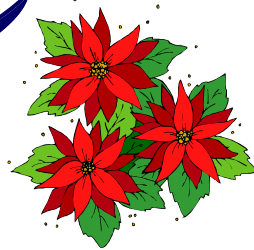


MARSP Newsletter

December 2011

www.midlandretireded.org

December 2, 2011
MARSP
Box 4954
Midland, TX 79704



MARSP LUNCHEON MEETING MINUTES

November 3, 2011

The Midland Association of Retired School Personnel met Thursday, November 3, 2011, in the Fellowship Hall of First Baptist Church. President Dorothy Thompson called the meeting to order at 12:30. Leonard Boyd led the members in the invocation and pledges to the American and Texas flags. President Thompson thanked Karron Pearson for the lovely Thanksgiving table decorations and Orin Wade for the beautiful piano music during the luncheon.

Pat Adams introduced our speaker, Trish Powell, from the Better Business Bureau, who informed us of various telephone and e-mail frauds and scams targeting senior citizens. Pat presented Trish with a certificate of appreciation indicating a contribution to MARSP's scholarship fund in her honor.

Maridell Fryar announced that November is TRTA Foundation Month. She explained the various kinds of help that the foundation provides: college scholarships to prospective teachers who are related to TRTA members; Helping Hands, one-time grants to aid TRTA members; grants to active teachers; and Legacy, an educational arm to educate legislators and current teachers on the concerted effort to do away with the defined benefit structure of the TRS pension program.

A representative from AFLAC was present to answer questions about the programs the agency offers.

The minutes of the October meeting were printed in the November newsletter. When no revisions or corrections were noted from those present, they were filed as reported. Copies of the treasurer's report were distributed. When no revisions or corrections were noted from those present, they were filed for audit.

First Vice-President Mike Landrum reported that we currently have 380 members, the highest ever in our unit. He encouraged all members to recruit one other member so that they can be included in a drawing for \$100 at the state convention. Pat Adams, Second Vice-President, reported that the December meeting will be at Memorial Christian Church and feature Michael Sherrod presenting "Jazzing into Christmas." Cost will be \$10.00. She also reported that MARSP has placed 2,284 books this year.

President Thompson noted that Violet Singh sent us a thank-you note for allowing her to speak to us about the Wagner Noel Performing Arts Center with a \$25 donation to our scholarship fund. Patti Watson, friendship chairman, urged us to contact her when we learn of those who would appreciate cards of congratulation, sympathy, or encouragement.

Karron Pearson conducted a drawing for a free luncheon from those reporting walking steps; the winner was Dorothy Thompson. Nancy Young conducted a drawing for a free luncheon from those reporting volunteer hours; the winner was Betty Bagwell.

The meeting was adjourned at 1:32.

Deanna Dunn, Secretary

Please Come to the December Meeting

The December meeting of MARSP will be held Thursday, December 1, at Memorial Christian Church, 1001 Andrews Highway. The cost of the meal is \$10. Meet and greet will be at 11:30; lunch will be served at 12:00, and the program will begin at 12:30. The program will be *Jazzing into Christmas* presented by Michael Sherrod. **The Executive Committee asks each member to bring canned goods to the meeting. These donations will be given to the Memorial Food Pantry for local distribution.**

Please call Anita Patton at 432-697-1602 or e-mail her at apatton123@sbcglobal.net by Monday, November 28.
Remember, your reservation is your commitment to pay.

→→ January Meeting While you are marking your calendar, **also mark Thursday, January 5.** This is the date for the January meeting of MARSP, back at First Baptist. The cost is \$5, and the program will be presented by Burr Williams of Sibley Learning Center. His topic will be *West Texas Water Issues*. Meet and greet will be at 11:30; lunch will be served at 12:00, and the program will begin at 12:30.

Please call Anita Patton or e-mail her by Monday, January 2, 2012. ←←



Highlights of the New MARSP Yearbook

As you explore the new yearbook, you might want to pay special attention to the following items:

1. The "How can I help MARSP?" page.
2. The "Members Serving Beyond the Local" page across from the "MARSP Programs" page.
3. The "Walking and Volunteer Forms" instruction page and the "Mileage Equivalents" page.
4. The "Memorial and Thank You" page across from the cover to the membership roster.
5. The "TRTA Member Benefits" page on the inside back cover.



Last Book Call of the Year

As of the printing of this newsletter, Pat Adams, book collection chairperson, reports that MARSP has collected AND distributed **2854** books to various locations in Midland. Last year's final count was 706, so we have increased our amount four-fold. The deadline for this year's collection is December 31. Though we still need all kinds of books, we have more of a need for children's books because most of our donation sites serve children. Our books have been given to High Sky Children's Ranch, Inc., Casa De Amigos, Memorial Christian Church Food Pantry, Coleman Family Care and Dental, and First Baptist Church Missions, just to name a few.

If you have books to donate and cannot bring them to the monthly MARSP luncheon, please call Pat at 697-3339, and she will pick them up.

*Christmas is most truly Christmas
when we celebrate it by giving
the light of love to those
who need it most.*

Ruth Carter Stapleton

Volunteer Hours - November 2011

Name: _____

Number of Hours: _____



Volunteer Hours Due January 31, 2012



Volunteer Hours for the year 2011 are due at the January 2012 meeting. If you know what your hours will be in December, you can turn those in at our December luncheon. If you have not turned in hours during the year, please tally those hours and turn in to Nancy Young either at the December luncheon or e-mail her at cd.neyoung@grandecom.net. Remember, if you know how many hours you volunteer each month, multiply monthly hours times 12 for your total yearly hours. Services which you perform and are not paid for count as volunteer hours. Caring for grandchildren, transporting the homebound, delivering Meals on Wheels, sitting with a hospital patient, playing in a hand bell choir, serving on church committees and assisting senior citizens or the disabled in any way for which you are not paid all count as volunteer hours. If you help with mailing this newsletter, you are volunteering your time.

Please count all of your hours and turn them in by January 31.

Nancy Young
Community Volunteer Service Chairperson



Do You Tai Chi?

Can you put meditation in motion?

Tai Chi is an ancient Chinese exercise that uses slow, gentle, dance-like movements to encourage relaxation and strengthen muscles and joints. You don't need special clothing or equipment to do tai chi. To gain full benefits, however, it may be best to seek guidance from a qualified Tai Chi instructor. Look for Tai Chi classes through your local community education center or at a local senior-center or health club.

Also, did you know that it takes about 3,500 calories over your daily calorie needs to gain a pound of body fat and approximately 3,500 calories under your daily calorie needs to lose a pound of body fat?

Karron Pearson
Health Care Chairperson

Health Tip of the Week , www.mayoclinic.com, August 2, 2011



Articles for the Newsletter

Please send MARSP Newsletter articles to Joyce Whitley or Carole Miller, 1210 W. Golf Course Road, 79701 or joyce.whitley@gmail.com.

Walking Steps - November 2011

Name: _____

Number of Steps: _____



Walking Steps

Walking can help older people maintain or improve memory function, in part by preventing age-related brain shrinkage. In a recent study in the *Proceedings of the National Academy of Sciences*, 120 sedentary people (age 55 to 80) started walking briskly three times a week for 40 minutes or did yoga and strength training. After a year, the walking group had an increase in volume of the hippocampus (the part of the brain involved in memory formation); the other group had a small amount of shrinkage, which is normal with aging. The walkers also showed improvements in spatial memory testing. So walking has been proven to be good for you.

But, what if you would rather swim? If you swim 30 yards in a minute, you have “walked” 2000 steps. If you dance moderately to rapidly for twenty minutes, you have walked 2000 steps. Check in your new yearbook for other mileage equivalents.

The last day to turn in your walking steps for this year is January 31, 2012. Please bring your walking steps total to the December luncheon or e-mail your total to karronpearson@sbcglobal.net.

Karron Pearson
Health Care Chairperson

Wellness Letter, University of California
Berkeley, May 2011

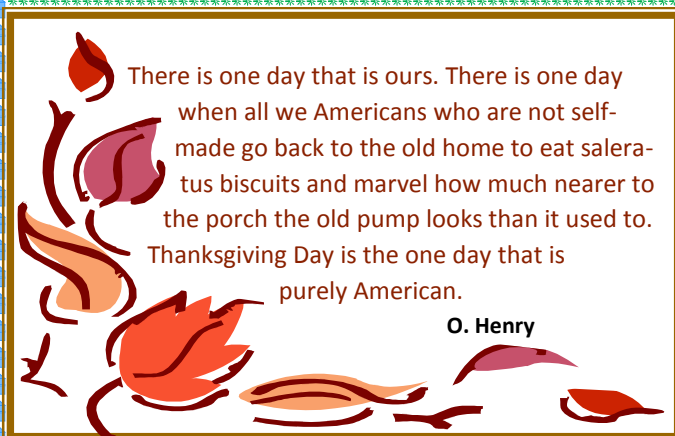


MARSP Cares For Its Members

Cards are sent on an as-needed basis to our members or friends of members who might need a reminder that we care about them. Thinking of you cards were recently sent to Roy Blair, husband of Dorothy Blair, and Sue Burdette. Frances Ratliff, Ron Hunt and Leonard Monroe also received thinking of you cards. Jean Alvey received a sympathy card upon the death of her mother, and David Kleinbeck received a congratulatory card for being an outstanding volunteer.

If you know of an MARSP member or friend of one who is in need of a card, please contact Patti Watson at pnw1000@gmail.com. You may also call her at (432) 697-1170.

Patti Watson
Friendship Chairperson



'Twas the Night Before (Senior) Christmas by Ed Solomon



'Twas the night before Christmas at Rock-Away Rest.
And all of us seniors were looking our best.

Our glasses, how sparkly, our wrinkles, how merry;
Our punch bowl held prune juice plus three drops of sherry.

A bed sock was taped to each walker in hope
That Santa would bring us soft candy and soap.

We surely were lucky to be there with friends,
Secure in this residence and in our Depends.

Our grandkids had sent us some Christmasy crafts,
Like angels in snowsuits and penguins on rafts.

The dental assistant had borrowed our teeth,
And from them she'd crafted a holiday wreath.

The bed pans, so shiny, all stood in a row,
Reflecting our candle's magnificent glow.

Our supper, so festive (the joy wouldn't stop),
Was creamy warm oatmeal with sprinkles on top.

Our salad was Jell-O, so jiggly and great.
Then puree of fruitcake was spooned on each plate.

The social director then had us play games, like
“Where Are You Living?” and “What Are Your Names?”

Old Grandfather Looper was feeling his oats,
Proclaiming that reindeer were nothing but goats.

Our resident wanderer was tied to her chair,
In hopes that at bedtime she still would be there.

Security lights on the new fallen snow
Made outdoors seem noon to the old folks below.

Then out on the porch there arose quite a clatter,
(But we are so deaf that it just didn't matter).

A strange little fellow flew in through the door.
Then tripped on the carpet and fell flat on the floor.

'Twas just our director, all toggled out in red.
He jigged and chuckled and patted each head.

We knew from the way that he strutted and jived
Our Teacher Retirement checks had arrived.

We sang—how we sang—in our monotone croak,
Till the clock tinkled out its soft eight p.m. stroke.

And soon we were snuggling deep in our beds.
While nurses distributed nocturnal meds.

And so ends our Christmas at Rock-Away Rest.
Before long you'll be with us. We wish you the best!!



November Is Foundation Month

November has been designated as Texas Retired Teachers Foundation Month so that local associations can learn more about the Foundation. The TRTF is now in its third year of awarding scholarships to students pursuing degrees in education and grants to public school teachers for innovative classroom projects. To date, TRTF has awarded \$17,500 in scholarships and \$13,000 in classroom assistance grants. TRTF's newest charitable program, "A Helping Hand," launched statewide in October 2010. Since the program's inception, TRTF has awarded \$14,500 in grants to Texas public school retirees for such purposes as medical, dental, and utility bills.

The funds gained through the Legacy Campaign will be used to create printed materials as well as a web site supporting defined benefit plans in Texas. These resources will be available for use by TRTA legislative staff and volunteers as well as any public education employee or retiree who wants to provide factual material to their legislators in defense of long-term financial security.

Foundation Month was a huge success for MARSP. The Legacy Campaign received the largest donations; however, all of the programs received generous contributions. When all was collected and sent to TRTF, MARSP members must congratulate themselves for a total contribution of **\$645**. Thank you so very much for the support of these worthy endeavors.

Martha Kallus
Foundation Liaison



Newsletter - On-line or Snail Mail?



Several years ago, MARSP began sending notices of the newsletter postings on our website www.midlandretireded.org. If you do not receive monthly newsletters in the mail, it is because you have previously authorized an e-mail notification instead of a mailed newsletter. **If your circumstances have changed** and you would rather begin receiving the newsletters differently, please contact Mike and Kathy Landrum at (432) 631-7390 or by e-mail at jmlandrum@earthlink.net. We want all to be able to read the newsletter in the most convenient format for them, so please notify Mike and Kathy if you would like a change.

Better Business Bureau

BBB If you missed the November luncheon, you missed a very informative program. Trish Powell of the Better Business Bureau talked about scams and ways to safeguard against becoming the victim of a scam. She answered questions from the attendees and encouraged everyone to call the Better Business Bureau if questions should arise in the future. Her contact information is as follows:

Trish Powell, Better Business Bureau
306 W. Wall St. Suite 1350
Midland, TX 79701
(432) 563-0213 (432) 770-6502 (cell)
<http://www.bbb.com>



You Could Win \$100

If you recruit a "new" member, a person who has **NEVER** joined TRTA **OR** has not been a member in the past three years, you are eligible to enter the drawing for \$100. You will be eligible for each new member that you recruit, so if you recruit two new members, your name will be entered into the drawing twice. When the new member joins, dues and the form below are submitted to MARSP, P. O. Box 4954, Midland, Texas 79704. Our membership is now 380 members strong. Help the association reach 400 members this year.

"EACH ONE BRING ONE" RECRUITMENT FORM

LOCAL UNIT MEMBER

Name: _____ Member ID: _____
Local Unit: Midland Association of Retired School Personnel District #: 18

NEW RECRUIT (Has not been a state member for the past three years)

Name: _____ Join Date: _____

CERTIFICATION

I certify that the above new recruit qualifies for the "Each One Bring One" Campaign.
Local Unit Membership Chairman: _____
Local Unit Treasurer: _____

LOCAL UNIT MEMBER INSTRUCTIONS

After recruiting new member and collecting dues:
1. Fill in your name, member ID, local unit and district number.
2. Fill in new recruit name and join date.
3. Submit completed form to your Local Unit Membership Chairman by January 31, 2012.
Prize drawing will be conducted at the 2012 TRTA Annual Convention during your District Caucus.
For more information visit www.trta.org/eachonebringone.