

FCRTA

Franklin County Retired Teachers Association
2007 NRTA "With Our Youth"
National Award Recipient

Published 4 Times a Year

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Columbus, Ohio

April/May 2008

Speaker for April 9, 2000

will be Dr. Damon Asbury, Executive Director of The State Teachers Retirement System (STRS). This will be Dr. Asbury's last opportunity to speak to the FCRTA members prior to his retirement June 30, 2008.

May 14, 2008 - Arrangements are being finalized to have a speaker from the ColumbusReads program address the members of FCRTA.

ColumbusReads is a tutoring and mentoring program for Kindergarten students in the Columbus City Schools. The program aims to improve the reading readiness skills of Columbus' youngest students, to prepare them for the first grade and to initiate a process that enables them to read on grade level and eventually to pass the reading portion of the Ohio Proficiency Test.

Kathy Thomas, Program

Membership

Thanks to all of you who have been sending in your dues. Remember, if your label does not have FA 08 or FL, we have not received your dues for 2008. Some of you sent checks in for 2008 but it was for 2007 since you may not have paid anything in 2007.

Welcome New Members!

Kay Mason Geri Baker
Susan Maslyk
Anna Weaver Laurel Page
Alice Faryna Judith Stapleton

Gloria Woods, Membership

Luncheons and Board Meetings 2008

April 9

Villa Milano
1630 Schrock Rd.

May 14

Friendship Village of
Columbus, 5800
Forest Hills Blvd.,

(east of Cleveland Avenue.) Turn north off Rt. 161/East Dublin-Granville Rd. onto Forest Hills Blvd. Go 0.5 miles and Friendship Village will be on right.

June 18

Aladdin Shrine
3850 Stelzer Rd.

Sept. 10

Berwick Manor
3250 Refugee Rd.

Oct. 8

Aladdin Shrine
3850 Stelzer Rd.

Dec. 10

Berwick Manor
3250 Refugee Rd.

Executive Board Meetings

will meet at 10:00 a.m. on these dates.
Lunch is at 12 noon.

APRIL LUNCHEON RESERVATION

Wednesday, April 9, 2008

Name _____

Street _____

City _____ Zip _____

Phone _____

Year retired _____

Last school _____

Deadline: April 2, 2008

Cost per person: \$15.00

Make checks payable to FCRTA and send to:

Mildred Becker

311 East Walnut Street

Westerville, OH 43081-2339

Do visit our website: <http://www.geocities.com/fcртаoh>

From the President

Welcome back Spring - we've had enough of winter!!

As the new president of FCRTA, I want to make sure that we continue the efforts and motto of our immediate past president, Tom Beck. We can "Make a Difference - Again" by letting our voices be heard in larger numbers of representation by retired teachers.

At this time, there is so much negative and adverse news and events that we can tend to feel helpless; however, it is necessary that we remain positive and know that we can still "Make a Difference" if we try. We seek out and pursue those retired teachers who are not members of ORTA and FCRTA so our voices will be louder when we approach those in charge of making decisions in regard to our benefits.

We also want to continue our efforts in community participation of helping others. Don't let a sense of helplessness darken our hope. We can all "Make a Difference" in our little spot on earth.

Here's hoping that we have a good year and look forward to celebrating our 60th Anniversary next year.

Gloria Woods, President FCRTA

For Your Information

Information for the **June 2008** issue of the FCRTA Newsletter should be to Daisy Clarke, editor, by **April 25, 2008**.

- A reminder that the clock is ticking on digital TV.

From now until March 31, 2009, all U.S. households may request up to two \$40 coupons to go toward the purchase of two converter boxes for analog TVs. For more information on coupons, call 1-888-388-2009.

FCRTA members make a difference in our community...

When I asked for your Volunteer hours at year's end, I was so impressed with the variety of things you do. However, it's no surprise that **retired teachers** stay active not only to help out in the community, but to promote good health in our minds and bodies. I apologize for not reaching all of you for a count of your 2007 volunteer hours, but I promise to do better at the end of 2008. Expect to see a **volunteer form** in the November Newsletter for you to report your hours which will be included in my Community Services report to **ORTA**.

From the limited number of members who reported hours at the December luncheon, we had a total of **11,707 hours** of volunteer service for 2007. Fantastic! Let's all get involved!

National Community Participation Day designated by **NRTA** is set for May 8, 2008. Again, let's prepare to donate clean 'gently used' clothing to **The Shepherd's Place** free stores. Give yourself some volunteer hours for this event, depending on the size of your donation.

You may drop clothing items off from 10:00 a.m. to 2:00 p.m. on that Thursday, May 8, at either the **Main Credit Union Office** parking lot, 399 E. Livingston Avenue, or the **Charity Newsie Building** loading dock, 4300 Indianola Avenue.

Also, **FCRTA** board members are encouraging donating food for the **Mid-Ohio Food Bank**. You may bring non-perishable items to our luncheons, drop them in the box and give yourself an hour of volunteer service. One of our board members will do the delivering. This will be a yearlong ongoing project. Thanks in advance for your generosity.

Delena Doan, Community Participation Chairperson

MAY LUNCHEON RESERVATION

Wednesday, May 14, 2008

Name _____

Street _____

City _____ Zip _____

Phone _____

Year retired _____

Last school _____

Deadline: May 4, 2008

Make check payable to FCRTA. Send to:

Mildred Becker

311 East Walnut Street

Westerville, OH43081-2339

Cost per person: \$15.00

INFO HIGHLIGHTS



Super Foods

There are foods, that we know of to date, which contain health-promoting nutrients. These nutrients may include vitamins, minerals, phytochemicals, or fiber. Foods with very high amounts of these nutrients are called "Super Foods".

Here's our list of the top 10 "Super Foods".

- * **Blueberries:** great source of fiber and vitamin C, low in calories, assist in the prevention of urinary infections, may improve short-term memory, and promote healthy aging.
- * **Broccoli:** Great source of calcium, potassium, folate, and fiber, vitamin A & C, aid in prevention of chronic diseases such as heart disease, diabetes, and some cancers.
- * **Tomatoes:** Packed with vitamin C, vitamin A, and lycopene which helps to prevent prostate cancer and cardiovascular disease, good source of fiber.
- * **Whole Grain:** Contains fiber that aids in blood glucose (sugar) control, helps reduce the risk of heart disease, loaded with several B vitamins.
- * **Apples:** Great source of pectin, a soluble fiber that can lower blood cholesterol and glucose (sugar) levels, excellent source of vitamin C, keeps blood vessels healthy.
- * **Salmon:** Eat two 3 oz. servings of fish per week, contains omega 3 fatty acids which can help reduce the risk of heart disease.
- * **Sweet Potatoes:** Low in calories, contains nutrients which may help slow the aging process and reduce the risk of some cancers.
- * **Spinach:** High in vitamins A and C, contains nutrients that may boost the immune system and keep hair and skin healthy.
- * **Almonds:** Packed with fiber, magnesium, iron, and calcium. (70 mg in 23 almonds). Contains a healthy type of fat that may help lower cholesterol levels.
- * **Red Beans:** Good source of iron, magnesium, phosphorus, potassium, copper, and thiamin, low-fat, low-calorie source of protein and dietary fiber.

Sources: *Nutrition Action Health Letter, 2007, "Ten Super Foods for Better Health". Today's Dietitian 2005, "5 Functional Foods and Why they Work for Women". MyPyramid.gov. United States Department of Agriculture. WebMD, 2007. "Delicious ways to get the power foods your body needs". ADA Nutrition Fact Sheet, "Almonds: Grab a Handful for Heart Health".*

Contributed by Bertha Brandon, Informative and Protective Services Committee.

MidState Educators Credit Union FCRTA Credit Union Connection



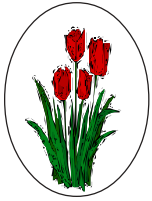
Angie Freeman

MidState Educators Credit Union has been offering financial products and services to educators and school employees since 1936. Angie Freeman has been designated by MidState Educators Credit Union to personally assist FCRTA members concerning credit union products and services and she is available to answer any questions that FCRTA members may have. All members of FCRTA are eligible to open an account at MidState Educators Credit Union. The credit union is a full-service financial institution and deposits are insured up to \$350,000. Please visit the credit union's website at www.educu.org for a complete list of products and services available to you. Members of FCRTA may contact Angie directly at **614-340-1518** during regular business hours or via email at afreeman@educu.org. When speaking with Angie or whenever you contact her please identify yourself as being a member of FCRTA.

FCRTA

Franklin County
Retired Teachers
Association
2237 Koebel Road
Columbus, OH 43207-2825
website <http://www.geocities.com/fcртаoh>
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FRANKLIN COUNTY RETIRED TEACHER'S ASSOCIATION

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	

Check the organizations you are joining and enter dues here:

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.)

If you have moved, please inform the membership chairperson. Be sure to include your phone number.

NEW ADDRESS

Name _____
Street _____
City _____ State _____
9 digit Zip _____
Phone _____

Mail to : Gloria Woods,
2237 Koebel Road
Columbus, OH 43207-2825

