



Licking County Retired
Teachers Association

NEWSLETTER

Affiliated with Ohio Retired Teachers Association



*From the Desk of
the President*

Hello everyone,

I've got several meetings under my belt as LCRTA President. Things seem to be moving along nicely. That is in large part because of you, our wonderful members. Each and everyone of you have made me feel welcomed. I appreciate that!

Many of you attend almost every meeting. Others come as time and family permits. The location of the meeting seems to be important to several of you. Whatever the reason, I appreciate your attendance.

I do know that a few of you cannot get to many meetings at all, but have kept in touch via email. You have said that my updates are helpful. I will continue to send you the latest information on both our pension and our health care. That is why an email address is important. I do understand that a number of you do not have access to the Internet. But at the same time, I know also, that some of you have an email address but haven't shared with us. Please consider sharing. I guarantee you that your email address will never be given to anyone else!

Our pantry focus this year changed from food items to personal items. Our needy Newark families cannot get personal items with food stamps, and the food pantry does not supply them either. Please refer to you chapter booklet (half-fold green cover) that everyone received in the mail last December. Not only does the booklet have meeting information and pantry information, it has contact information for the LCRTA officers. We have several great programs coming up that you won't want to miss. So, check out the booklet or see the back page of this newsletter for information and dates for our future meetings.

I want to thank Sandy Holcombe for taking care of the luncheon reservations over the past year. Now I want to welcome Jean McCallin onboard for that job. You've seen Jean working at the check-in desk for our luncheons. Please help Jean by responding to either the email reservation announcement or to the postcards (for those without email). We usually send out close to 70 postcards and only get back about 15. We request that the post cards (postage paid) be returned even if you are NOT coming. So, we should be getting all 70 back.

One last request...the best way to get new members is to ask them personally. Do you know a retired teacher that would enjoy our LCRTA family? Make it a point to invite them to attend a meeting with you.

Thank you, Eileen

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LCRTA LEADERSHIP TEAM

JOIN US! We meet the Monday before each luncheon, 2 pm at the main library in Newark.

President - Eileen McNally
 Vice-president - Janet Simross
 Secretary - Linda Leffel
 Treasurer - Debra Shelly

Ad Hoc Committees

Auditing - Karen Birtcher & Sandy Stoker
 In Memorium - Karen Wolford
 Luncheon Reservations & Data - Jean McCallin
 Luncheon Desk - Sandy Turco & Jean McCallin
 Scholarship - Carolyn Myers & Mary Ellinger
 Web Master & Newsletter Editor - Eileen McNally

Standing Committees Chairs

Community Services - David Green
 Informative & Protective - Judy Pflaumer
 Legislative -
 Membership - Mary Ellinger & Mary Kaschak
 Public Relations -
 Pre-retirement Planning - Eileen McNally



Contact anyone on the leadership team.
 Email them at webmaster2535@windstream.net


**Membership & Scholarship****By Mary Ellinger**

Nearly everyone has renewed their membership for 2015. Six additional people have been added to our Honorary list. I believe there are a few persons we have missed so let me know as soon as you reach the magic age of 85!

We have five new members since last October. They are Sarah Ewing, Diane Green, Diane Higgins, Patti Pettis, and Beth Swick. Please seek these folks out at meetings and get to know them!

Due to your generosity in contributing to the Scholarship Fund when you send in dues (\$718 was contributed in this way since October) and contributing to the scholarship basket at meetings, we were able to give Fran Alspach awards to two deserving students from Lakewood this year who will be majoring in education - one at OSU main campus and one at OSUN. They are Kayann Hoffman and Lauren Samsal. We will greet them at our June meeting. Thanks to you for making this happen!

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**The Licking County
Aging Program, Inc.**

Heritage Hall Senior Center &
Banquet Facility
1058 E. Main Street
Newark, Ohio - 43055
740.345.0821

Nutritious Lunches, Exercise, Activities, Card Games, Travel, Dancing, Crafts, Music, Billiards...you name it and you can find it at Heritage Hall! Do you get their newsletter? If not, call them and ask to be on the list.

**LCRTA Luncheon Meeting
December 10th, 2014,
Central Christian Church,
Newark**



Welcome/Introductions/Lunch:

President Sandy Holcombe welcomed everyone, recognizing any newly retired or returning members

joining us today. Invocation prayer was led by Eileen McNally, followed by lunch served by members of the church.

Program:

We were entertained with holiday music by students from Heath High School.

Business Meeting:

There was no official business meeting conducted today. Sandy Holcombe, as out-going President, wanted to thank, introduce, and recognize each officer & committee chairs. She also installed Debby Shelly as Treasurer, and Eileen McNally as President for next year.

Continuing officers for next year are: Janet Simross: Vice President; Linda Leffel: Secretary.

Sandy Holcombe and Karen Butt will Co-Chair as District VI Directors.

Secretary's Report: Minutes from October were not read today—be sure to look on our website for minutes, updates, etc.

Treasurer's Report though not read, Treasurer Sharon Koppert reported:

Treasury Balances as of end of 2014:

Checking: \$ 1072.47 LC Scholarship: \$1620.22

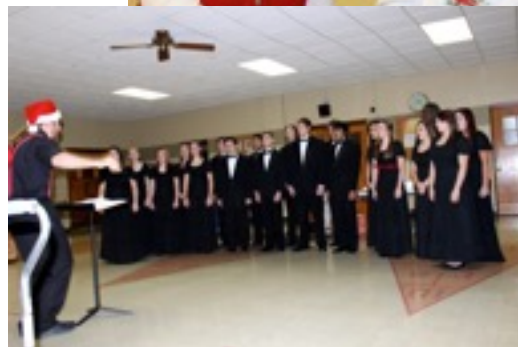
Savings: \$4643.98 CD: \$1655.88

S. Stauch Scholarship: \$10,000

In Memoriam:

Karen Wolford conducted our “in Memoriam” ceremony to honor those members who have passed away this year, by reading of a poem and announcing names and a moment of silence for all. The names are included in your 2015 program book.

Respectfully Submitted,
Linda Leffel, Secretary, LCRTA



- REMINDER: If you make a luncheon reservation, and find that you cannot attend, you must cancel at least two (2) days prior to the event. If you do not cancel, you will be charged for the lunch.

LCRTA Luncheon February 11, 2015 - Stacey's Buffet

After members ate, Eileen McNally, president, introduced Ric Lahmers, who conducted a Fun Auction for those in attendance. A little over \$100 was raised for the scholarship fund.

The meeting began with the Pledge of Allegiance. Guest, Dana Herriman Chiles was introduced by her mother, Marilyn Stocker.

Eileen introduced the theme for the meeting: Don't judge a book by its cover. She read a short story about a lady at a check out being held up by a mother and her son using a lot of coupons. After much annoyance and rolling of eyes, the lady finally got her turn at the check out. It turned out that the mother and her son were getting food items for the local food bank. The mother wanted to set a good example for her son. Apparently this was a ritual at the end of every month. The woman was embarrassed by her impatience. She was indeed, reminded that she not judge a book by its cover.

The secretary's report was given to each member as they arrived. No questions were asked.

The treasurer's report was on the back of the minutes.
 Checking: \$1,490.31
 Savings - \$1,644.10.
 Withdrew \$3,000 to put into CD.
 Scholarship fund- \$2,349.71
 S. Stauch Scholarship \$10,000 (limited use)
 CD - \$4,675.94 it is now a 72 month CD at First Federal. We are now making 1.55% instead of .003%

We collected \$25 in cash for the Food Pantry.
 February Auction - \$149.00
 Other donations for scholarship was \$102.

Judy Pflaumer reminded everyone to get a flu shot and advised that there is now a second shot available for pneumonia. She also reminded us to update our wills and make sure that our loved ones know where it is located.

Karen Butt, District VI Director advised that a survey was in the works that focuses on what members want from ORTA.

Diane Higgins led us in a round of Happy Birthday for those in attendance who have a January or February birthday.

Eileen thanked everyone who helped greet members as they arrived. Eileen also thanked Elizabeth Troyer for sending cards to members needing a little cheer.

Eileen read the report from Sandy Stocker regarding her audit of the treasurer's records. Sandy reported that everything was in great shape and that Sharon Koppert had kept excellent records.

Eileen thank everyone for the generous paper products that were donated for the pantry. In addition \$25 cash was donated. St. Vincent de Paul Society will be the recipient of the goods and money since they are able to buy additional paper goods. The food pantry network is unable to that. Next month we are collecting food for the animal shelter.

The ORTA April 23rd Spring Conference was announced. We anticipate that LCRTA will have at least 3 executive board members in attendance.

After a reminder about our next meeting, Eileen read some closing thoughts regarding the theme for the day.

Respectively submitted by
 Eileen McNally for Linda Leffel



April 2015 Minutes Second Presbyterian Church

Welcome/Call to Order: President Eileen welcomed all and read from "Daily Guideposts" on the theme for this month: Friendship.

Pledge of Allegiance: David Greene led us in the Pledge.

Invocation: given by President Eileen.

Luncheon: Delicious lunch served by church members.

Program Introduction: Eileen announced that following lunch and brief business meeting, we would adjourn upstairs to hear history and music of the Organ, presented by Rick Black.

Welcome Visitors/Guests: Guest Nellie Frye, & new member Beth Swick were welcomed today.

Business Meeting

Secretary's Report: Linda Leffel reported February's Minutes were on the table for everyone to see-no changes or additions were made.

Treasurer's Report: Treasurer Debra Shelly reports as of April 2015: Checking: \$1,490.31; Savings: \$1,644.10, (with \$3,000 withdrawn to place into CD); Scholarship: \$2,349.71; S. Stauch Scholarship: \$10,000; CD: \$4,675.94. CD is now a 72-month CD at First Federal, where we are making 1.55% instead of .003% previously.

Committees

Community Affairs: David Greene announced that he will be a member/representative for us on the Labor Council.

Information / Protective Services: Judy Phlaumer shared the Office of the Ohio Consumer's Counsel "Consumer's Corner" quarterly newsletter. *To receive this newsletter by email, send a message to: info-subscribe@occ.state.oh.us, or by mail, send your address to Office of the Ohio Consumer's Counsel, 10 W. Broad St., 18th Floor, Columbus, Ohio 43215-3485.

Legislative: Sandy announced we will probably not see many changes until after election. She reminded everyone to vote in this year's primary election in May.

Membership: Mary Ellinger shared that we currently have 211 paid members; another dozen or so former members have not renewed.

Scholarship: \$534 has been sent in with dues towards our scholarship fund. In June we will be giving out the Fran Alspach Award, this year to a Lakewood student. The S. Stauch Award will hand out two \$1,000 Scholarships a year for 5 years, beginning next year.

Birthdays: March / April Birthdays were recognized.

Courtesy: Please add names of any members needing get-well card or uplifting in any way.

Old Business: We unfortunately we still have a problem with our reservations. Out of those receiving postcards to reserve, only a few returned them. Please remember to get your reservations by responding quickly, and know that if you don't cancel, you will also still need to pay for your lunch.

New Business: Eileen took a moment to recognize Sandy Holcombe, for all her efforts serving as President for a second term. A new program, a \$200 grant for 1st or 2nd year teachers to assist setting up their room will begin next fall. Eileen will be setting up a budget for all to see.

Other Announcements: One person from each table was chosen to win the floral centerpiece! Eileen thanked everyone for being such a generous group, with the many donations of pet food as well as \$63 collected for the LC Animal Shelter, and \$62 donated for our scholarship fund.

Closing thoughts: Eileen closed today's meeting with more thoughts on Friendship.

Respectfully
submitted.
Linda A. Leffel
Secretary, LCRTA



Community Service Awards Presented at Spring Conference.

ORTA chapters were recognized for the outstanding job in the area of volunteer service during the Spring Conference on April 23. Carole Wolfe, the 2014 State chairman of the Community Services Committee and Jo Ann Ingram, this year's chairman presented awards to the top 12 chapters that had the most average volunteer hours per chapter member. They also recognized the four chapters that accumulated the most volunteer hours.

Carole prefaced the presentations with these remarks. "86% of our chapters submitted chapter reports showing volunteer hours performed by their members. The total hours is an astounding, 486,690. We also asked our ORTA members who live in other parts of the United States to submit their volunteer hours. Many did - to the tune of 37,196 hours. These two figures added together is almost five hundred and twenty five thousand hours of service given to others.

"This display of selflessness by ORTA members and our local chapters represents - in a dollar amount - **Eleven million, eight hundred thirteen thousand, six hundred twenty nine dollars and thirty cents.** It also represents, to a great extent, tax dollars that would have to be spent and services that would need to be performed by local and state authorities.

"So... Thank you all. Please carry back to your chapter members the state community service committees gratitude. You certainly make us very proud."



The 12 chapters with the highest AVERAGE volunteer hours per member for 2014 were:

Meigs Co. RTA - average hours per member - 74.62
Brown Co. RTA - average hours per member - 79.86
Guernsey Co. RTA - average hours per member - 80.75
Fayette Co. RTA - average hours per member - 85.71
Hardin Co. RTA - average hours per member - 90.06
Knox Co. RTA - average hours per member - 93.15
Madison Co. RTA - average hours per member - 97.00
Licking Co. RTA - average hours per member - 117.15
Williams Co. RTA - average hours per member - 124.61
Noble Co. RTA - average hours per member - 125.56
Seneca Co. RTA - average hours per member - 126.42
Perry Co. RTA - average hours per member - 131.62

The top four chapters who performed the MOST volunteer hours in 2014:

Summit Co. RTA performed 19,000 volunteer hours.

Clark Co. RTA performed 21,177 volunteer hours

Licking Co. RTA performed 26,242 volunteer hours

Trumbull Co. RTA performed 29,020 volunteer hours.

The Ohio Retired Teachers Association recognizes ALL of our chapters for demonstrating commitment to the ideals and goals of our association by selflessly serving others within your community. On behalf of our association and the members of your community whom you have served, we extend our sincere gratitude to each of you.

"To serve, and not to be served"

Dr. Ethel Percy Andrus, the founder of AARP and NRTA.

LCRTA Gets Two Awards

LCRTA did VERY well accumulating volunteer hours! You, our members did this! I want to thank David Greene for collecting and tabulating our hours. We can do even better next year. ***We were only 2778 hours behind first place!!***

David will again collect our hours. If you cannot make it to a meeting to turn in your hours, PLEASE call or email David with your total through June 2015. Call David at 740-641-2328. Email him at davidgreene3372@hotmail.com

Thank you!



SOURCE OF SENIOR MOMENTS DISCOVERED!

If you believe in pills, as so many of us do no matter the bugaboo, Ginkgo Biloba is said to increase blood flow to the brain, even jump-start brain cell connectivity. Although recently debunked, Ginkgo has many of my friends hooked.

As my buddy J.C. Spitznagel says of his wife, "Since I began taking that stuff, I haven't forgotten old what's-her-name's name once." He remembers clearly the name of little Joyce Kongabel, a sweet girl in fourth grade with whom he shared a first kiss. But his wife? Forgetaboutit — even with the pills.

See, that's the thing. I don't think blood flow has much to do with this senior-moment problem. The shocking truth: *Brain bloat* causes senior moments.

You heard it here first.

Brain bloat is the result of too much stuff in the head. That's why it takes 50 or 60 years of input before the forgetful symptoms begin manifesting. After all those years of cramming stuff into your head, it finally begins overflowing like a water glass unable to hold another drop without shedding something already there.

You've got to dump all the Joyce Kongabels from your head.



We all get heavier as we get older because there's a lot more information in our heads. So I'm not fat, I'm just really intelligent and my head couldn't hold any more so it started filling up the rest of me!

That's my story and I'm sticking to it!

Stress Management Ideas

1. Always keep your words soft and sweet just in case you have to eat them.
2. Always read stuff that will make you look good if you die in the middle of it.
3. Drive carefully.... it's not only cars that can be recalled by their Maker.
4. If you can't be kind, at least have the decency to be vague.
5. If you lend someone \$20 and never see that person again, it was probably worth it.
6. It may be that your sole purpose in life is simply to serve as a warning to others.
7. Never buy a car you can't push.
8. Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
9. Nobody cares if you can't dance well. Just get up and dance.
10. Since it's the early worm that gets eaten by the bird, sleep late!
11. The second mouse gets the cheese.
12. When everything's coming your way, you're in the wrong lane!
13. Birthdays are good for you. The more you have, the longer you live.
14. Some mistakes are too much fun to make only once.
15. A truly happy person is one who can enjoy the scenery on a detour.
16. SAVE THE EARTH.....It's the only planet with chocolate!

Calendar

August 11, 2015

Lunch at 12 Noon \$10.00

Program: John Crum: Steel Band Concert
Heath United Methodist Church
Rt. 79 Heath, OH

Pantry Items: Personal Hygiene (deodorant, soap, body wash, tooth brush/paste, etc.)

October 14, 2015

Lunch 12 Noon \$10.00

Program: (Back by popular demand!)
Jeff Gill: A different look at history
Utica United Methodist Church, Utica, OH
Pantry Items: Baby Pantry- Baby items - no toys.

December 9, 2015

Lunch 12 Noon \$10.00

Program: Music for the Season
Utica Swing Choir
Central Christian Church - Mt Vernon Rd
Pantry items: Laundry (detergent, etc.)

ADDRESS SERVICE REQUESTED

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 c/o Eileen McNally
 2535 Martinsburg Road
 Newark, OH 43055