



TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retired Teachers Association

September 2018

Volume IX, Number 5

TRTA General Meeting Dates:

Oct. 9, Dec. 11

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

Ciminero's Banquet Centre

123 N. Main St.

Niles, Ohio 44446



Program:

The October program will be Lisa Solley from the Area Agency on Aging who will share resources for senior citizens. Carol Kinsey from ORTA will also provide an update.

Hospitality

Mary Fuller, Chairperson:

"Fall is summer's flamboyant farewell". A.H. Fitzwilliam
The gorgeous colors of autumn will be showcased in our decorations. Enjoy the end of summer and get ready to welcome fall.

Collected at all meetings:

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

From our President:

Well, can you believe it! Summer is over and Autumn is upon us. Many of us choose Autumn as our favorite season because of the glorious colors of the trees and the refreshing, crisp air. I hope that you are among us!

Congratulations and our best wishes go out to Marilyn Stanton, our nominee for the Shepherd of the Valley Legacy Award. She is most deserving of this award. Marilyn has done an outstanding job organizing and promoting community participation. The luncheon will be on October 10. All are welcome to attend.

An STRS Update: At the August board meeting, the Investment Department staff reported that STRS Ohio's total fund return for the year ending June 30, 2018, was +9.57%. The system's active management of the funds, rather than relying on index funds, added approximately \$350 million in value after all investment costs during the fiscal year. Total fund assets were \$77.7 billion as of June 30, 2018. Further information can be gleaned from the STRS website: the STRS Ohio eUPDATE, which is designed solely to provide timely and accurate news and information about legislation, benefits and other issues affecting the STRS Ohio membership.

Don't forget the Bake Sale (and more) at our October meeting. Our members have outdone themselves in past years providing baked goods, canned goods, Holiday treats, crafts, etc. This is a great fundraiser sponsored by our Scholarship Committee. Please plan to participate and shop! See you on October 9!

Diana Bauman, President

Scholarship – Bake/"Goods" Sale

Donna Pate, Chairperson

Come and enjoy the "Make It or Bake It" sale at the October meeting. All money goes into the scholarship fund for next year. Bring your baked goods and items to sell. Do you have peppers, tomatoes, squash or other garden goodies? Did you preserve jellies or canned fruits or pickles this fall? How about Halloween crafts and treats? Anyone handy with yarn or craft items? Be prepared to take home lots of homemade goodies to enjoy! Cash is also accepted. Please have items at the sale by 11:30 a.m.

TRTA Lifelines

Volume VI, No. 4 compiled by Carol Hart



Vitamin B: Do you get enough?

Without the B vitamins, folks can become tired, weak, confused and depressed. They are an important part of a healthy diet. Below are some food suggestions for getting enough B vitamins:

- B1 (Thiamine) rice and black beans
- B2 milk, yogurt, beef
- B3 (Niacin) milk, eggs, rice, fish
- B6 chickpeas, tuna, liver
- B7 (Biotin) cauliflower, salmon, carrots, bananas
- Folic acid spinach, black-eyed peas
- B12 clams, beef liver

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

Pre-Retirement

Gretchen LaLiberte, Luanne Hite, Chairpersons

The pre-retirement workshop will be held on Wednesday, October 24, 2018, from 5:00–7:30 p.m. at St. Paul Lutheran Church in Warren. If you signed up at the last meeting to help with registration, please be at the church by 4:00 p.m.; those who signed up to help in the kitchen will need to be at the church by 3:30 p.m. and those who signed up to bake cookies will need to drop off 2-3 dozen cookies at the church between 3:00 and 4:00 p.m. If your plans have changed and you are no longer able to help, please contact Gretchen at 330-240-9966 or grlplib@embarqmail.com or Luanne at [330-847-8777](tel:330-847-8777) or ib573@aol.com.

Spelling Bee 2018

Denise Deltondo, Coordinator



Now that the 33rd Annual Spelling Bee is history, it's a pleasure to announce that we sponsored a golf cart at the Trumbull County Fair in honor of Charlotte Jessep, who just finished her 20th year of judging the bee. Charlotte was very surprised and extremely pleased to learn of this honor when her golf cart pulled up to chauffeur her to the 4-H building. I do have to say I had fun driving the cart around the fairgrounds! TRTA will sponsor the cart for two more years as the contract was a three-year commitment. In addition to Charlotte, other committee members were Diana Bauman, Ava Bloom, Kathy Luhaney, Bob Sanders who replaced Ruby Hawkins due to illness, and Marilyn Stanton. Roz Gadd was in charge of publicity. Sincere thanks for your service!

Valley Legacy Luncheon

TRTA has nominated Marilyn Stanton for the Valley Legacy Award. The 14th Annual VLA luncheon is October 10, 2018, at noon at the Maronite Center in Youngstown at a cost of \$30. If you would like to attend, please register directly with Shepherd of the Valley online at <https://www.shepherdofthevalley.com/valley-legacy-awards/> or contact June Jagunic at (330)530-4038 Ext/ 2050. They will make sure that all those attending in support of Marilyn are seated at the same table.

Luncheon Reservation

Tuesday, October 9, 2018–12:00 Noon at Ciminero's Banquet Centre

Please make reservations by October 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

ATTENTION SNOWBIRDS!

This bi-monthly newsletter is mailed in January, March, May, July, September and November. If you are away during any of these months, your newsletter will NOT be forwarded or held by the U.S. Postal Service. Since we mail with a bulk rate permit to save expenses, these newsletters are returned to TRTA, and we must pay a "postage due" fee. Help us keep your database entry valid by informing TRTA of address changes. Please contact Dave Ambrose by mailing this form to:

2740 Atlantic Street NE, Warren, OH 44483-4426, by email at dambrose1@neo.rr.com or phoning 330-647-3666.

OUT-OF-TOWN ADDRESS, 2018-2019

Member: _____

Street: _____

City: _____ State: _____ Zip: _____

Months you will be at this address:

September	January	May
November	March	July

_____ I want my newsletter sent to my snowbird address.

_____ Do not send a newsletter when I am at my snowbird address.

Please note: If your plans change, inform Dave to make database adjustments.

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Warren, OH 44483-4426

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Community Service

Marilyn Stanton, Chairperson

Thank you everyone for all the school supplies collected at the last meeting. They were delivered to the Emmanuel Care Center in Girard for distribution. At our October meeting we will once again sign cards for veterans in the VA Hospital in Cleveland. We will NOT be collecting wax until further notice.

Membership

Luanne Hite, Gretchen LaLiberte, Chairpersons

Dave Ambrose, Dues Coordinator

PLEASE HELP! TIME TO RECRUIT!



Trumbull County had 25 new retirees for the 2017-18 school year. Please consider inviting one of these new retirees or a previous retiree to the luncheon in October. We will be sending information and an invitation to the new retirees, but a personal invitation would be better.

Welcome New Members:

Donna Nichols(TRTA/ORTA) Joni Woofter(TRTA/ORTA) and Francoise Litch(TRTA/ORTA)

Upgraded Membership: Joni Woofter TRTA Life

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. Dates--9/18/18, 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