



TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retired Teachers Association

March 2019

Volume X, Number 2

TRTA General Meeting Dates:

Apr. 9, June 11, Aug. 13,

Oct. 8, Dec. 10, 2019

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

Ciminero's Banquet Centre

123 N. Main St.

Niles, Ohio 44446

Program: In April, we will welcome
Becky Miller, Resource Development
Director for Second Harvest Food
Bank.

Hospitality: *Mary Fuller, Chairperson*
"Every April God rewrites the book of
Genesis", says an author unknown.
We are surely looking forward to the
arrival of spring, new beginnings and
the promise of Easter. Our
decorations will celebrate all these
things.

Collected at all meetings: Cancelled
stamps, cell phones, eyeglasses,
hearing aids, and yarn. No Candle
Wax! At our April meeting we will
accept donations for the Spelling Bee.

Mailing Meetings: Won't you
consider dropping by to help
assemble our newsletter. The mailing
work sessions are at 9 a.m. at St. Paul
Lutheran Church on Market St.:
May 21, July 16, Sept. 17, Nov. 19.

From our President:

"Never iron a four-leaf clover, because you don't want to press
your luck."

Author Unknown

As we enjoy March, we can reflect on how very
fortunate TRTA is that we have a great leadership team
always willing to depend on hard work rather than luck
and always willing to iron out any wrinkles as we move
forward with some new ideas and projects.



The Board is diligently studying making a few changes. We will
continue our Scholarship Program and review ways to adapt it so
that it supports education. There are **no** plans to eliminate it. We
have learned from meetings and correspondence with the other
Retired Teachers' organizations that they disburse their scholarships
in many different ways. Our Scholarship Committee is exploring some
changes for 2020.

Many RTA's are moving towards a Teacher Grant Program. Diana
Bauman and Cindy Harris are chairing this initiative. The concept is to
publicize our organization among currently working public school
teachers in the Fall. We want working teachers to know about TRTA.
Applications will be reviewed and a rubric utilized to select the
winners. The money will be disbursed to the school district for the
teacher to use. Grant recipients will share their projects at a TRTA
meeting.

We are very proud of our Scholarship Program and excited to begin
the Teacher Grants in 2019.

We sincerely want to promote education as well as our organization
and look forward to these changes that build on the core principles
of TRTA.

Sue Datish, President

Heartfelt Sympathy

Sincerest condolences to Carol and Laura Pinney on the passing of
their beloved husband and father, Patrick C. Pinney, after a brief
illness. Patrick has been an integral and vital part of TRTA, holding many offices including
President and Treasurer. He will be dearly missed. You may choose to honor Patrick by making
a donation to our scholarship fund. Please make your check payable to TRTA and either bring it
to the April 9 meeting or send it with your reservation, noting its designation.



TRTA Lifelines

Volume X, No. 2 compiled by Carol Hart



Healthy Aging: the Good News

Getting older has its perks. For one, you're good at using what you've learned. This is called crystalized intelligence, and it keeps getting better, even when you're 65 or 70. You're also likely to be happier. You may be less inclined to get angry. There's a good chance you'll become the morning person you always wanted to be because as we age, our sleep patterns change and we tend to get tired earlier, and then get up earlier in the morning. Once you hit your 70s, if you've had migraines, they may go away. One study showed that many folks over the age of 65 have a fear of falling—and those with such a fear might be the ones prone to falling. So we must not let that fear overwhelm us. Those 60 and over tend to cast ballots more than any other age group, which gives us voting power!
(<https://www.webmd.com>)



Shoulder and Arm Stretches

Start with your feet shoulder width apart. Hold one end of a towel in your right hand. Reach back and grasp the other end with your left. You should have the towel in your right hand behind your neck, and in your left hand behind your lower back. Gently pull the towel down with your left hand, feeling a stretch. Stop if you feel pain. Do this three to five times, then switch the hand positions and repeat. I think you could also do this exercise sitting in a chair. (<https://www.silversneakers.com>)

Make-Ahead Oatmeal Cups

- 1 ½ cup old-fashioned oats
- ½ t cinnamon
- Pinch of salt
- 1 t baking powder
- ¼ cup sunflower seeds or chopped nuts
- 1/3 cup raisins or other dried fruit
- 1 large egg
- 2 T nut butter
- ¾ cup milk



Stir first six ingredients together. Mix egg and nut butter until smooth and add milk. Pour liquid into dry ingredients, mixing well. Divide and spoon into 6 greased muffin cups and bake 25 min at 350 degrees. These will keep for five days on the counter. Almost a week's worth of quick breakfast! (<https://www.thekitchn.com>)

Spelling Bee 2019

Denise Deltondo, Chairperson

It is once again time to begin thinking of the TRTA Spelling Bee at the Trumbull County Fair in July. Your monetary donations will be cheerfully accepted at the April meeting so that we can take advantage of the sales! If you would prefer to purchase something, please make sure to include 50 of that particular item as 50 bags are prepared. Thanks for your generosity!

Community Service

Jean Morello, Chairperson

Second Harvest Volunteer Form

May Service Day Project

Complete this form by putting an "X" under the time you are able to help.

Mon., May 13	Tues., May 14	Wed., May 15	Fri., May 17
10am-12pm	2pm-4pm	10am-12pm	10am-12pm

Bring this form to the April meeting or
send it to:

Jean Morello
290 Dakota Ave.
McDonald, OH 44437
Email:
more290@zoominternet.net

Name _____ Phone number: _____

You will receive a phone call reminding you of this event.

Luncheon Reservation Tuesday, April 9, 2019—12:00 Noon at Ciminero's Banquet Centre

Please make reservations by April 1, 2019.

Member Name: _____ Guest Name: _____

Phone number: _____ Email: _____

_____ Lunch(es) @ \$11.75 = _____

Scholarship 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.

Make one check payable to TRTA.

Send this form to:

Dee Sullivan
1125 Townsend Ave.
Youngstown, OH 44505-1267
330-360-2243

New Officers

According to our By-Laws, the President can appoint officers if there is a vacancy. Our new officers are Linda Cowin, Treasurer, and Carol Senne, Secretary. Thanks, ladies! We appreciate your stepping into these positions.



T C ORTA

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

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

Necrology Committee

Denise Deltondo, Chairperson

At the February meeting the following members we lost in 2018 were lovingly memorialized: Susan M. Berndt, Carol E. Farthing, Gloria M. Hatfield, Leona H. Baran, Thelma V. Thornton, Carl D. Macali, Anthony B. Maiorana, Katherine B. Sefcik, Diana Plecker, Theresa A. Khoury, Carl G. Kokor, Elizabeth L. Ries, Patrick R. Merrick, Beatrice A. Baer, Phyllis M. Hare, Neil Gioiello, Robert W. Durst, Nanna E. Patterson, Irene E. Dillon, C. Althea Ellis, Dorothy Joanne Johnson, Lorin J. Hopkins, and Alfred C. Carrino. Obituaries can be found on the TRTA website under the *More* tab, *Necrology*. Sincerest thanks to Linda Cowin and Dave Ambrose for their assistance.

Membership

Luanne Hite, Gretchen LaLiberte, Chairpersons; Dave Ambrose, Dues Coordinator

If you know individuals who might be interested in joining TRTA/ORTA, please extend a personal invitation to them. Bring them to one of our luncheons. This is a great way to increase our membership.

Welcome New Members:

Janice M. Boazzo and Ruth McCleary

Temporary or Permanent Address Changes Whether you are changing your address temporarily or permanently, please contact Dave Ambrose with your new address. Email: dambrose1@neo.rr.com Phone: 330-647-3666. Address: 2740 Atlantic Street NE, Warren, OH 44483

Membership Cards Dave Ambrose will continue to print TRTA membership cards upon request. If you are a 2019 member or a TRTA LIFE member and would like a TRTA membership card, please contact Dave at dambrose1@neo.rr.com or 330-647-3666. You will be able to pick up your membership card at the nametags table at the February TRTA luncheon meeting.

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