

TRTA Newsletter

*Published for the Trumbull Chapter of the Ohio Retired Teachers Association.
TRTA – one of nine chapters in District XI.*

Volume XIII, No. 1

January 2017

From our President:

It is hard to believe that we are already into 2017. May it be a happy, healthy year for all of us AND a mild winter! It is so rewarding to be part of such an active group as TRTA and my great privilege to serve as your President--with much help from you.

Thank you to all of the officers and committees for taking on the responsibility of continuing our activities and traditions. It is your dedication and the involvement of each of our members that make our chapter thrive.

Something to ponder:

In our troubled world, it is refreshing to find
People who still take the time to be kind.
People who still have the faith to believe
That the more you give—the more you receive.
People who are ready in thought, word, and deed
To reach out and help others in need.

Looking forward to our February meeting!

Diana M. Bauman. President

TRTA Meetings

2017 Meeting Dates: 2/14, 4/11, 6/13, 8/8, 10/10, 12/12

Every other month on the second Tuesday at Noon

Ciminero's Banquet Centre, 123 N. Main St., Niles, Ohio 44446

Program:

Our February Speaker is Carrie Shockey who will help us celebrate Valentine's Day with the 5 Love Languages. The things that say "I love you" seem to either not get said or not get through. Knowing your own love language and the love language of those around you will help you communicate and receive love. This is a brief introduction to "The five love languages" by Gary Chapman. See how applying the five love languages can improve relationships with your spouse, children and anyone around you.

Hospitality, Mary Fuller, Chairperson

Ward Elliot Hour said, "The color of springtime is in the flowers, the color of winter is in the imagination." The decorations will reflect the glittering beauty of winter — and possibly a hint of a holiday to come! Profit above cost will once again go into the Mobile Meals Fund. In 2016, \$300+ was presented to Mobile Meals. Thank you for your support!

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 8:45 a.m. at St. Paul Lutheran Church, 2860 E. Market St. Warren, OH.
Next Mailing Meeting: Tuesday, March 21, 2017

Web Address: www.trumbullrta.blogspot.com - You can also follow **Trumbull Retired Teachers Association** on Facebook. Please email comments or corrections to the TRTA newsletter to Karen Marshall, editor - at KarenM115@gmail.com





Foods That Help You Heal

Whether you have headaches frequently or only occasionally, “the first thing to do if you get one is drink a tall glass of water or two,” says a spokesperson for the Academy of Nutrition and Dietetics. “Dehydration is a common cause of headaches.”

Calm nausea with a spice. Ginger has been studied as a potential remedy for nausea, especially during chemotherapy. It seems to help by moving food out of the stomach quickly, and possibly turning off neurotransmitters such as serotonin that can contribute to nausea.

Some people suggest sipping warm milk for insomnia because it contains tryptophan, an amino acid that is converted to serotonin, which will relax you, and melatonin, which promotes sleep. An alternative to this, however, is snacking on two kiwis an hour before bedtime. Studies published in *Advances in Nutrition* suggest that the fruit may promote sleep because of its folate content.

The typical advice for fighting heartburn and gastroesophageal reflux disorder (GERD) is to eat smaller meals, skip spicy foods and avoid eating or drinking within 3 to 4 hours of bedtime. However, once the burning sensation strikes, try having a banana. Some research suggests the fruit may act as a natural antacid. Chewing sugarless gum may decrease reflux after a meal.

No foods are a proven remedy to shorten a cold, but some can ease symptoms. Eating more fruits and vegetables is the key to feeling better. Chicken soup is also hydrating, which helps the lymph system flush out the cold virus. (Consumer Reports *On Health*, Vol. 28, Issue 12, December 2016)

Cold Weather Skin Soothers

- Turn down the thermostat a few degrees as it may keep the air from drying out so much.
- Bathe briefly and use tepid water.
- Moisturize after bathing while you’re slightly damp.
- Run a cool mist humidifier.
- Stick to fragrance-free soaps.

(Consumer Reports *On Health*, Vol. 28, Issue 12, December 2016)

Caffeine’s Brain Bonus

A recent University of Wisconsin-Milwaukee study of 6,467 postmenopausal women found that those who sipped about 3 cups of coffee or 5 cups of black tea daily had a 26 percent lower risk for dementia over 10 years than those who consumed less than 1 cup of coffee or 1 ½ cups of tea per day. Caffeine might discourage the buildup of damaging brain plaques, boost blood flow, or balance levels of a brain chemical. (*Journals of Gerontology A Series Biological Sciences and Medical Sciences*, Sept. 21, 2016)

TRTA 2017 Officers

President.....Diana M. Bauman
President-electSue Datish
Recording SecretaryLinda Cowin
Financial SecretaryDee Sullivan
Treasurer.....Patrick C. Pinney
Chaplain.....Carol S. Pinney
Historian.....Charlotte Jessep
ORTA TrusteeDenise M. Deltondo

You Know You’re a **RETIRED** Teacher If...

You eat all fruits except apples
You still hear the sound of a bell
You avoid cafeteria style restaurants
You don’t own any red pens
Every day is like a summer break

Meeting Reservation

Tuesday, February 14, 2017 - 12:00 PM at Ciminero's Banquet Centre

Please make reservations by February 1, 2017

Member Name: _____ Guest Name: _____

Phone Number: _____

_____ luncheon @\$11.75 = _____

Scholarship Donation: _____

Total Enclosed: _____



**Make one check payable to TRTA
Send this form to:**

Dee Sullivan
1125 Townsend Ave.
Youngstown, OH 44505-1267
330-759-1305

2017 Membership Form

TRUMBULL RETIRED TEACHERS ASSOCIATION (TRTA)

OHIO RETIRED TEACHERS ASSOCIATION (ORTA)

Membership is open to all Trumbull County Educators. Unified membership is required.

Member's Name: _____ Email: _____
will not be shared

_____ Current Member

_____ New Member

Dues are as follows:

Annual Memberships

_____ Annual TRTA/ORTA Dues
\$50 (\$20 TRTA + \$30 ORTA)

Life Memberships

_____ Life TRTA Dues \$150

Life ORTA dues (\$500) are payable in three ways:

_____ Two payments: One-half now; one-half in 6 months

_____ Four payments: January, March, May July

_____ Lump Sum: \$500

Total Enclosed: _____ **Checks payable to TRTA.**

_____ I would be willing to receive my newsletter by Email. Referred by _____

Send this form and payment to:

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

T C ORTA

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

Address Correction Requested

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Committee News

Membership, Gretchen Laliberte, Luanne Hite Chairpersons

The membership committee has expanded. Dave Ambrose is the database administrator and will collect dues and keep track of your membership information. Gretchen Laliberte and Luanne Hite will co-chair the membership committee. Their focus will be attracting new members to our organization. We are excited to welcome them to this position. Please let them know of any prospective members!

Community Service, Marilyn Stanton, Ellen King Chairpersons

The Community Service Committee would like to thank everyone for your continued support of all our projects in 2016. We collected \$768 at our December meeting for Second Harvest Food Bank. Special thanks go to Lynn Valentino for all the beautiful afghans she continually crochets from the yarn you donate, to Lydia Caskey for the wonderful candles she makes for many organizations made from your used candle wax and to Michelle Gall for faithfully trimming your donated stamps to send to the veterans. Thanks also to those of you who submitted your 2016 volunteer hours.

At our February meeting we will be collecting coloring books, crayons and storybooks for Akron Children's Hospital Mahoning Valley.

Scholarship, Donna Pate, Chairperson

Applications for this year's five \$1000 TRTA Scholarships will be available at the February meeting. Each TRTA member is entitled to nominate two deserving Trumbull County students who will be pursuing higher education opportunities.

Applications are also available by calling Donna Pate at 330-638-6550.