



# TRTA Newsletter

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## From our President, Sue Datish:

Happy Summer! It has been so nice to get outside and enjoy some sunshine even though I just spent a weekend camping in the rain!!!! Hope that you are also finding sunshine in your life! Even though we have not been meeting, your TRTA Board has remained active and continues to plan for the future.

We are very dedicated to keeping the lines of communication open and being transparent in all our actions. For this reason, we have begun posting the Treasurer's report and the Secretary's minutes on our website on the Newsletters and Reports page. We have also been sending a monthly email to members. We have 400 members and email for 155 of those. Please send us your email!!!!

I commend our Board for reading and responding to all my emails. They have been willing to adapt and honestly share their opinions!!! Thanks for all YOU do!

A big thank you to Dee Sullivan who has retired as Financial Secretary. She has worked diligently collecting all the dinner reservations. Thanks, Dee!!! Dave Ambrose, our Dues Coordinator, has been appointed Financial Secretary. According to our bylaws in the case of a vacancy, the President is to appoint a replacement. Thanks, Dave, for taking on the additional duty!

Even in these unprecedented times we have been following the core values of our organization and the bylaws. We continue to support the Teacher Grant Program as well as awarding our Scholarships. The Nominating Committee asked that instead of changing officers now we have the current officers lead us through these times and stay in their current positions for an additional year. We have been working with our District Liaison, Carol Kinsey, the ORTA Executive Board and Dr. Rayfield on an official ruling. Our board has voted to retain the current officers for one additional year. We will keep you posted!

### TRTA August 11th Meeting Canceled

The health and well-being of our members is of utmost importance. We are exploring other concepts for October.

## Treasurer's Report June 30, 2020

*Linda Cowin, Treasurer*

Checking Account balance \$1,820.18

Savings Account balance \$8,553.52

Community Foundation (Scholarship Fund) \$11,421.00

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

## Election of officers

In accordance with Robert's Rules of Order, the Executive Board approved the acclamation issued by President Sue Datish to suspend elections and retain the present officers for the upcoming year. As a member in good standing, you can vote on this at <https://trumbullrta.wixsite.com/trta>



This year has been a challenge for many of us. Hopefully, you are finding ways to deal with this stressful world. Remember that we cannot control what is going on around us, but we can control our response to the events in our world.

### **Tips for More Energy, Better Mood with Age**

Get some rest. For some of us, it's one of life's little jokes: When you retire and don't have to get up for work, you can't seem to sleep in anymore. But getting enough sleep is important. Most people need about seven hours a night. If you're not getting that much, for whatever reason, look for ways to adjust your nighttime routine. Finish all your caffeine by midafternoon. Turn off your computer, smartphone, and TV well before bedtime. Keep your bedroom as cool, dark, and quiet as possible. Go to bed and wake up at the same time as often as you can. In addition, cut back on alcohol in general. As you age, its effects stay with you longer. Drink more water. If you're even a little dehydrated, it can sap your energy and affect your mood. Cut stress where you can. For example, try to scale back your to-do list if you feel like you are spread too thin. Turn off the TV and take a walk if the news is making you anxious. ([webmd.com/healthy-aging/guide](http://webmd.com/healthy-aging/guide))

### **Ways to Fix a Low Mood**

Being in our homes during this pandemic can take its toll on our moods. Sometimes we just feel sad about the state of the world. Think about the following: Make time to do things you enjoy or try something new. Connect with others: call a friend, relative, or neighbor. Take time to enjoy: spend some time in your garden, go for a walk, or listen to some music. Take care of yourself. Challenge yourself: try a new hobby, cook something new. Reduce your stress: declutter your house, do some yoga or try meditation. Notice the here and now: feel the sun and wind on your face, smell the scents of your garden, feel the warmth of your coffee cup in your hands. Read a new book or write some thoughts in a journal. Watch a good movie. Remember that we cannot control what is going on around us, but we can control our response to the events in our world. ([betterhealth.vic.gov.au/health](http://betterhealth.vic.gov.au/health))

### **Membership**

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

We would like to welcome new members Robert Galick (TRTA and ORTA), Debra Slanzan (TRTA and ORTA), and Jeffrey Pegg (TRTA and ORTA) to our organization. We look forward to seeing you at our next in-person meeting.

PLEASE HELP! The TRTA membership Committee needs your help to find the names and addresses of recently retired/licensed educators who taught or live in Trumbull County. We have been collecting names from the board minutes published in the local papers, but we don't want to miss anyone. If you would be willing to contact the Superintendent's or Treasurer's office and request the names and addresses of their retirees on behalf of the Trumbull Retired Teachers Association or if you contacted a district for us last year and would be willing to contact that district again this year, please contact Gretchen LaLiberte at 330-240-9966 or [grlplib@embarqmail.com](mailto:grlplib@embarqmail.com). You may also contact Luanne Hite at 330-719-4438 or [ib573@aol.com](mailto:ib573@aol.com).

We need help locating names and addresses for the following districts: **Brookfield, Liberty, Maplewood, McDonald and Weathersfield (Mineral Ridge)**. We would like to invite these new retirees to a future luncheon. If you know any educators who have 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.

If anyone has a current address for Margaret Jackson, please contact Dave Ambrose.

## Scholarship

*Vicki Janik, Chairperson*

The scholarship committee, consisting of Dottie Fogel, Donna Pate, Anita Shaw, and Dianne Szuch, has chosen four students to receive our 2020 scholarships. Each student will receive a \$1,000 scholarship. This year's applicants were required to major in education and be a graduate of a Trumbull County public school. This year the applications were also open to Junior and Senior Education majors at Kent State University. Unfortunately, we did not receive applications from Kent State students. The four high school seniors chosen are:



**Mariah Kaczmariski**

Niles High School

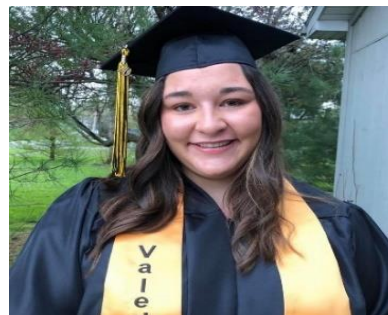
Attending Youngstown State University



**Sydney Fenstermaker**

Bristol High School

Attending Youngstown State University



**Emma Deraway**

Badger High School

Attending Thiel College



**Madison Carl**

Mineral Ridge High School

Attending Brigham Young University



## Spelling Bee 2020

*Denise Deltondo, Coordinator*



The cancellation of the Trumbull County Fair, the first time in its history, has forced us to cancel the 35<sup>th</sup> Annual TRTA Spelling Bee. Despite the sadness, it was the right decision to keep everyone safe. I sincerely thank those members who donated toward the treat bags. All checks were shredded. We pray this pandemic will end and that we will be able to resume normal activities next year!



### Email

Stay in touch!!! Since we have not been able to meet, we like to send out monthly updates. If you have not been receiving emails from Sue Datish, it means we don't have your email address. If you have not received an email, send an email to Dave Ambrose at [dambrose1@neo.rr.com](mailto:dambrose1@neo.rr.com), and you will be added to the list! . In this ever-changing life we are now living, it is so nice to send immediate updates this way.

**T C ORTA**

2740 Atlantic St. N.E.  
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**Permit NO. 29**



## **Teacher Grants**

*Diana Bauman and Cindy Harris, Chairpersons*

**Lakeview Elementary Kindergarten teacher, Jill Lisner shared the following:**

"Thank you again for awarding Lakeview Kindergarten one of the grants for this year. I was able to order all of the materials (light table and manipulatives). I worked with my fellow kindergarten teachers to choose a place in the common area for the light table and storage for all the coordinating manipulatives. Each kindergarten teacher introduced the table to her students and showed them how to use it. It was incorporated into our daily language arts centers and math exploration activities. The children love it! For starters, they love how it lights up and changes colors. They also love all the manipulatives that go with it. It's the perfect size for kindergartners; they are able to sit on the floor and enjoy exploring with their learning buddy. We can't thank you enough for making this dream come true."

**Hubbard Fourth Grade Teachers Robyn Fette, Tracy Greenamy, and Renae Jenkins shared the following:**

"Our project was designed to have fourth-grade students create a picture book for kindergarten students. We then plan to visit their classrooms having the fourth-grade students read their book to the kindergarten students. After reading the book the fourth-grade student will then give the book as a gift to the kindergarten student. We did receive the materials needed to complete the project right before school was closed due to COVID-19. If it opens successfully (as we sure hope it does) we plan to create a "Welcome to Hubbard Elementary" book using guided writing with the fourth-grade students. We will explore the structure of non-fiction texts and have them create an informative book about Hubbard Elementary. Thank you and the entire TRTA for this amazing opportunity you have given us. We are hoping to be able to do this project for years to come!"

**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](mailto:cindyharris513@gmail.com)