



TRTA Newsletter

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

TRTA—one of nine chapters in District XI.

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November 2016

From our President:

Looking forward to Thanksgiving I'd like to say –
It's the people who are like you/That people like me should give thanks to,
For no one can live to himself alone/And no one can live just on his own.
Too bad there aren't a whole lot more/People like you to be thankful for.

Helen Steiner Rice

And looking forward to our December meeting, I'd like to thank again all my officers, all committee chairmen and members, and all the members who make our Chapter such an active, friendly one and easy to work with. Thank you. I have enjoyed my two years as President and wish the best to the new officers to be installed. Finally, I look forward to our December program and its Holiday Greetings.

Highlights from the ORTA Newsletter include the fact that ORTA is seventy in 2017; it is one of the largest organizations of retired educators in the nation; and it is largely a volunteer organization powered by retired professionals. The Director, Dr. John Cavanaugh, encourages us to volunteer our expertise, time, and talent on any of the several state committees like finance, legislative and membership. Call him at 614-431-7002 or email him at jcavanaugh@orta.org. Governor Kasich appointed Wade Steen to the State Teachers' Retirement Board as the investment expert and finally, members may connect with ORTA on social media: Facebook, Twitter and LinkedIn. Members may sign up for Health Care Coverage updates at www.strsoh.org (click on the black box that says SUBSCRIBE and say that you want to receive eUPDATES. Hope to see you at our December meeting, *Carol Pinney, President*

TRTA Meetings

TRTA General Meeting Dates

December 13, 2016, February 14, 2017, April 11, 2017, June 13, 2017

Every other month on the second Tuesday, 12:00 Noon

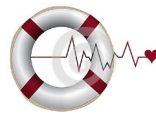
Ciminero's Banquet Centre, 123 N. Main St., Niles, Ohio 44446

Program: Our Christmas luncheon will be blessed with the joyful sound of the Warren G. Harding Madrigal Singers under the direction of Mr. Keith Rising. This prestigious group is comprised of high school juniors and seniors who must meet three criteria: audition with a solo, have three teacher recommendations. and maintain a high GPA. Mr. Rising is a graduate of Harding and was a Madrigal Singer himself. He has been Director of the group for 20 years. Currently his daughter is carrying on the family tradition by singing with the group. We are indeed fortunate to have them perform for us, as they are in great demand in our area.

Hospitality, *Mary Fuller, Chairperson:*

It's time to "Deck the Halls" as the time to celebrate Christ's birth draws near. There will be a variety of trees, centerpieces, and door decorations from which to choose at the December meeting. Some will be pre-lit to add sparkle to the season. The profit will be added to what has been collected so far for Mobile Meals. Patrick will present a check for the total to them in December. Thank you for your great response all year to support this effort.

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



Factors which Affect Mood

- Weather can actually have an influence on one's mood. Sunshine and springtime do make us feel better and happier!
- Foods can have an effect on one's mood also. Food such as olive oil, salmon, and nuts have fatty acids that are mood-boosting. Lean meats, leafy greens (which contain folate) and fiber can help us feel better. A cup of tea can actually take the edge off stress, making us feel better too!
- Moods are "contagious." "People's happiness depends on the happiness of others with whom they are connected," say authors of a recent study.
- As people grow older, they tend to accentuate the positive! Older folks are credited with having better moods. (Yay, us!)
- How about this: people who are often in a good mood are more likely to be superstitious!

(<http://www.webmd.com>)

A Few Facts About Bread

- Keep bread fresh for a few days on the counter, not in the refrigerator. The refrigerator tends to make bread stale more quickly. Freeze for longer storage.
- Too much bread can raise a person's blood pressure because of the salt it contains.
- Bread is not an enemy of a dieter. Whole-grain breads can actually help by adding fiber to one's diet. Look for a bread that contains at least 3 grams of fiber per slice.
- Whole-grain pumpernickel bread is good for folks with diabetes because it causes the lowest and slowest change in blood sugar.
- If you see mold on one slice of bread, throw out the whole loaf, as the mold spores may have spread to all the bread.

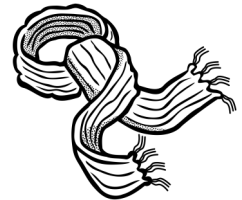
(<http://www.webmd.com>)

Build Your Defenses

A strong immune system is a safeguard against colds and flu. Keep yours in fighting shape!

- Seven hours of sleep per night will make you less likely to get sick.
- You are thirty-two percent less likely to catch a cold if you give and receive hugs frequently, thanks to their stress-busting effect!
- Forty minutes of moderately intense daily exercise, like a brisk walk, can cut your risk of cold and flu in half.
- Meditate every day and you can cut chances of coming down with a cold by seventy-six percent.

Knitted Scarves and Cowls: TRTA will be selling knitted scarves and cowls at the December meeting. Twenty percent of the sales will be given to the scholarship fund.



Community Service, Marilyn Stanton, Ellen King Chairpersons

Thanks to everyone who at our last meeting signed cards for the veterans. The cards were delivered to the VA hospital in Cleveland. Thanks again to Lynn Valentino for more beautiful afghans that she crochets from the yarn our members donate. At our December meeting we will be collecting money for Second Harvest Food Bank. If you are writing a check for your donation, please make it out to TRTA so that we can combine all money collected. Receipts will be available for tax purposes. If writing a check, use the memo line to note the Second Harvest donation. There will be a prize for those sitting at the table with the most money collected.

It's time to start totaling your volunteer hours for 2016. Remember to count all that you do even if it's only a few hours. If you're not sure, just estimate and be sure to include the rest of December. You may return the form with your dinner reservation, bring it to the meeting or send it to Marilyn Stanton. Let's try to be 1st in the state again!

Meeting Reservation

Tuesday, December 13, 2016– 12:00 Noon at Ciminero's Banquet Centre
Please make reservations by December 1, 2016.

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

2016 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: _____

_____ 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 six months

_____ Four payments: January, March, May, July

_____ Lump sum: \$500

Total Enclosed: _____ **Check payable to TRTA**

_____ I would be willing to receive my newsletter by e-mail. Referred by _____

Send this form and payment to: Jane Cribbs, 150 Royal Troon Dr. SE, Warren, OH 44484

Community Services Survey

2016 Volunteer Hours —January 2016– December 2016

Please include all areas where you volunteer ---- church, schools, hospitals/nursing homes, food pantries, libraries, museums, etc.

Grand Total of Volunteer Hours (actual or estimated) _____

Name _____

Return this form to: Marilyn Stanton, 1281 Prindle-Booth Rd., Niles, OH 44446 or bring it to the meeting.

Mailing Work Session: January 17, 2017 at 9 am at Grace United Methodist Church on Drexel Avenue. Everyone is welcome to come help.

T C ORTA

150 Royal Troon Dr SE
Warren, OH 44484-4668

Address Correction Requested

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**Scholarship, Donna Pate Chairperson**

A great big THANK YOU to everyone who helped in any way with our “Homemade Goodies” sale last month. A total of \$611.95 was raised for the scholarship fund. It is always fun to see what kind of goodies people bring, and what we want to buy to take home. A few “teacher dolls” were left and will be available at the December meeting. Remember, we also accept monetary donations throughout the year. Thank you for all your generous support.

Pre-Retirement Seminar

The Pre-Retirement Seminar was held on October 19, 2016, at St. Paul Lutheran Church. There were 57 STRS members in attendance and 6 guests. Speakers included Attorney Jack Alpern, estate planning; Roz Gadd, TRTA/ORTA; Chuck Kinkopf, AMBA; and Hope Short, STRS.

The committee would like to thank the following people for helping make the seminar a huge success: Robert Marino, Assistant Superintendent TCESC; Debi Patchin, Executive Secretary TCESC; the following TRTA members; Diana Bauman, Carolyn Price, Janet Burkey, Linda Falatic, Mary Fuller, Anna Mae Cuchna, Cathy Agresta, Sandy Bilovesky, Betty Jean Bahmer, Ruby Hawkins, Judy Zimmer, Linda Cowin, Kathleen Funtulis, Sue Datish, Jane Cribbs, Janice Bogan, and Dottie Fogel. Thanks also goes out to Garry Peacock and Georgia, Peggy, and Mark from St. Paul Lutheran Church.

Membership, Jane Cribbs, Chairperson

Dues for TRTA and ORTA are for the calendar year. Therefore, dues for 2017 are payable now. It is recommended that you join both organizations--\$20.00 for TRTA; \$30.00 for ORTA. Remember ORTA is working solely for you, the RETIRED educator. Be cool; join dual!