



TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retired Teachers Association

July 2022

Volume XIII, Number 4

TRTA General Meeting Dates:

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

Program. The August Program will include presentations from our TRTA Teacher Grant Recipients and also representatives from the U.S. Air Force 910th Airlift Wing Public Affairs Office, Vienna, OH. They will share their role in the U.S. Air Force and our local community.

Hospitality: Mary Fuller, Chairperson
"Summer has a flavor like no other. Always fresh and simmered in sunshine." ~Oprah Winfrey
Our August décor will have a summer theme with a few hints of early fall.

Collected at all meetings: Cancelled and **trimmed stamps**, cell phones, eyeglasses, hearing aids, and yarn. No candle wax or pill bottles please!

Foundation Financial Update:

See a list of donors on our webpage.

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 September 20 and November 15.

From our President, Marilyn Stanton

Happy Summer, everyone! I hope all of you had an enjoyable and safe 4th of July.

We want to extend a warm welcome to any newly retired teachers who wish to join us at our luncheon. Please mail the reservation form in the newsletter.

ORTA is hosting a celebration for its 75th anniversary at the Doubletree Inn in Worthington, Ohio, on Wednesday, October 12, from 4:00-7:00 p.m. I am planning to attend to represent our chapter. Anyone is welcome to join me. You need to RSVP to the ORTA office by August 31 by phone at 614-431-7002 or by email at admin.asst@orta.org.

Treasurer's Report, June 30, 2022



Checking account balance \$3,810.44

Savings account balance \$8,533.26

Community Foundation-Scholarships \$12,395.00

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

Boscov Passes

Once again, Boscov's is sponsoring a community day, **Friends HELPING Friends** for one day, October 19, 2022. For a donation of \$5 you will receive a shopping pass worth 25% off the lowest price. One hundred percent of the \$5 donation will go to TRTA. You can get your pass at TRTA's August luncheon or even preorder. Many are choosing to make a donation to TRTA and buy extra passes to share with their friends! The donations from the sale of the shopping passes will be split between Scholarships and Teacher Grants. Thanks, Boscov, and thank YOU for donating!!!

How can I get a pass?

1. Mark the number of passes you want on the luncheon reservation form in the newsletter. You can include the pass purchase with your luncheon check.

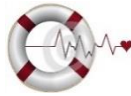
a. If you are attending the luncheon, you can pick them up at the luncheon.

b. If you are NOT attending the luncheon, Dave will mail them to you.



TRTA Lifelines

Volume XI, No. 3 compiled by Carol Hart



Enjoying the Sun



Protect Your Eyes: You need sunglasses that block UV light and broad-brimmed hats whenever you're outside for a while. The sun can damage your eyes any time, not just in summer, and the rays can pass right through clouds.

Use Sunscreen: An SPF of 15 or higher is best. Look for "broad exposure," which blocks more of the UV light. Put it on 30 minutes before you go outside and don't forget areas like your lips, ears, and neck. Put more on if you swim or sweat. Try to stay out of the direct sun between 10 a.m. and 4 p.m. when the sun's rays are strongest and take breaks inside.

Go to the Dermatologist: Check your skin once a month or so. If possible, ask a family member to help if you can't see everywhere on your body.

Stand in front of a full-length mirror—a hand mirror can help—and look all over for any new growths or changes in old spots. See your doctor or dermatologist if you notice anything unusual. (<https://www.webmd.com/a-to-z-guides/ss/slideshow-sunlight-health-effects>)

Natural Remedies for Anxiety/Insomnia

Eating lettuce with dinner is claimed to be calming, helping you to sleep and have pleasant dreams. Mandarin oranges have a soporific effect. Native Americans reportedly ate raw onions to induce sleep. Chamomile or mint tea can ease stress and be relaxing. (The Old Farmer's Almanac: The Book of Home Remedies, Boys Town, 2021, pp. 8-9)

Light Summer Salad

Peel and chop a cucumber; dice a Roma tomato and some red onion. Cook and drain a cup of shell pasta. When cool, combine with vegetables and add this dressing: 3 T lime juice, 2 T chopped cilantro, 1 t sugar, ¼ t salt, ¼ t pepper. Enjoy! (food.com/recipe)

Spelling Bee 2022, Ava Bloom and Garry Peacock, Chairpersons



The 36th Annual Spelling Bee will be held on July 14th at 1 p.m. at the Trumbull County Fairgrounds. Pre-registration has ended, but children may still register from noon to 12:45 p.m. on the historical stage. Thank you for your generosity; a total of \$620 was donated. The treat bags are filled with a large assortment of school supplies and goodies. Special thanks to the following members for their generosity: F. Barker, D. Bauman, D. Blake, N. Countryman, D. Deltondo, P. Derda, L. Falatic, M. Fuller, P. Gabriel, R. Hawkins, L. Hite, C. Jessep, G. LaLiberte, K. Luhaney, J. McClain, J. Morello, B. Ogilbee, M. Stanton, and an anonymous donor. Thanks, also, to the following businesses for their donations: Warren Public Library—Liberty Branch, Girard Free Library, McDonald's

Restaurants, Wendy's, Howland Giant Eagle, Elm Road Dairy Queen, Waffle House, Huntington Bank, Arby's, Eat'n Park, and the Trumbull County Fair Board for offering free admission to pre-registered spellers and bee workers. Hope you can join us at the bee!

Luncheon Reservation Tuesday, August 9, 2022

12:00 Noon at Ciminero's Banquet Centre

Please make reservations by August 1, 2022

Member Name: _____

Guest Name: _____

TRTA Member's District of Retirement: _____ Phone number: _____

Email: _____

_____ Lunch(es) @ \$15.00 = _____

Scholarship Donation: _____

Teacher Grant Donation: _____

_____ Boscov Passes @ \$5.00 each= _____

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 of the free lunch for the June meeting is Jeanne Tucker.

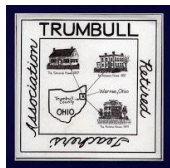
Make one check payable to TRTA.

Send this form to:

Dave Ambrose
2740 Atlantic St. NE
Warren, OH 44483-4426
330-647-3666

Membership, Luanne Hite, Gretchen LaLiberte, Co-Chairs

Dave Ambrose, Dues Coordinator



Thanks to all the members who helped us locate the names and addresses of the newly retired Trumbull County educators. Your help is greatly appreciated. We would like to invite these new retirees to a future luncheon, hoping that they will like what they see and want to join our great organization.

If you know any educators who have been retired for a while or who are thinking of retiring in the near future, invite them to one of our meetings as a guest. They might find that they are ready to join our organization. A personal invitation is **always** best.

Dave is still collecting email addresses and phone numbers for our membership database. Remember there is a place where you may list these on the luncheon reservation form. You can also update this information there if you have had a change in your address or phone number. Indicate if the information is an update. You may contact Dave by email: dambrose1@neo.rr.com; phone: 330-647-3666; or mail: Dave Ambrose, Membership Dues Coordinator, 2740 Atlantic St. NE, Warren, OH 44483-4426.

Dave has added a new column to the database. We are going to begin keeping track of the districts from which our members have retired so that we can use the information to try to attract members from districts that are not represented in TRTA.

Look for a future email from TRTA requesting this information. You will also be able to provide this data to the membership committee at the next meeting.

Attention new members: Those new members joining TRTA during the remainder of 2022 will have their dues fully paid through December 2023.

TRTA
2740 Atlantic St. NE
Warren, OH 44483-4426

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Make and Bake Sale, *Diana Bauman and Cindy Harris, Co-chairs*

A reminder that we will have our annual Make and Bake Sale at the October 11, 2022, general membership meeting. As you are planning summer crafts and gardens, please keep it in mind. The proceeds go to our Teacher Grant Program.

Community Service, *Jeannie Morello, Chair*

At our August meeting, we will collect **new** school supplies for the Emmanuel Community Center in Girard. Members are reminded to track volunteer hours for the year.

TEMPORARY or PERMANENT ADDRESS CHANGES

Whether you are changing your address temporarily or permanently, please contact Dave Ambrose with your new address. The postal service charges TRTA a fee for each returned newsletter.

EMAIL ADDRESS Let Dave know if you have added or changed your email address; the TRTA board uses email to send important information between newsletters. Email: dambrose1@neo.rr.com.

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.