

# SCRTA NEWS

Summit County Retired Teachers Association

THE SUMMIT COUNTY AFFILIATE OF Ohio Retired Teachers Association May - June 2014



## President's Corner

### ORTA Honors Our Bob Dengler

Three members of our Summit County Retired Teachers Association headed down to Columbus on Tuesday, April 8, 2014 to hear the latest news in education. We heard from Jim McGreevy and Bob Stein from STRS. Both men represent educators as Retiree Board Members. So much information was shared that it would take up too much room to start explaining. We will just have to have one of them speak to our membership as soon as they are available.

At the end of the first session, we were privileged to hear the former ORTA President, Linda Beaver, remember our Bob Dengler who recently passed away. As many of you know, Bob was one of the Past Presidents of ORTA and of SCRTA. He worked tirelessly for the benefit of educators across the state. (He even called me from the hospital concerned about an issue.) For those of you not living in the Akron area, and for your convenience, we have printed Mrs. Dengler's address... **Mrs. Helga Dengler 5644 Myers Road, Akron, Ohio 44319.**

Immediately after lunch, Chris Bean, our Community Service Chairman, received an award for our chapter's community service hours. Mr. Tom Nicholls from the National Retired Teachers Association and AARP spoke to us. His presentation brings up the topic of mandatory social security for us that many politicians believe we should be a part of in order to keep social security solvent. Let's keep our legislators updated on how we feel about this issue.

Ending the day, we had a panel that included our own member, Dr. Rebecca Zurava, talking about social media. Other topics were website, community service, and membership. Many of the day's issues and ideas were discussed as we drove back to our hometowns.

It was wonderful seeing so many of you at our April 7th meeting. Many of you thanked us for having Dr. Terry Gordon as our speaker. You were a wonderful audience and he enjoyed speaking to us!

Our next meeting will be June 2, 2014 and you will have your dessert served right after your meal! (If you do not understand this comment...that tells me you missed our meeting.) Bring a potential new member or guest and some extra cash. We are going to have some baskets for you to try and win. All monies will be given to the scholarship committee. Our paper cups will still be on the tables for your change. At the last meeting almost \$200.00 was collected in those cups. This has to be a recent record...usually it is under \$100.

Start saving your dollars for a trip to Pittsburgh with your SCRTA friends during the last week in September. All the details are still being worked out by our newly appointed Travel Chairwoman, Carolyn Vogenitz.

I would love to have some members write a message to me regarding why you like belonging to SCRTA/ORTA. We need others to join us and this might be a way of reaching out to potential new members. We could use your statement, and possibly your photo, in our newsletter or perhaps in the brochure that we are planning to publish in the near future. If interested, please contact me at [mlswartz2@netzero.net](mailto:mlswartz2@netzero.net).

As always,  
Mary Lou



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**SUMMIT COUNTY RETIRED TEACHERS  
ASSOCIATION  
\$1,000.00 Scholarship**



The scholarship candidate must meet the following criteria:

1. Must have graduated or will graduate with at least a 3.0 GPA from an accredited high school (transcript required).
2. If a post-graduate student attending college, must have a 3.0 GPA (transcript required).
3. Must be pursuing an education degree.
4. Evidence of college enrollment must be submitted with the SCRTA application form (using format guidelines) in order to be considered for a scholarship.
5. The Scholarship Chairman must receive the scholarship application no later than **June 1st** of the year of the application.
6. The Scholarship Committee will inform the winner no later than **July 30th** of the year of the application.
7. The scholarship winner will be notified and invited to be a guest at a Summit County Retired Teachers luncheon.
8. The applicant must be sponsored by a past or present educator.

The completed application must be submitted by **June 1st** to:

Elaine Shannon-Smith  
SCRTA Scholarship Chair  
At: 186 Court Dr. #104  
Fairlawn, OH 44333  
Or: eshannonp@neo.rr.com



**SUMMIT COUNTY RETIRED TEACHERS  
ASSOCIATION  
\$1,000.00 Scholarship  
Application Format Guidelines**

1. Must be typed.
2. Must be double-spaced.
3. All sections of application must be complete.

Date of application \_\_\_\_\_

Applicant's full name \_\_\_\_\_

Street address \_\_\_\_\_

City, State, Zip code \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

High School \_\_\_\_\_ Graduation Year \_\_\_\_\_

GPA \_\_\_\_\_ (Enclose transcript)

College/University to attend \_\_\_\_\_ Year \_\_\_\_\_

Post grad College University \_\_\_\_\_ Year \_\_\_\_\_  
(Enclose transcript)

Sponsor's Name and Phone Number:

\_\_\_\_\_

**Please include a typed document totaling  
100 - 1000 words for the following four  
prompts:**

- A. Why are you pursuing a career in the field of education?
- B. Describe how your favorite teacher, or mentor, inspired you.
- C. Describe specific leadership experiences you have had.
- D. Explain any work experiences or community service activities in which you have participated.

## Retired Teacher Feature



**Dr. Kay Fluke**

Kay is an avid genealogist. He was born in 1931, the only child of Charles Wesley Fluke and Kathryn Wilna Kay. His first name came from his mother's surname. Kay's father is a descendent of John Fluke of the Bucks County Militia in 1775. His mother is a descendant of John Kay, the first-born in Philadelphia in 1683 after the arrival of William Penn. John Kay was a friend of Benjamin Franklin and was invited and walked 30 miles to the dedication of the Pennsylvania Hospital in Philadelphia in 1755. William Penn recognized him by giving him a land grant. The deed is on file at the Historical Museum in Philadelphia.

Kay received the American Legion Award medal in the 8<sup>th</sup> grade at Heminger Elementary. At Kenmore High School, he served as president of the junior class and went on to receive the Manhood Award for the graduating class of 1950. His musical career began in elementary school. He played saxophone and clarinet in the American Legion Band for Post 449 in the 1940's and 1950's. He also played for dance bands including Akron's Big Band.

Kay earned his B.A. and M.A. degrees in Education from the University of Akron. His Ph.D. in Counseling was earned from Pacific Western University. Kay's honoraries include Omicron Delta Kappa, National Leadership; Pi Kappa Tau, Forensic Honorary for Debate; Pi Kappa Theta, Educational Honorary; Chi Sigma Iota, International Counseling Honorary, and Arnold Air Society (during his four years of ROTC). He also is an honorary admissions counselor for all three military academies. Kay is a graduate of the Harvard Counseling Institute. He served in the U.S. Air Force at the conclusion of the Korean War Conflict. He honorably retired from the reserves as a Captain in 1967.

After Kay's active duty was completed, he was sent a contract without interviews or resumes to be on the opening staff for Thornton Junior High. He had 40 years of service in the Akron Public Schools in teaching, counseling and administration. He was on

the opening staff at Firestone High School in 1962 and retired from Firestone High School with 28 years of service as a counselor.

Kay's career has supported public school education. He is a life member of SCRTA, ORTA, NEA, NEA-R, OEA, OEA-R, and the American Legion. He has served SCRTA in the Legislative capacity for approximately 30 years. Kay has been married to his wife, Nancy, for 36 years. They have 2 children and 3 grandchildren. He is the "proud papa" to two Italian greyhound dogs and a southern box turtle.

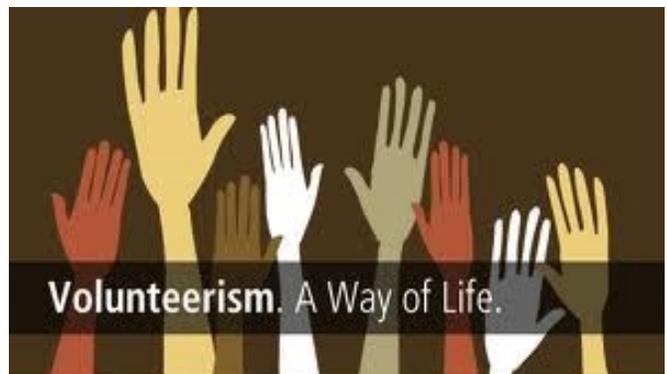


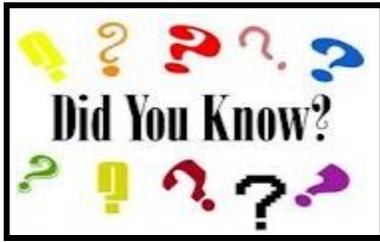
As we grow more mature, our lifestyles change. We may become more comfortable just to sit and watch television or read a good book. But is this really good for our health? I don't want to say you have become a "couch potato" but you can be the judge of that.

Our speaker at the June 2nd SCRTA luncheon will be Mary Bird from the Arthritis Foundation. She will explain the importance of diet and exercise ... especially when you have arthritis. In fact, she will demonstrate some exercises that we will be invited to do with her so we can continue them at home. They will help us move better and enjoy our changing lifestyle.

Do you feel better already just hearing about this program? Excellent! Please come to the June 2nd SCRTA luncheon and learn these tips on how to feel better when you have arthritis.

Sue Frutchey  
1st Vice President and Program Chair





## **MORE THIS AND THAT**

Walking provides the same benefits as running. Both activities reduce the likelihood of diabetes, high blood pressure, and heart disease. The catch is that you have to walk a lot longer to burn the same amount of calories. To burn 225 calories, you need to walk for 45 minutes; but, you need only 21 minutes if you run!

There is a new heart-valve treatment. Mitral valve regurgitation is a condition in which the heart valve doesn't close completely. This can cause fatigue, difficulty breathing, and heart damage. Until now, the only treatment was open-heart surgery. The FDA recently approved the MitraClip to fasten together the loose flaps of the valve. This device is implanted through a catheter and is currently available at the 52 medical centers that participated in the trials.

High cholesterol increases the severity of breast cancer because the molecule 27HC, a derivative of cholesterol, mimics estrogen, a hormone that increases breast cancer risk and reduces the effectiveness of anti-estrogen treatments such as aromatase inhibitors and tamoxifen.

At least 16 studies have found that cholesterol-lowering statin drugs had no negative impact on memory short term. Studies lasting three to 25 years determined that statins reduce dementia risk by 29%.

Painkillers with more than 325 mg. of acetaminophen can cause liver damage. Several prescription pain killers plus OTC products contain acetaminophen.

Fight dementia by learning a second language. Bilingual people developed dementia about five years later than people who spoke just one language.

Texting for long periods causes heart and breathing problems later in life.

Instant coffee has the same health benefits as brewed coffee. The way instant coffee is produced causes it to contain a higher concentration of healthful antioxidants.

The 2-2-4 rule for leftovers: Move food from oven to refrigerator in two hours or less. Store in

frig at a shallow depth of two inches to speed chilling. Eat it in four days or less (or freeze).

Some canned and frozen foods are healthier than when they are eaten fresh. The heat in canning raises their oxidant level of lycopene which protects against heart disease and some cancers. Corn and spinach processed with heat have higher levels of lutein which protects against macular degeneration. Boiled peanuts have four times the oxidants of raw or roasted peanuts or peanut butter.

Green tea might fight depression. People who drank two to three cups daily were about 40% less likely to report feeling depressed, possibly because the tea's antioxidants may help to reduce stress.

Final markdown prices usually have a code. These prices end with the No. 4 at Target (\$19.94), No. 6 at Home Depot, No. 7 at Gap and Old Navy, and No. 88 at Sears.

There is no need to charge cell phones fully. Keeping them at or near a 100% charge costs more money and does not make them work better. Cell phones and laptops usually use lithium-based batteries which are designed to work best in a range of a 40% to 80% charge.

Use your phone to take a photo of both sides of your health insurance card. This way, you will always have it with you.

You can protect your identity and your benefits by never giving out your Social Security, Medicare, health plan numbers or banking information to someone you do not know. Free services DO NOT require you to give your health plan or Medicare numbers to anyone.

The federal passenger security airline fee will rise in July.

Mary Anasson, Chair

Informative and Protective Services Committee

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## **SCRTA Robert Frutchey Memorial Music Scholarship**



The one-time \$1,000 scholarship for a student majoring in music which was donated by Blin Scatterday in memory of Robert (Bob) Frutchey for a student majoring in music has been awarded to Bradley Vogel of Tallmadge, OH.

## TRAVEL WITH US!



A bus trip has been planned for Summit County Retired Teachers and their family and friends. The one-day trip will take us to Pittsburgh, Pennsylvania the last week of September. If you visualize the city as it was during the steel mills days, you will be pleasantly surprised.

At the convergence of the Allegheny, Monongahela and Ohio rivers, this one time smoke-filled city has "cleaned itself up" and undergone a renaissance. More than thirty institutions of higher learning are located in "The College City". Pittsburgh has received awards for its urban beauty and boasts 21 miles of riverfront turf and hiking trails. Gleaming skyscrapers have replaced blue-collar establishments.

Our trip will include a riverboat excursion, time spent at the Golden Triangle and additional attractions for which the city is known. Details concerning the trip will be included in the next newsletter. It has been quite a while since SCRТА has offered a trip for members. Plan to join us! For more information contact Carolyn Vogenitz, 330-645-9928 or [wtsdpub@aol.com](mailto:wtsdpub@aol.com).

### The Scholarship Committee Needs Your Help!



At our next luncheon at Guys on June 2nd, there will be several wonderful baskets on our gift table. These will be for a special "Chinese" raffle for the purpose of building our scholarship fund.

The tickets will be sold for \$1.00 each or 6 for \$5.00. At a "Chinese Auction", you place tickets in the bag in front of the basket you would like to win.

Please bring a few extra dollars to help us build the very important fund.

Questions? Contact Ruby Winter (330-644-6886).

(The basket items are being donated by several members of our Management Board.)

## SCRТА MANAGEMENT BOARD



**President** - Mary Lou Swartz (330-644-2009)

**1st VP/ Program** - Sue Frutchey (330-753-2474)

**2nd VP/Legislative Chair** - Kay Fluke  
(330-773-2097)

**Secretary** - Judy Mervine (330-745-7587)

**Treasurer** - Paul DiMascio (330-882-4738)

**Membership/Asst. Treasurer** - Gene Thrall  
(330-867-7208)

**Newsletter Editor/Labels/ Computer** - Elaine Jarvis (330-607-0226)

**Public Relations** - Ruby Winter (330-644-6886)

**Scholarship** - Carolyn Vogenitz (330-645-9928)

**Members At Large** - Paul Green (330-733-7311 ..

Nominating); Mary Anasson (330-836-4272 ... Informative and Protective Services); Christine Bean (330-784-4575 ... Community Service); and Gordon Rice (330-699-3494)

**Web Master** - Leroy Martin (330-666-3984)

**Nominating Committee Members** - Gail Danford (330-524-8890) and Lennie Green (330-630-2440)

**Scholarship Committee Members** - Elaine Shannon-Smith (330-666-0650), Vicky Shaw (330-773-5862) and Judi Hill (330-668-2512)

**ORTA Past President** - Blin Scatterday,

### Two Special Tributes to Mr. Bob Dengler

SCRТА member Blin Scatterday donated \$500 to the SCRТА Scholarship Fund in memory of Bob Dengler.

At the April 8th ORТА meeting in Columbus, the SCRТА chapter was given a \$100 donation for the Scholarship fund in the memory of Mr. Dengler.

*Thank You!*

Summit County Retired Teachers Association  
751 Highland Park  
Akron, Ohio 44319

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U, S, POSTAGE PAID  
AKRON, OHIO 44309  
Permit No. 418

**DATED MATERIAL...PLEASE  
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*May - June*



SCRTA Website  
www.summitcountyrta.org

Leroy Martin - Webmaster  
lmartin561@gmail.com

**ATTENTION NEWSLETTER RECIPIENTS: If your address label is RED-LINED, this will be the last newsletter you will receive unless we receive payment for current dues.**

### **COMMUNITY SERVICE ANNOUNCEMENT**

If you are interested in giving the inspirational moment/prayer at our luncheons, please contact Christine Bean at [330-784-4575](tel:330-784-4575) or e-mail her at [clbean@neo.rr.com](mailto:clbean@neo.rr.com). Christine would also like some help with planning and presenting the November memorial service.

Thank you for your donations of hotel samples, hygiene, cleaning, and paper products. Also, thanks to Lennie Green for volunteering to help with this service project.

At the State ORTA meeting on April 8, 2014, we received an outstanding volunteer certificate for being one of the top five Ohio chapters with volunteer hours in 2013.

We are continuing to collect supplies such as paper towels, toilet paper, Kleenex, 30 gallon trash bags and Tall Kitchen trash bags, fabric softener, bleach, dish washing liquid, and household cleaning supplies for The Battered Women's Shelter and other similar organizations. Questions: Contact Christine



Bean, Community Service Chair.



**June 2nd** ... SCRTA / ORTA General Luncheon / Meeting ... 12 Noon at Guy's Party Center  
**Deadline for June 2nd** SCRTA / ORTA General Meeting Luncheon Reservation is **May 28th**. Send reservation slips/money to **Ruby Winter**. (See insert)  
**July 15th** ...Management Board Meeting at the AEA Office Building at **10:30 am**.  
**September 8th**... SCRTA / ORTA General Meeting Luncheon ... 12 Noon at Guy's Party Center  
**Deadline for September 8th** SCRTA / ORTA General Meeting Luncheon Reservation is **September 3rd**. Send reservation slips/money to **Ruby Winter**.  
**September 16th** ...Management Board Meeting at the AEA Office Building at **9:30 am**.  
**November 3rd** ... SCRTA / ORTA General Meeting/ Luncheon  
**Deadline for November 3rd** SCRTA / ORTA General Meeting Luncheon Reservation is **October 29th**. Send reservation slips/money to **Ruby Winter**.