



TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retired Teachers Association

July 2021

Volume XII, Number 4

TRTA General Meeting Dates:

August 10, October 12,
December 14

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

Ciminero's Banquet Centre

123 N. Main St.

Niles, Ohio 44446

Program: We are happy to welcome back as our August speaker, Janet Weir Creighton. Her program is entitled "Dining with the Presidents" featuring actual presidential china.

Hospitality: Mary Fuller, Chairperson
"Earth laughs in flowers" wrote Ralph Waldo Emerson. The August decorations will be in the colors of summer flowers in their peak.

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

Foundation Financial Update:

See a list of donors on our webpage.

From our President, Sue Datish:

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

We want to sincerely thank all of you who have donated to the Spelling Bee as well as our dedicated sponsors! The Bee is July 15th at 1 pm. Come join us at the Fair.

TRTA has been extraordinarily fortunate to have dedicated and responsible chairpersons. Denise Deltondo has served as chair of the Spelling Bee for 15 years. She has done a spectacular job! She and her team have spent many hours preparing the treat bags, gathering sponsors, and running the spelling bee. It would be hard to find a more organized event. Thanks, Denise, for your dedication to making this such a successful endeavor. Good luck to the new chairs, Ava Bloom and Garry Peacock!

At the June meeting we celebrated our four scholarship recipients. Best of luck to them and huge thanks to the Scholarship Chair, Vickie Janik, and her committee: Donna Pate, Anita Shaw, Dottie Fogel, and Dianne Szuch. Thanks for a job well done.

Our most highly rated speaker is going to be at our August luncheon! Janet Creighton has lived in Stark County, Ohio, most of her life. She even served as Mayor of Canton in 2004—the first female in the city's history to hold that office. In early 2008 she was tapped by President George W. Bush to serve as his deputy assistant and director of intergovernmental affairs. Janet's topic will be "Dining with the Presidents". You don't want to miss this! Hope you enjoy your summer and are able to join us in August for a very entertaining

speaker!

Treasurer's Report June, 2021

Checking account balance \$2,722.42

Savings account balance \$8,555.83

Community Foundation (Scholarship Fund) \$13,981.00

You may view the detailed treasurer's report on the TRTA website:

<https://trumbullrta.wixsite.com/trta>



TRTA Lifelines

Volume X, No. 4 compiled by Carol Hart



Prediabetes

Folks who have prediabetes are often concerned about developing full-blown type 2 diabetes. This does not have to happen. Evidence suggests a few steps can reduce the likelihood. Increase physical activity. Lose extra weight. Eat a healthier diet. Choose whole grains, whole fruit instead of juice, and spread carbohydrates over three meals. Medha Munshi, MD, director of geriatric diabetes program at the Joslin Diabetes Center in Boston, suggests pairing carbs with protein to maintain lower blood sugar levels.

(*Consumer Reports On Health*, June 2021: p. 12)

Sunscreen

To protect your skin from the sun, use a golf ball-sized “glob” of sunscreen for your body and about a nickel-sized amount for your face 30 minutes before sun exposure. Reapply every two hours. Deborah S. Sarnoff, MD, president of the Skin Cancer Foundation, says that if you spend a day at the beach, you should use up an entire 4-ounce bottle of sunscreen.

(*Consumer Reports On Health*, June 2021: p. 12)



Shopping for Shoes

Wearing shoes that fit is very important. Shoes that don't fit can cause trips, falls, pain, blisters, and structural foot problems like bunions. When shopping for shoes, consider the following tips: 1. Get measured each time you shop for shoes; 2. Shop later in the day; 3. Try before you buy.

(“Do Your Shoes Fit Your Feet?” *Consumer Reports On Health*, July 2021: p. 6)

Trivia

Most summer vacations are at the beach or ocean. The top five summer vacations in the United States are: a resort (14%), a lake (17%) national parks (21%) a famous city (42%), and the beach or ocean (45%). (funfactoday.com/seasons/summer-facts-and-trivia)



Pre-Retirement, Gretchen LaLiberte, Luanne Hite Co-Chairs

The preretirement seminar will be held on Wednesday, October 13, 2021, from 5:00-7:30 p.m. at St Paul Lutheran Church in Warren. We have enough volunteers to help with registration and setting up in the kitchen. We still need volunteers to provide cookies, etc. This year we are asking each “baker” to provide two boxes of commercially wrapped cookies, brownies, etc.; such as “Little Debbie”, “Hostess” and others.

If you are willing to donate desserts, contact Gretchen at 330-240-9966 or grlalib@embarqmail.com. You may also contact Luanne at 330-719-4438 or ib573@aol.com. Sign up will also be available at the next general meeting in August. Please bring your donated desserts to the October luncheon or drop them off at St. Paul Lutheran Church between three and four o'clock on October 13, 2021.

Luncheon Reservation Tuesday, August 10, 2021 12:00 Noon at Ciminero's Banquet Centre

Please make reservations by August 1, 2021.

Member Name: _____ Guest Name: _____

Phone number: _____ Email: _____

_____ Lunch(es) @ \$12.00 = _____

Scholarship Donation: _____

_____ Boscov Passes @ \$5.00 = _____

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 the State Guidelines.

Make one check payable to TRTA.

Send this form to:

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



Boscov Passes

It looks like Boscov's will be a wonderful addition to our area. Not only can we look forward to some great shopping, but they also appear to be very involved in the community. They are sponsoring a Grand Opening Charity Day—Shop for a Cause! They have given TRTA 200 \$5 shopping passes. For a donation of \$5 you can attend an exciting day featuring refreshments, entertainment, and best of all, first pick at all the incredible grand opening specials. 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! If we get donations for 200 passes, it will fund our scholarships! They are even giving \$1,500 to the organization with the most pre-sold passes. Thanks, Boscov, and thank YOU for donating!!!

How can I get a pass?

1. Mark the number of passes you want on the luncheon 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.
2. Attend the luncheon and purchase from Dave Ambrose directly.

Spelling Bee 2021 *Denise Deltondo, Chairperson*

The 35th Annual Spelling Bee will be held on July 15 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. Your generosity this year has been amazing! You donated \$515, and we had a previous balance of \$18.56. The treat bags are the biggest and best ever! Heartfelt thanks to the following members for their generosity: D. Alejars, B.J. Bahmer, D. Bauman, D. Blake, A. Bloom, J. Burkey, L. Cowin, AM. Cuchna, S. Datish, SE. Davis, J. Faiver, D. Fogel, E. Fowler, E. Flaviani, M. Fuller, C. Harris, R. Hawkins, L. Hite, V. Janik, G. LaLiberte, K. Luhaney, J. Morello, B. Ogilbee, M. Overholt, G. Peacock, J. Pegg, M. Stanton, J. Woofter, and B. Young. Thanks, too, to the following businesses for their donations: Arby's, Bruster's, Eat'nPark, Elm Road DQ, Girard Free Library, Howland Giant Eagle, Huntington Bank, Mahoning Valley Scrappers, McDonald's, Waffle House, Wendy's, and the Trumbull County Fair Board for offering free admission to pre-registered spellers. See you at the Bee!



TRTA
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Warren, OH 44483-4426

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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 new retired Trumbull County teachers. Your help is greatly appreciated. We would like to invite these new retirees to a future luncheon, hoping they will like what they see and join our great organization.

If you know any educator who has been retired for a while, 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** the best.

Dave is still collecting email addresses and phone numbers for the membership database. Remember there is a place where you may list these on the luncheon reservation form.

Attention New Members: Those new members joining TRTA during the remainder of 2021 will be fully paid through December 2022.

Community Service, *Jeannie Morello, Chairperson*

At our August meeting we will collect school supplies for all grades for donation to the Emmanuel Center in Girard. Notebook paper, both wide and college ruled, is greatly needed.

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.