

FCRTA

Published 4 Times a Year

Franklin County
Retired Teachers
Association

Volume 47, Number 2

Columbus, Ohio

June, 2007

Speaker for the June 20th Meeting of FCRTA will be Lindsey Seavert.



She joined the 10TV news team as a general assignment reporter in June of 2006.

Lindsey comes to Columbus from the Biggest Little City. She spent more than three years as a reporter and weekend anchor in Reno, Nevada.

There she reported from the shores of Lake Tahoe, on the edge of wildfires, from the excitement in downtown Reno and inside Nevada's legislative chambers.

She began her journalism career at KCCO-TV, lugging her camera around in the freezing temperatures in Alexandria, Minnesota. Her family says it is no surprise Lindsey became a journalist. Her little sister was constantly annoyed because she asked "too many questions." Nothing has changed today! Lindsey constantly realizes the weight of her role - the power to inform and evoke change comes with great responsibility. She hopes to bring this approach to Columbus viewers.

Lindsey and her husband Ian live in the Short North. They embrace the superior quality of life Columbus has to offer. In their spare time, they enjoy exploring the diverse neighborhoods, new restaurants, shops and activities. She also enjoys fitness, cooking, reading, writing and the arts. Email her with your stories anytime at lindsey.seavert@10tv.com.

Luncheons and Board Meetings:

June 20

Aladdin Shrine
3850 Stelzer Rd.

Sept. 26 ORTA Diamond Jubilee Anniversary Celebration Ohio Historical Center/Ohio Village

Oct. 10

Berwick Manor
3250 Refugee Rd.

Dec. 12

Berwick Manor
3250 Refugee Rd.

Executive Board Meetings

will meet at 10:30 a.m. on these dates.
Lunch is at 12 noon.

Check our website <http://www.geocities.com/fcртаoh/legislative.htm> for updates between Newsletters.

JUNE LUNCHEON RESERVATION

Wednesday, June 20, 2007

Name _____

Street _____

City _____ Zip _____

Phone _____

Year retired _____

Last school _____

Deadline: June 13, 2007

**Make checks payable to FCRTA and send to:
Mildred Becker
311 East Walnut Street
Westerville, OH 43081-2339
Cost per person: \$15.00**

Membership News

Don't forget your annual membership dues. Check your Newsletter label - if it does not show FL or FA 07, then you should send in our dues.

New Members: David Shaw Catherine Adamescu

New Life Member: Deborah Nealer-Bice

Thanks for your continued support. We must have membership numbers to be heard at the State House. They continue to talk about Social Security and alternative pension plans for future retirees. We are interested not only in our own welfare but the teachers who will be retiring. Ask a friend to join.

Gloria Woods, Membership

President's Message

A reminder that application and guidelines information for the FCRTA Peggy Grate/Dorothy Scrivener Teacher Scholarship can be accessed on our web site:

<http://www.geocities.com/FCRTAOH>

If members know of an educator teaching in Franklin County who has at least two years of teaching experience and is seeking a higher degree, they could be eligible.

Six FCRTA trustees attended ORTA's "Legislative Day" at the Ohio Statehouse on April 24th. Seven speakers with topics important to retired and active teachers gave updates.

Of special interest: Jim Betts who spoke on Campaign for Ohio's Future; a constitutional amendment for school funding reform, and Terri Bierderman (STRS and our April luncheon speaker) whose topic was health care proposals and funding. Special recognition and certificates of appreciation were presented to current legislators who were former teachers.

Volunteers will be needed to drive golf carts at ORTA's 60th Anniversary Celebration, Sept. 26, 2007, at the Ohio Village. Details will be posted on our web site.

Don't forget the softball game between the Columbus Muffins and a team comprised of retired teachers. Interested in taking part? Please call Phil Courtad, 614-268-7742.

Ray Pauken will end our June luncheon strumming his banjo and encouraging us to sing-along. It is never too late to recruit a new member!

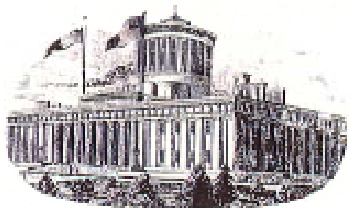
FCRTA has submitted the pictured square below to be used as our contribution to ORTA's state wide quilt project. The quilt will be displayed at the September 60th Anniversary event – September 26, 2007 at the Ohio Historical Museum and Village.

Tom Beck, President FCRTA

FRANKLIN COUNTY 1803

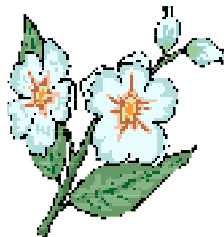
The
Ohio Statehouse

completed in 1861 - restored in 1996



ORTA
1947

FCRTA
1949



Information for the **September/October 2007** issue of the *FCRTA Newsletter* should be sent to the editor, Daisy Clarke, 4016 Windermere Road, Columbus, OH 43220 by **July 27, 2007** (aclarke@columbus.rr.com).

Legislative News

Get It Right for Ohio's Future

Numerous education organizations, including ORTA, are part of a coalition circulating petitions to get a constitutional amendment on the November ballot that they say would correct the state's funding system that has been declared unconstitutional four times. Among other things, the proposal would:

- Establish a fundamental right to a high quality education for all public school pupils in Ohio.
- Realistically calculate the cost of a child's education and require the state to pay more of that cost.
- Reduce the number and amount of new local property tax levies.
- Provide inflation-adjusted, tax relief for senior citizens, the permanently disabled, and homeowners.

Whether you agree or disagree with this proposal, you are urged to sign a petition ASAP to ensure that the issue will be on the ballot. Over 400,000 valid signatures are needed. Petitions are being circulated by members of the sponsoring organizations and will be on hand at the June FCRTA meeting.

State Budget Bill

HB 119, the budget bill for the next two years, should have passed the House by the time you read this article and be working its way through the Senate.

(continued on Page 3)

INFO HIGHLIGHTS



ADJUSTING TO A NEW LIFE-STYLE: My Story by Katherine Wheeler

Easy!! Yeah, right! Don't let anyone tell you that. There are many diet plan ads in print, TV, and radio media all telling us about their two week plans to lose "x" number of pounds. But changing your life-style, including losing weight because of a medical diagnosis, takes time and requires determination, persistence, a positive attitude, and support from friends and spouse.

Determination: I began to gain weight after retirement because I wasn't "running" up and down hallways anymore. But I was still eating the same amount of food and snacks. When I married, I ate foods I had avoided but liked (donuts, cookies, pie, ice cream). When I reached 165 pounds, I knew I had to change. I decided to do what my husband Richard did; namely, stop eating when I am full. I started taking home leftovers from restaurant meals and eating smaller portions at home. My sister-in-law (on Weight Watchers) told me to drink six eight-ounce glasses of water a day. None of this was easy. I had to fight temptation but I was determined.

The weight started coming off in a few months and in about a year's time I finally reached 135 to 140 pounds AND stayed there. Then my Diabetes Type 2 diagnosis came in November of 2004. My doctor wrote a prescription for Diabetes Classes. Insurance pays for only one series of classes with a prescription.

Persistence: I continued to eat less, but I still had much to learn. Through the Diabetes Classes (one initial meeting with a nurse, five evening classes, and one small group session with a nutritionist), I learned about nutrition. I knew to avoid sugar, but I didn't realize the effect of the carbohydrates I was eating. I learned that vegetables (excluding the starchy ones) were the only "free" food I could eat in greater quantity. Other things I learned included: what one portion size really is, how to read food labels, and the importance of exercise. I changed my eating habits, started walking every day, and monitored my blood glucose (sugar) four times a day. There was much to keep in mind but I was determined and persistent. In two to three months I dropped to 130 to 133 pounds. I'm still there. My doctor is pleased. I'm happy.

Positive Attitude: This came from my determination, my persistence, and seeing results soon after starting. My husband supported me (and lost weight). No food is off limits. Food portion is the key. There is still temptation but it's not as strong now. I can eat what I want as long as I count it in with my carbohydrate servings. I know from the classes how many carbohydrates I can and should eat per day. That helps me maintain my weight and blood sugar level.

Researched & Written by: Katherine D. Wheeler; Edited by: Dave Dykes; Source: Personal account.

(Legislative News continued)

Deadline for approval of this must-pass bill is June 30. Governor Strickland and CPE (Coalition for Public Education) want the Education Choice Voucher Program eliminated and a moratorium placed on new charter schools, along with better accountability and increased funding. Changes in what a governor proposes are inevitable. Hopefully, the current Republican-controlled House and Senate will work cooperatively with Governor Strickland and minority Democrats to develop a plan which includes Ohio's children and public education as winners.

Two-Troubling Bills

The Ohio House is considering two bills that ORTA says have bad implications for STRS. --**HB 151** (Widener, R-Springfield) would require divestiture of investments in any foreign corporation doing business in Iran. This may sound patriotic, but broad definitions could prove harmful to STRS. For example, investments in companies such as BP, Honda, and Daimler-Chrysler might have to be avoided even though thousands of Ohio citizens are employed by these companies.

--**HB 152** (Mandel, R-Lyndhurst) would require school boards to offer retirement plans other than STRS to employees with five or fewer years of service. This idea is an obvious threat to our pension fund's long term vitality. Also, implementation would be extremely burdensome to small school districts.

Information Links

For information on how to contact the representative and senator for your district, use ORTA or STRS computer links or call the legislative information office at 466-8842.

Eileen Young, Legislative Chair

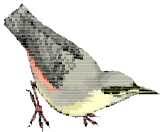
Check our website <http://www.geocities.com/fcrtah/legislative.htm>

FCRTA

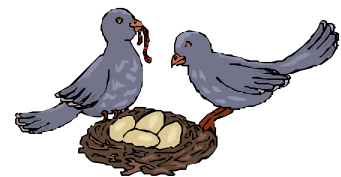
Franklin County
Retired Teachers
Association
2237 Koebel Road
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DATED MATERIAL



FRANKLIN COUNTY RETIRED TEACHER'S ASSOCIATION					<p>If you have moved, please inform the membership chairperson. Be sure to include your phone number.</p> <p style="text-align: center;">NEW ADDRESS</p> Name _____ Street _____ City _____ State _____ 9 digit Zip _____ Phone _____ Mail to : Gloria Woods, 2237 Koebel Road Columbus, OH 43207-2825																						
<table style="width: 100%; border-collapse: collapse;"><tr><td style="width: 33%; border-bottom: 1px solid black;">Last Name</td><td style="width: 33%; border-bottom: 1px solid black;">First/Given Name</td><td style="width: 33%; border-bottom: 1px solid black;">Middle Initial</td></tr><tr><td style="border-bottom: 1px solid black;">Street Address</td><td style="border-bottom: 1px solid black;">Apt.</td><td style="border-bottom: 1px solid black;">City</td><td style="border-bottom: 1px solid black;">State</td><td style="border-bottom: 1px solid black;">Zip</td></tr><tr><td colspan="2" style="border-bottom: 1px solid black;">Telephone _____</td><td colspan="3" style="border-bottom: 1px solid black;">Year retired _____</td></tr><tr><td colspan="2">____FCRTA Life\$100.00</td><td colspan="3">____ORTA Life..... \$300.00</td></tr><tr><td colspan="2">____FCRTA Annual.....\$ 10.00</td><td colspan="3">____ORTA Annual.\$ 20.00</td></tr></table> <p>Check the organizations you are joining and enter dues here: _____</p> <p>Please make check payable to FCRTA and mail to: Gloria Woods, 2237 Koebel Road, Columbus, OH 43207-2825 (Enclose a stamped envelope if a dues card is desired.)</p>						Last Name	First/Given Name	Middle Initial	Street Address	Apt.	City	State	Zip	Telephone _____		Year retired _____			____FCRTA Life\$100.00		____ORTA Life..... \$300.00			____FCRTA Annual.....\$ 10.00		____ORTA Annual.\$ 20.00	
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