

# SCRTA NEWS

Summit County Retired Teachers Association

THE SUMMIT COUNTY AFFILIATE OF Ohio Retired Teachers Association March - April 2013



## President's Message

**Luncheon Meeting  
Monday, April 8, 2013  
Noon**

Five months and many holidays have passed since we have been together. I noted above the date of our luncheon meeting because it is the 2<sup>nd</sup> Monday in April...normally, we meet on the first Monday of the month. Please tell your friends of this change.

We have some wonderful news to share with our membership. Firstly, Sue Frutchey, our Immediate Past President, has rejoined our Management Board as our Acting 1<sup>st</sup> Vice President in charge of Programs. Secondly, we have Akron's Miller-South School for the Visual and Performing Arts coming to entertain you. Their director is Sarah Kaufman who will be retiring at the end of this academic school year. Since I worked with Sarah at Lawndale Elementary, I know her retirement will be a great loss to her school and the music department of the Akron Public Schools. Hopefully, she will continue to share her musical talent by playing the organ at the Civic Theater in downtown Akron. I am thrilled that we were able to schedule this talented group of youngsters for you to enjoy.

Although we do not have a Summit County trustee to represent us in ORTA, I will be attending a President's meeting on April 19 in Columbus along with Elaine Jarvis, our newsletter editor. We will bring back the latest news from this group which represents all educators across the state.

Elaine has spent hours on reviewing and making suggestions for changes in our Constitution and Standing Rules. Her committee met, discussed, and reworked the needed changes. At our February Management Board meeting, the group approved the document which will be presented to our membership in June for approval.

I am sure most of you meet with some of your

former colleagues who are now retired. Would you like us to send them a newsletter? If you give us their addresses, we will be happy to do so...or when you meet with them...would you give them a newsletter? It is only with your help that we can grow our association. Remember, privacy laws now prohibit the area school districts to provide us the names and addresses of their retirees. When you send in your luncheon reservations, consider sending us names and addresses of retired educators.

One special day for me during March is St. Patrick's Day on March 17<sup>th</sup>. Since I come from the Coyle, Finnin, and Kelly Irish Clans, I'd like to leave you with some Irish humor...

A County Kerry woman signed the register in a hotel with the letter O. The clerk asked her what that meant.

She said she didn't know how to write.

The clerk said, then why don't you put down an X?

She replied that she used to sign that way, but her husband left her and she was going back to her maiden name!

HAPPY ST. PATRICK'S DAY  
Mary Lou O'Swartz

## Inside This Issue

Miller South Show Choir Bio .....	2
Sarah Kaufman Bio .....	2
Important Upcoming Calendar Dates.....	2
Scholarship / Application Guidelines .....	3
Legislative News.....	4
Message From Gene Thrall .....	4
Did You Know?.....	5
Community Service Announcement .....	6
Contact Info .....	6
Meal Reservation & Membership Forms .....	Insert

## APS Miller South Show Choir



The Miller South Show Choir is a singing and dancing performance troupe that has performed throughout northeastern Ohio as well as in several European countries. The singers are ten to fourteen years of age.

Their performance history is rather lengthy ... as well as prestigious! They have performed on stage with John Tesh, Judy Collins, the Osmond Family, the Radio City Rockettes of New York City, the Bare Naked Ladies and Helen Welsh. They have also performed several runs of "Joseph and the Amazing Technicolor Dreamcoat" in Cleveland as well as Akron.

The Miller South Show Choir has traveled to Spain, England, Germany, Switzerland and France, where they performed at Disney, Paris; Italy where they sang a mass at St. Mark's Basilica in Venice; and Austria, where they sang with the Vienna Boys Choir. Their most recent overseas trip last April, took them to the Czech Republic.

They are in great demand in Ohio where they perform about thirty times a year at community events and for various organizations.

The Show Choir is a very entertaining group of young people. They love performing for audiences of all ages. They are directed by Sarah Kaufman and choreographed by Mackenzi Bolyard-Pizana.

The real beginning of influence comes as others sense you are being influenced by them - when they feel understood by you - that you have listened deeply and sincerely, and that you are open.

— Stephen Covey

## Akron Public Schools Miller South Show Choir Founder & Director Sarah Kaufman



Sarah Kaufman is the founder and director of the Miller South Show Choir. She has three bachelor degrees from the University of Akron (including one in organ performance). She also has her Master's degree in Music Education. She has been teaching in Akron Public Schools for thirty-three years. She has been a church organist for forty years and also enjoys playing the 'Mighty Wurlitzer' at the Akron Civic Theatre. She currently directs the choir at her church.

Sarah is married to Art Kaufman and they have the three sweetest grand daughters in the world! When Sarah retires in June, 2013, she looks forward to wood working, gardening, stained glass, and she wants to learn to play the banjo! She will definitely miss her students and her teaching, but will always keep a song in her heart!



**April 3rd** ... Deadline for April 8, 2013 SCRТА / ORТА General Meeting Luncheon Reservations.

**April 8th** ... SCRТА / ORТА General Luncheon Meeting at 12 Noon at Guy's Party Center. Program: The Miller South Show Choir.

**April 23rd** ... SCRТА / ORТА Management Board Meeting at AEA building in Akron (9:30 am)

**May 29th** ... Deadline for June 3, 2013 SCRТА / ORТА General Meeting Luncheon Reservations.

**June 3rd** ... SCRТА / ORТА General Luncheon Meeting at 12 Noon at Guy's Party Center. Program: Akron Zoo Traveling Exhibit.

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



**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.

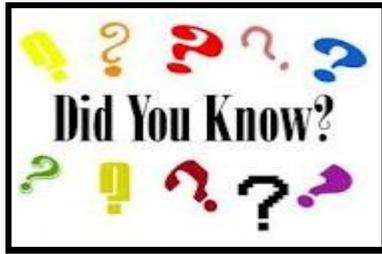
The scholarship candidate must meet the following rules:

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 in order to be considered for a scholarship.
5. The Scholarship Chairman must receive the scholarship application no later than **May 1st** of the year of the application.
6. The Scholarship Committee will inform the winner no later than **July 15th** 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 **May 1st** to:

Mrs. Carolyn Vogenitz  
SCRTA Scholarship Chair  
3326 Waterside Dr.  
Akron, OH 44319





### TO YOUR GOOD HEALTH: SUPER FOODS TO CONSIDER

**Apples:** They contain pectin which binds itself to cholesterol so that the cholesterol can't circulate to your arteries; they contain cancer-fighting flavonoids; they have a low glycemic value; they offer heart disease protection.

**Asparagus:** It is one of the best sources of folate which is important for the synthesis of three neurotransmitters crucial for your moods; eat it raw to preserve its cancer-fighting potential.

**Avocados:** They contain monounsaturated fat which may help lower LDL cholesterol; they help to circulate blood better for good brain function.

**Beets:** Eat them raw to preserve folate, which is good for the brain function.

**Berries:** They help reduce blood pressure; they are high in fiber and antioxidants needed for skin damage repair; they are one of the most powerful anti-stress foods; they halt the growth of cancer cells.

**Broccoli:** Eat it raw to preserve the enzyme that cleanses the liver; it has a low glycemic value; it may help avoid breast cancer.

**Carrots:** They are good for your eyesight; they have a low glycemic value.

**Chocolate:** One ounce of dark chocolate daily helps to lower blood pressure.

**Cinnamon:** It helps the body stabilize blood sugars; it lowers cholesterol.

**Citrus fruits:** They contain vitamin C and folic acid; they have a low glycemic value; they help burn fat and are a good stroke protector.

**Corn:** Its fiber has shown to reduce cholesterol levels; fresh corn is also a good source of folic acid; it has a low glycemic value.

**Eggs:** Their yolk is full of choline, a key nutrition for recall ability.

**Garlic:** It has a compound which tells your brain that you are overeating.

**Ginger:** A pinch of raw ginger daily may help to ease your aches and aid digestion and nausea.

**Legumes:** They help you lose weight because you are expending considerable energy to digest them; they help reduce blood pressure.

**Mushrooms:** They should be cooked to get the full value of the potassium they provide; they may help avoid breast cancer; they are a good source of zinc which fortifies your immunity.

**Nuts:** Almonds and walnuts provide vitamin E, zinc,

fiber, and magnesium; almonds are known as the King of Nuts; cashews may help avoid breast cancer; walnuts are good for blood sugar control and good heart health.

**Oatmeal:** It is at the top of the list of cholesterol busters; it is called "nature's scrub brush" because its soluble fibers attach themselves to cholesterol and carry it out of your system; it helps reduce blood pressure.

**Olive oil:** It contains potent antioxidants; it offers brain cell, cancer, and heart protection.

**Onions:** They are better for you raw than cooked; they have been shown to lower LDL cholesterol.

**Peppers:** Red ones are the best for you; eat them raw to preserve their vitamin C; they are a good weight loss weapon.

**Pomegranate:** The fruit is better than the juice because it contains high levels of antioxidants which are essential for a healthy brain.

**Potatoes:** Baked white potatoes are high in potassium and magnesium, which help to reduce blood pressure; baked yams are also good for you.

**Rice:** Brown rice is filled with vitamins and magnesium, which seem to be important for cognitive health; it also contains vitamin B 6.

**Salmon:** It has a type of omega 3 which is good for skin health and heart health; other white fish have the same benefits; white fish help to decrease body inflammation and pain and are an excellent source of protein.

**Soy:** It reduces cholesterol levels; it has a low glycemic value.

**Spinach:** It is a great source of iron; it increases the efficiency of energy-producing cells; it helps to reduce blood pressure; eat it cooked to absorb a great source of calcium, iron, and magnesium.

**Tea:** Black or green tea has powerful antioxidants which may protect artery walls from cholesterol buildup; it also lowers the risk of blood clots; hibiscus tea may help to lower blood pressure; oolong tea helps to lower triglyceride levels.

**Tomatoes:** Cooked tomatoes are better than raw for their cancer-fighting lycopene; when cooked with oil, their potassium is good for your heart.

**Turmeric:** Its anti-inflammatory properties work on nerve cells to improve memory.

**Water:** Let's not forget the most important drink of all. Drink a glass of water upon arising, a glass before every meal, as glass or two before a bath or shower, and a glass or two before going to bed. Also, be sure to hydrate your body by drinking water throughout the day; do not wait until you are thirsty-- by then you are already dehydrating.

Mary Kostas Anasson, Chair

Informative and Protective Services Committee

Sources available upon request

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

NON-PROFIT ORGANIZATION  
U, S, POSTAGE PAID  
AKRON, OHIO 44309  
Permit No. 418

**DATED MATERIAL...PLEASE  
DELIVER BY MARCH 27, 2013**

## *March - April*



SCRTA Website  
[www.summitcountyrta.org](http://www.summitcountyrta.org)

Leroy Martin - Webmaster  
[lmartin561@gmail.com](mailto: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**

Dear SCRTA Colleagues,  
The Battered Women's Shelter relies heavily on the community for donations of supplies. They have appreciated all of the help they have received from various organizations in the past. Unfortunately they are running low on certain items that are much needed. See the list below:



Paper towels  
Toilet paper  
Kleenex  
30 gallon trash bags  
Tall Kitchen trash bags  
Fabric softener  
Bleach  
Dish washing liquid  
Household cleaning supplies



Your thoughtful donations will ultimately help those in need. For more info. contact

Christine Bean, SCRTA Community Service Chair

### **CONTACT INFORMATION**



**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/Labels/ Computer** - Elaine Jarvis  
(330-607-0226)  
**Public Relations** - Ruby Winter (330-644-6886)  
**Scholarship** - Carolyn Vogenitz (330-645-9928)  
**ORTA Past Presidents** - Blin Scatterday, Bob Dengler  
**Members At Large** - Paul Green, Mary Anasson,  
Christine Bean (Community Service - 330-784-4575),  
Gordon Rice  
**Web Master** - Leroy Martin (330-666-3984)