



THE BELLRINGER

Newsletter of the Lake County Retired Teachers Association

Volume 47, No. 3

June, 2011

From the Co-Presidents.....

WHY BELONG TO LCRTA?

As retirees we receive NEA-R, OEA-R magazines and ORTA newsletters. We get emails and mailings from STRS. Although informative, they lack something you will find with LCRTA.

LCRTA is local and personal! Most members live within a 30 minute drive of the meetings. The meetings are planned with programs that are multi-faceted. Committees are very active and welcome member suggestions. Not only does Lake County Retired Teachers Association serve its members, it serves the community through volunteer hours, collections of goods and its scholarship program. As Co-Presidents, Joyce and I look forward to meeting more and more of you. Be sure to introduce yourself to us.

Greta Pate

THINK GLOBALLY-SHOP LOCALLY

When grocery shopping, consider buying locally grown produce. Local looks and tastes better. Local crops are picked at their peak. Imports have to be plucked early in order to maintain freshness during transport.

Local is healthier. The shorter the time between the farm and your family, the less nutrients that are depleted during transport and warehouse storage.

Local food is safer.

Local food builds communities.

Local food benefits the environment and wildlife. Responsibly run farms provide ecosystem services; they conserve fertile soil, protect water sources and sequester carbon from the atmosphere.

Source: University of Vermont

Bette Pollino

Info/Protective Services

HELPING HANDS REACHING OUT

Every one of us has had a student who needed a little help, sometimes just a pencil or a pen to complete a test. I volunteer with a group of high school juniors who have volunteered to help students in our schools. The Leadership Lake County Youth Group (a.k.a. LLC), worked all year to fulfill the mission of their project "S.S. Kids." The monies they raise and the supplies they gather are put into the hands of Lake County students who are economically disadvantaged. Last year this group served over 1,200 students in Lake County.

The need for the upcoming school year will be even greater. The 2011 LLC Youth Class has already raised \$9,000 and a quantity of supplies, but they could still use help to collect more. No amount is too small.

If you can donate money or school supplies, please bring them to the next two meetings, June and July. I will collect them and get them to the Salvation Army who will distribute them to the students in August. Fifteen dollars will buy supplies for one student for an entire school year. Leadership Lake County Youth Class thanks you for your help.

Joyce Grady



LCRTA members visiting the historic sites on their day in Cleveland

MARK YOUR CALENDAR

NOVEMBER meeting will be Nov. 1 due to Election Day

TRUSTEE and LEGISLATIVE REPORT

Marilyn Decker

I took over the position of Trustee for LCRTA from Barbara Garwood in 2009. It is nearing the close of my tenure at the end of 2011. ORTA has decided to have only 10 Trustees depending on the number of dual members in each local chapter.

Since LCRTA was 13th in total dual membership, we will not be having a Trustee in 2012. ORTA is having the top 13 local chapters send in their total name by name membership so that the total membership can again be evaluated. Local chapters that have not had a full two year term will finish their term next year.

Our chapter has a total of 358 dual memberships, an increase of 11 over 2009. Chapters that do not have Trustees could be chosen to serve on committees at the ORTA office in Columbus.

The Board at ORTA's May 5 meeting passed the following resolutions:

1. A recommendation by ORTA Legislative committee to the ORTA Executive Committee that ORTA address each piece of legislation that directly or indirectly affects the State Teachers Retirement System.

2. A recommendation from the ORTA Legislative Committee that the ORTA Executive Committee adopt this position statement: ORTA reaffirms our strong support of public education as a basic right of all Ohio children.

3. The ORTA Legislative Committee recommends to the ORTA Executive Committee that ORTA supports the SB5 (Senate Bills) referendum.

There are some legislative bills that are very important to retired teachers. SB3 and HB69 are being watched carefully by ORTA and nothing much has changed. This issue, according to Terri Bierdeman of STRS, will not be settled until next year. Read your ORTA and STRS magazines.

To sign the referendum of SB5, check with the UNISERVE Office (OEA) at 5804 Heisley Road (440-639-1390). Joyce Grady, Co-President of LCRTA, is also being trained to take signatures. For those living in Cuyahoga County, an opportunity to sign the referendum can be obtained at the OEA Office at 6009 Landerhaven Suite A-2, Mayfield Heights, 44124 (440-442-2922)

Another bill that is noteworthy is HB202. It limits the retirement benefit of re-employed retirees of a public retirement system and eliminates the deferred public retirement system and eliminates the DROP (deferred retirement option plan).

Terri Bierdeman stated that this is a matter between employee and employer and she does not think the bill will go anywhere.

HB 153, the State Budget Bill, is going through the legislature. It concerns the five public pensions. The most important aspect of this bill is the language that would limit the contributions for employers and employee to 12% from each. Concerns about this bill center around funding for HCSF (Health Care Stabilization Fund) can only be taken from employers' contributions; active teachers who leave the system can withdraw their contributions, thus withdrawing more funds.

Several messages from ORTA are:

1. Contact legislators concerning HB69 by going to www.orta.org where you can contact an individual. Write your own message or check the message posted there.

2. ORTA will sponsor four Leadership Seminars in September 2011. Four interactive sessions of 3-3½ hours will be held at the OSBA Conference on September 19-20, 2011. Sessions will be 9-12noon and 1-4pm each day, with a complimentary lunch. Two leaders or potential leaders may attend from each chapter. The seminar will be led by Sharon Smith. A workshop will be held on website construction. Chapter webmasters are urged to attend.

STRS Health Care Representative, Greg Nickell states that health care will be basically the same in 2012. The first action was to approve changing the premium subsidy benefit by reducing the "years of service" multiplier from the current 2.5% to 2.1%. To help members adjust to the change, it will be phased in at a rate of 0.5% per year, beginning in 2012 through 2015.

The second action by the STRS Board affects premiums for AdultCare, Kaiser and Paramount Health Care Plans. This change will standardize the basis for the subsidy calculation across all plan's full cost in 2012. The subsidies applied to these premiums will be further reduced on the respective plan's full cost.

These two changes should preserve an additional \$22 million in the Health Care Fund in 2012 and more than \$85 million annually once fully implemented. It was noted that further significant changes to the health care program will be needed in the future to prevent the Health Care Fund from becoming insolvent.

A final note: if we as retired teachers ever need to prove our worth, it would be impressive to show the value of our volunteer hours in today's market are worth \$21.36 according to www.IndependentSector.org.

LCRTA Luncheon Reservation Form

CROATIAN LODGE

DUE JUNE 3, 2011

Mail to: **Elaine Courtney 7300 Arbor Glen Place Concord, Ohio 44060**

Make checks payable to LCRTA

Please reserve _____(s) for the **TUESDAY, JUNE 14** LCRTA luncheon at \$15.00 each.

Name (s) _____ Phone _____

Amount enclosed _____

Menu(Choose one): Weiner Schnitzel Pasta Primavera

Lunch includes: Scalloped Potatoes, Green Beans,/Almonds, Assorted Streudels

CUT OUT AND RETURN THIS SECTION WITH YOUR CHECK FOR YOUR LUNCHEON RESERVATION

LCRTA Luncheon Reservation Form

LAKE COUNTY HISTORY CENTER

DUE JULY 1, 2011

Mail to: **Elaine Courtney 7300 Arbor Glen Place Concord, Ohio 44060**

Make checks payable to LCRTA

Please reserve _____(s) for the **TUESDAY, JULY 12** LCRTA luncheon at \$15.00 each.

Name (s) _____ Phone _____

Amount enclosed _____

Menu: PICNIC

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LUNCHEON—TUESDAY, JUNE 14, 2011

**CROATIAN LODGE
34900 LAKESHORE BLVD.
WILLOUGHBY**

PROGRAM

Carousel of Costumes

Singing and dancing with bits of trivia about famous people.

Presented by Beth Steinberg

PARK IN THE WEST END LOT

LUNCHEON-TUESDAY, JULY 12, 2011

**LAKE COUNTY HISTORY CENTER
415 RIVERSIDE DRIVE
PAINESVILLE TWP.**

PROGRAM

Freedom's Journey— Lake County and the Underground Railroad

Presented by Kathie Pural

Also meet David Gynn,

President - Elect ORTA

Volunteer Hours—April, May 2011 _____Hours as Full Time Care Giver _____Hours for other Volunteer Work

Name _____

Bring to June Meeting or Mail to: **Marge Westman 473 Scarborough Lane, Painesville, Ohio 44077**



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A Publication of the
LAKE COUNTY RETIRED
TEACHERS ASSOCIATION

9399 Ridgeside Drive
Mentor, Ohio 44060



STATE TEACHERS
RETIREMENT SYSTEM
OF OHIO



**HELP WANTED: WEBMASTER NEEDED FOR LCRTA WEBSITE.
CONTACT GRETA PATE OR JOYCE GRADY**

SAD



A few weeks ago I went to a Lake County Captains game on Saturday—a rare Spring, sunny day. I couldn't get enough sun!!! Might I be one of those people who suffer from Seasonal Affective Disorder? More than a case of the winter blues, those who suffer from SAD usually feel the affects of their body's exposure to less light from the fall through the spring. The feelings of depression, hopelessness, lack of interest in life, carbohydrate cravings and related weight gain, inability to concentrate and anxiety can cause significant disruption to your life.

Here are tips for increasing your exposure to light during the darkest time of year:

Light therapy-involves sitting a few feet from a specialized light therapy box so that you're exposed to bright light. Mimicking outdoor light, light therapy appears to change brain chemicals linked to mood. A safe and easy to use treatment.

Lighten up your environment by opening

blinds, curtains and shades. Cut tree branches back that block sunlight. Sit closer to windows at work and at home.

Get outside during daylight hours, even if it's cloudy.

Exercise—probably the easiest way to get those feel-good endorphins flowing.

Source: MayoClinic.com

Bette Pollino

Info/Protective Services

COMMUNITY PARTICIPATION

HOPE CHEST lost all clothing donations in the Painesville Senior Center fire last fall. Now it has relocated and is once again ready to accept donations. **JUNE 14th**, please bring new children's underwear (any size) for Hope Chest.

Thank you for continuing to donate used postage stamps. When redeemed, the proceeds go toward helping needy veterans and their families.

JULY 12, please bring toiletries of any kind for Forbes House.