

TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retired Teachers Association

November 2018

Volume IX, Number 6

TRTA General Meeting Dates:

12/11/2018

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

Ciminero's Banquet Centre

123 N. Main St.

Niles, Ohio 44446

Program:

Warren Music Club will present
music of the Christmas season
which will include a piano duet,
vocal solos, a piano solo, and the
Warren Music Club Choral
Ensemble. We will also have the
attendees join us in singing 3
Christmas Carols.

Hospitality

Mary Fuller, Chairperson

"It's Christmas in the heart that
puts Christmas in the air." --W.T.
Ellis. Decorations will celebrate
the joy of Christmas and the
beauty of winter.

Collected at all meetings:

Cancelled stamps, cell phones,
eyeglasses, hearing aids, and
yarn.

From our President:

It is a great season that is upon us. November is when we reflect on
our many blessings and express our thankfulness. December is when
we actually celebrate the gift of those blessings and share our love and
joy with others. I hope that you are enjoying the counting of your
blessings during these holidays.

Our congratulations go out to Marilyn Stanton on receiving the Valley
Legacy Senior Award for Community Achievement. It is a well-
deserved honor! Marilyn has done a fantastic job coordinating our
Community Activities.

Kudos to our Scholarship Committee for a very successful Bake-it or
Make-it Sale. You ladies did a great job and are to be commended for
your tireless efforts!

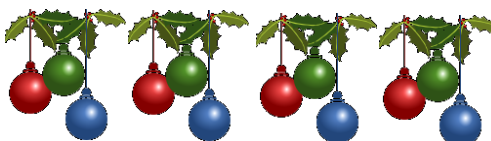
I would like to express a sincere thank you to all of the Officers, the
Committee Chairpersons, Committee Members and to ALL OF YOU for
gifted our association with your time and many talents. Your
dedication and involvement have made TRTA the recipient of many
local, state, and national awards as well as being the most active,
thriving chapter in our district.

It has been an honor and a privilege to serve as President these past
two years, and I sincerely would like to express my thanks and
appreciation to each of you for your help and support. It is greatly
appreciated. My best wishes to our newly elected officers who will be
installed in December. I know that they will do a great job leading us in
our future endeavors.

Wishing you a Very Merry Christmas and a Healthy, Happy New
Year. LOVE AND PEACE TO ALL!

Hope to see you at our December meeting!

Diana Bauman, President



TRTA Lifelines

Volume VI, No. 5 compiled by Carol Hart



Ingredients that Eczema Sufferers Should Avoid

If you have eczema, you know that you must avoid certain triggers to prevent a flare up. There are some ingredients that you aren't as aware of: Neomycin sulfate, found in antibiotic creams; Fragrances; Lanolin, found in some soaps and creams; Formaldehyde, a by-product of smoking; Propylene glycol, found in "smoke" or "fog" machines.

(<https://www.healthcentral.com>)

A Healthy Fall Breakfast Recipe—single serving

Ingredients:

1 tsp. instant coffee granules
1/2 cup old-fashioned oats
1/2 cup unsweetened vanilla almond milk
1/4 cup canned pure pumpkin
2 packets no-calorie sweetener (like Truvia), or more to taste
1/4 tsp. vanilla extract
1/4 tsp. pumpkin pie spice, or more for topping
1/4 tsp. cinnamon
Dash salt
Optional topping: fat-free plain Greek yogurt



Directions:

In a medium jar or bowl, combine coffee granules with 1/4 cup hot water. Stir to dissolve. Add remaining ingredients and mix well. Cover and refrigerate for at least 6 hours, until oats are soft and have absorbed most of the liquid.

(<http://www.hungry-girl.com>)

Pre-Retirement

Gretchen LaLiberte, Luanne Hite, Chairpersons

The preretirement seminar was held on October 24, 2018, at St. Paul Lutheran Church. There were 62 STRS members registered and 7 guests in attendance. Speakers included Luanne Hite, TRTA; Attorney Jack Alpern, wills and estate planning; Dr. Robin Rayfield, ORTA, benefits of joining ORTA and AMBA benefits; and John Buch, STRS, issues pertaining to retirement.

The committee would like to thank the following people for helping make the seminar a huge success: Robert Marino, Assistant Superintendent TCESC; Laurie Rouan, Executive Secretary TCESC; the following TRTA members: Diana Bauman, Linda Cowin, Dottie Fogel, Anita Shaw, Andrea Barile, Dee Sullivan, Betty Jean Bahmer, Jeannie Morello, Cindy Harris, Carolyn Price, Jan Bogan, Anna Mae Cuchna, Carol Senne, Jane Snowberger, Sandy Bilovesky, Juanita Barber, Maranel Tallman, Joyce Faiver, Jane Cribbs, and a thank you is also extended to Georgia, Peggy, and Mark from St. Paul Lutheran Church.

Scholarship – Bake/"Goods" Sale

Donna Pate, Chairperson

Thank you to everyone who either donated something special or bought some goodies at the "Make It or Bake It" sale in October. \$655.25 was earned for the Scholarship Fund. Way to go TRTA members! We appreciate all the people who also buy 50/50 raffle tickets and/or add a "little extra" to their luncheon reservations. Contributions can be made anytime during the year by writing a check to TRTA.

Luncheon Reservation Tuesday, December 11, 2018–12:00 Noon at Ciminero's Banquet Centre

Please make reservations by December 1, 2018.

Member Name: _____ Guest Name: _____

Phone number: _____ Email: _____

_____ Luncheon @ \$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
330-759-1305

Membership Dues

(Please check the appropriate box)

Name _____

Phone Number _____

email _____

New/Renewal

Annual ORTA Renewal

Annual TRTA Renewal

☐ TRTA/ORTA
Unified Annual Membership
*Required for new members and
those who joined after 2015.*
\$50.00 Annually

☐ I am a Current TRTA Life Member
and paying annually for ORTA.
\$30.00 ORTA Annually

☐ I am a Current ORTA Life
Member and paying annually for
TRTA.
\$20.00 TRTA Annually

Life Membership Dues

☐ TRTA Life
\$150.00

☐ ORTA Life
\$500.00

_____ \$250.00 Two payments: One half now; one half in six months
_____ \$125.00 Four payments: January, March, May, July
_____ \$500.00 Lump sum

Your ORTA dues will be forwarded to ORTA.

Please return this application form and check payable to TRTA in the amount of _____ to:

Mr. Dave Ambrose, Membership Dues Coordinator
2740 Atlantic St. NE
Warren, Ohio 44483-4426

- [] Please create a TRTA membership card for me.
[] Receive at the next membership luncheon.
[] Mail to my current address.

Questions? Contact Dave Ambrose Email: dambrose1@neo.rr.com Phone: 330-647-3666

Community Services Survey

2018 Volunteer Hours — January 2018-December 2018

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 by December 15, 2017 to:**

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

T C ORTA

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

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

Community Service

Marilyn Stanton, Chairperson

Thanks to everyone who signed the cards for veterans at the October meeting. They were delivered to the veterans' office in Warren to be taken and shared with those in the VA hospital in Cleveland. At our December meeting we will be collecting money for Second Harvest Food Bank. There will be prizes for those sitting at the table with the most money collected. If you plan to write a check, please make it payable to Second Harvest Food Bank.

It's time to start totaling your volunteer hours for 2018. 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 bring the form to the meeting or mail it to Marilyn Stanton by December 15.

Membership

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

Membership Dues for 2019: Please check your mailing label. If your label says LIFE or 2019 after both *TRTA* and *ORTA*, your dues are current. However, if your label says 2018 after *TRTA* or *ORTA*, you need to pay your membership dues for 2019. You can pay your dues at the December luncheon. See Dave Ambrose, our Membership Dues Coordinator; he will collect your membership form and money. Dues for the 2019 year need to be renewed by January 31st or your name will be removed from the roster. You will find a Membership Renewal Form in this newsletter and at the *TRTA* website (<http://trumbullrta.wixsite.com/trta>) or at the Membership Committee's table at the December luncheon.

Snowbirds: Just a reminder to update your address if you wish to receive your newsletter during the time you are gone.

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 9 a.m. at St. Paul Lutheran Church on Market St. Date—11/20/18.

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