumbull County public high school. The student should be majoring in education or an education-related field. The website to apply is [CFMV.org/scholarships](http://CFMV.org/scholarships). The deadline to apply is March 1, 2026.

### **Community Participation, Joyce Mahan**

Christmas cards were delivered to Continuing Health Care Nursing Facility in Niles and a monetary donation of \$621.00 was sent to second Harvest Food Bank following our December luncheon. Please bring your donations of forks and spoons to our February meeting. They can be bags of plastic or "real" silverware. These will be helpful for the Rescue Mission of the Mahoning Valley. It will be an ongoing collection. Whenever you run across a deal or are getting rid of old silverware, bring it to a meeting. Remember: NO KNIVES. Prior to the luncheon, we'll be filling care bags for the children who come to the Mission with their families as new clients. At our tables in February we'll have *Thinking of You* cards for the Hope Center for Cancer Care for you to sign. If you have suggestions for Community Services, please let me know.

## Luncheon Reservation Tuesday, February 10, 2026

12:00 Noon at Ciminero's Banquet Centre

**Please make reservations by February 1, 2026**

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

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

\_\_\_\_\_ Lunch(es) @ \$17.00 = \_\_\_\_\_

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

Teacher Grant 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.  
Social distancing rules will follow state guidelines.  
The recipient for the free February lunch is Diana Bauman.

**Make one check payable to TRTA.**

**Send this form to:**

Linda Cowin  
PO Box 152  
Leavittsburg, OH 44430

Phone: 330.399.1448



### Membership Dues

Please look at your address label to see if you owe dues. There is a line for membership status. **If you owe, it says "Dues paid only through 2025"**. Please note that this is your final newsletter until the 2026 dues are paid.

### Membership Dues Renewal Form (Please check the appropriate box)

Name \_\_\_\_\_ as you want it to appear on your luncheon name tag.

Email \_\_\_\_\_ Phone Number \_\_\_\_\_

\_\_\_\_\_ \$30 TRTA Annual Membership

\_\_\_\_\_ \$175 TRTA Life Membership

**Please return this application form and check payable to TRTA in the amount of \$ \_\_\_\_\_ to**

Linda Cowin, Financial Secretary

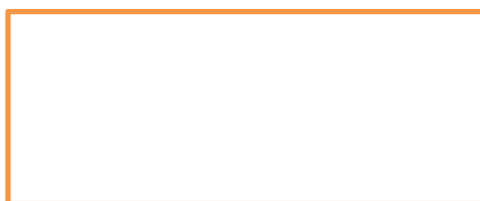
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Leavittsburg, OH 44430

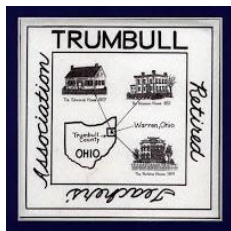
Questions? Contact Linda Cowin Email: LSMC50@aol.com or Phone: 330.399.1448.

TRTA  
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### Membership, Marilyn Stanton and Michele Kubicina, Co-Chairs



Thanks to all those members who have already renewed their annual dues for the current year. If you are unsure whether you have renewed your dues, check your membership status on the address label that appears on your newsletter. *If your dues are current, your label should read “dues paid through 2026” or “Life Member”.* **If you owe, it says “Dues Paid only through 2025.” Please note that this is your final newsletter until the 2026 dues have been paid.** If you need to renew your dues, use the membership dues renewal form in this newsletter. Reminder: The Board voted to increase the dues. Annual membership is \$30 and Life membership is \$175.

### TEMPORARY OR PERMANENT ADDRESS CHANGES AND SNOWBIRDS

Whether you are changing your address temporarily, permanently, or you are a snowbird, please contact Sue Datish with your new information. Most Snowbirds have their newsletter emailed while they are away from home. Email: [suedat@gmail.com](mailto:suedat@gmail.com); Phone: 330-719-1978, or address to 1457 Henn Hyde Road, Warren, Ohio 44484.



**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](mailto:cindyharris513@gmail.com).