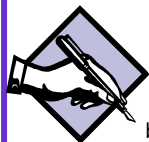


MARSP Newsletter

October, 2011

www.midlandretireded.org

October 6, 2011
MARSP
Box 4954, Midland, TX 79704



MARSP LUNCHEON MEETING MINUTES

September 1, 2011

The Midland Association of Retired School Personnel met Thursday, September 1, 2011, in the Fellowship Hall of First Baptist Church. President Dorothy Thompson called the meeting to order at 12:22. Leonard Boyd led the members in the invocation and pledges to the American and Texas flags. President Thompson thanked Orin Wade for providing beautiful piano music during the luncheon and Mary Jo Boyd and Jo Ann Collett for the lovely table decorations. President Thompson welcomed and recognized several new members.

Sharon Welch introduced our speaker, Dr. Steve Thomas, President of Midland College. He spoke on "Midland College and Our Community: Past, Present and Future – Classics for Seniors." After his speech, Sharon presented Dr. Thomas with a certificate of appreciation indicating a contribution to MARSP's scholarship fund in his honor.

The minutes of the May meeting were printed in the September newsletter. When no revisions or corrections were noted, they were filed as reported. Copies of the treasurer's report were distributed. When no revisions or corrections were noted, they, too, were filed as reported. President Thompson called attention to the brochures from the Petroleum Museum on the tables calling for volunteers.

David Kleinbeck passed out an article from the Austin American-Statesman Newspaper outlining a concerted effort to lobby to change the "defined benefits" of Texas retirees to "defined contributions." This group of high-powered Houston business leaders calls itself "Texans for Public Pension Reform." Spokesman and lawyer Bill King says, "I think the state needs to get the hell out of this (pension) business completely." Kleinbeck noted that in other states researchers who have studied the issue have concluded that money cannot be saved by doing away with pensions.

Ann Parish, District XVIII TRTA President, spoke to "Your Role in TRTA" using the analogy of a tree, showing that all members are essential to a healthy and vibrant TRTA. Each member is vital and important.

Second Vice-President Pat Adams reported that by May, our chapter had collected 2,210 books to distribute to local programs in an effort to increase literacy. Since then, 148 additional books were donated. Many have been placed in nursing homes recently. Our October 6th meeting program will be presented by "Violet Singh and Friends" from the Midland-Odessa Symphony and Chorale.

Friendship chairman Patti Watson reported that she has sent out many get-well, condolence, and "thinking of you" cards this summer. She welcomes any extra cards that you would like to donate and asks that we call or e-mail her any time we know of anyone who would like to be remembered with a card.

Diantha Dawkins, scholarship chairman, reported that we collected \$93.25 today for the scholarship fund. Nancy Young conducted the drawing from those reporting volunteer hours and walking steps. Lois Hagins won a free lunch from the volunteer drawing, and Patti Alexander won a free lunch from the walking steps drawing.

The meeting was adjourned at 1:15.

Deanna Dunn
Secretary



Book Collection Continues

As of September 1, 2011, MARSP has collected and delivered 2,358 books to over 20 different places who minister to children. Included in the list of recipients are Memorial Christian Church, Midland Need to Read, AMOS, Gupta and Gupta, M.D., Community Children's Ministry, Buckner Family Place, Midland Children's Dental Center, Safe Place, Coleman Family Care and Dental, Fair Havens, Inc., Casa de Amigos, and High Sky Children's Ranch, Inc.

Adult books have also been given to Helen Greathouse Assisted Living, Polo Park Retirement Home, and Friends of the Library. If anyone has any suggestions of other places that might need and appreciate receiving new and gently used books, please let Pat Adams know. Also, if you have books to donate but cannot come to the luncheons, Pat will be glad to pick them up. You may call her at 697-3339 or e-mail her at patticake3604@sbcglobal.net.

The book collection ends in December, and we have already set a record for the number of books MARSP has collected in one year. There are other organizations in town collecting books, but we cannot let that deter us from continuing our efforts.

The children of Midland especially appreciate your efforts.

Pat Adams
Book Chairperson



Please Come to the October Meeting

Don't forget to put Thursday, **October 6** on your calendar. This is the date for the next meeting of MARSP. The guest speaker will be Violet Singh from the Midland-Odessa Symphony and Chorale. Charley Zeni with AMBA will also be present with information about benefits available to TRTA members. Meet and greet begins at 11:30 a.m. followed by lunch at 12:00 noon. The cost is **\$5.00**, and your reservation is your commitment to pay, even if you cannot attend. The program will begin at 12:30 p.m. **PLEASE NOTE the change of contact person for this meeting only.**

Call Ann Parish at 694-8330 or e-mail her at aparish@prodigy.net by Monday, October 3.



MEMBERSHIP NEWS

Current MARSP membership is 367. When we reach 370, the number will be the largest in the history of our local unit.

Remember Your Membership =

Added Influence +

Updates on Educational Related Matters that Affect You +

Association with School Friends +

Informative Programs at Monthly Luncheons +

Access To Insurance +

Programs Specialized For You +

Opportunities to Participate in Service Projects +

Personal Health Programs

Dues of \$40.00 for both state and local membership should be mailed to **MARSP, Box 4954, Midland, TX 79704**. Thank you, in advance, for your continued work in promoting the **ONLY organization** dedicated to the welfare of retired education personnel.

Call Mike or Kathy Landrum, 631-7390, with questions.

Mike and Kathy Landrum
Membership Chairpersons

NOTE: MARSP cannot guarantee inclusion in the 2011-12 yearbook for former members whose dues have not been received by October 1.



Be Careful with Medication

Medications can degrade quickly when exposed to heat, humidity, light, and air. If possible, ask the pharmacist for your medication in the original packaging, which seals out light, water, air and germs better than the vials that pharmacies use. Store pill bottles in a cool, dark cabinet or drawer, not in the bathroom or kitchen. Humidity softens tablets and makes gel caps stick together. Never leave medicine inside a parked car. The temperature inside the car can rise to about 40 degrees F higher than the outside temperature and can affect the medication. Insist that you sign for medication deliveries from online pharmacies so that packages do not sit out in the sun. When traveling, always pack pills in carry-on luggage. Luggage in a plane's cargo hold is subject to widely fluctuating temperatures. If you use a pill organizer, make sure it is airtight and watertight.

Joyce Generali, MS, RPh, director, drug information center,
University of Kansas Hospital, Kansas City

Karron Pearson
Health Care Chairperson

Please send articles for the newsletter to Joyce Whitley or Carole Miller at 1210 W. Golf Course Road, 79701 or e-mail them at joyce.whitley@gmail.com.



You ARE A Volunteer!

Have you ever kept your grandchildren? Have you read to students or listened to readers? Have you sat with a hospital patient or performed jury duty? Do you help others with their income tax, work at a food bank, or prepare communion at your church? If you have ever done any of these things without pay, then you ARE a volunteer, and the time you spend doing these activities counts as volunteer hours. If you perform an activity on a weekly basis, decide how long it takes and multiply by four to figure your monthly total. The total number of volunteer hours for 2011 will be collected in January of 2012. You may turn your hours in monthly or save them and turn them in by January 31, 2012. Just TURN THEM IN!!

Nancy Young
Community Volunteer Service Chairperson



News of Our Members

MARSP likes for its members to know that we think of them in times of need and sorrow as well as in times of celebration. Thinking of you cards were recently sent to Yvonne Hughes, Sue Burdette, Joe and Jean Cummins, Frances Smith, David and Barbara Adams, and Natalie Eustace. A sympathy card was sent to the family of Roberta Bain. Pat Adams is also very diligent about clipping articles from the newspaper that contain good news of our members. Cards with newspaper clippings enclosed were recently sent to some of our members. Jane and Carl Moore recently took a trip to New York. Lois Templeton was involved in a pre-nuptial party for one of her children. Olga Banks was inducted into the Lee High School Hall of Fame as an original LHS faculty member. Lucille Everett sings in a musical trio at Polo Park. And Shirley Ireland has just written a book.

If you know of a member who would appreciate a card or has something very special to celebrate, please contact Patti Watson. Her e-mail is *pnw10000@gmail.com*, her address is 9 Ridgmar Court, 79707, and her phone number is 697-1170. If you have cards that you do not need, she would appreciate your giving them to her.

Patti Watson
Friendship Chairperson

Volunteer Hours—September 2011

Name: _____

Number of Hours: _____

Walking Steps—September 2011

Name: _____

Number of Steps: _____

Proposed MARSP Budget for 2011-2012



Please review the following proposed budget for MARSP for the coming year. It has been approved by the Executive Board and needs to be approved by the membership. It will be voted on at the next meeting on October 6.



Midland Association of Retired School Personnel

Proposed Budget 2011-12

Revenue:

Dues: 355 X \$15.00	\$ 5,325.00
Dues Reimbursement	0.00
Ad Reimbursement	100.00
<i>Scholarship Fund</i>	<i>1,700.00</i>
Donations	100.00
Reserves	700.00
Misc. Income	400.00
Total	\$ 8,325.00

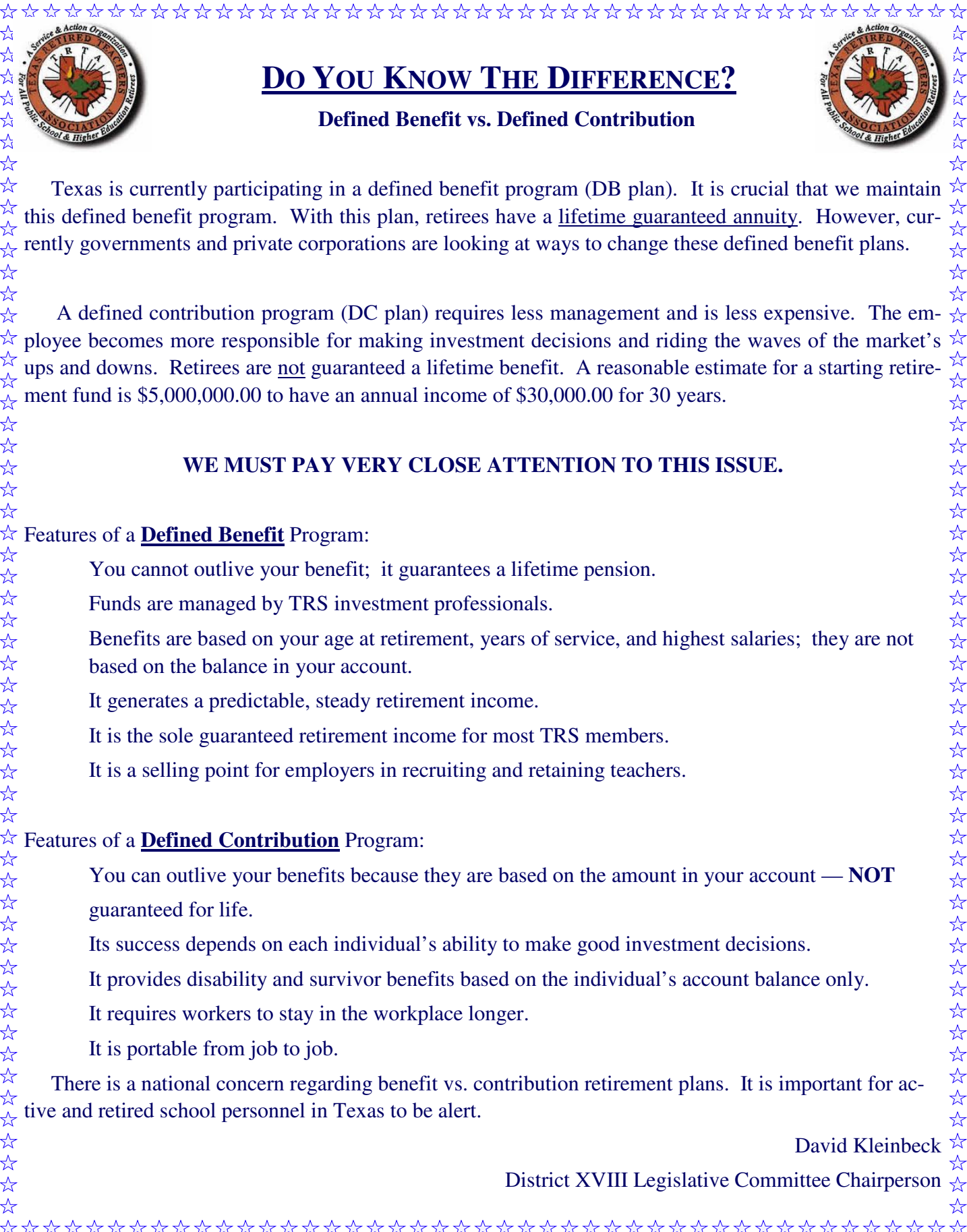
Categories of Expenditures:

Bulk Mail Permit and Newsletter Mailings	\$ 1,000.00
State Convention (5 delegates)	2,500.00
Discretionary	225.00
Gifts:	500.00
Celebration of Lights (\$100.00)	
First Baptist Church (\$200.00)	
Storybook Christmas (\$100.00)	
Program Speakers (\$100.00)	
Legislative	200.00
Meeting/Programs Expenses	400.00
Membership	400.00
Memorials	100.00
Newsletter Supplies & Printing	600.00
Postage and P.O. Box Rental	250.00
<i>Scholarship & Related Expenses</i>	<i>1,700.00</i>
Scrapbook	100.00
Yearbook Mailing Supplies	250.00
Luncheon Drawing Winners	100.00
Total	\$ 8,325.00
 Difference	 \$0.00

It's NOT Just a Garden Anymore

According to a recent study published in the journal *Environmental Science and Technology*, spending just five minutes gardening improves both self-esteem and mood. There is also evidence that tending a patch of earth can make you more tranquil, generous, and hopeful. Researchers speculate it's evolutionary. Connecting with nature stimulates biochemical pathways in the brain that satisfy our primal longing to commune with Mother Earth, restoring us to well-being. Gardeners also have greater hand strength and pinch force than do non gardeners. Gardening is a physical activity, and the implication is that active gardeners are in better physical shape than those who do not garden. Dr. Candice Shoemaker believes there's a lot of natural motivation in gardening. You have to go out to check on your plants, water them, and keep them free from weeds. So you do not have to walk the mall to get some exercise.

Karron Pearson
Health Care Chairperson



DO YOU KNOW THE DIFFERENCE?

Defined Benefit vs. Defined Contribution

Texas is currently participating in a defined benefit program (DB plan). It is crucial that we maintain this defined benefit program. With this plan, retirees have a lifetime guaranteed annuity. However, currently governments and private corporations are looking at ways to change these defined benefit plans.

A defined contribution program (DC plan) requires less management and is less expensive. The employee becomes more responsible for making investment decisions and riding the waves of the market's ups and downs. Retirees are not guaranteed a lifetime benefit. A reasonable estimate for a starting retirement fund is \$5,000,000.00 to have an annual income of \$30,000.00 for 30 years.

WE MUST PAY VERY CLOSE ATTENTION TO THIS ISSUE.

Features of a Defined Benefit Program:

- You cannot outlive your benefit; it guarantees a lifetime pension.
- Funds are managed by TRS investment professionals.
- Benefits are based on your age at retirement, years of service, and highest salaries; they are not based on the balance in your account.
- It generates a predictable, steady retirement income.
- It is the sole guaranteed retirement income for most TRS members.
- It is a selling point for employers in recruiting and retaining teachers.

Features of a Defined Contribution Program:

- You can outlive your benefits because they are based on the amount in your account — **NOT** guaranteed for life.
- Its success depends on each individual's ability to make good investment decisions.
- It provides disability and survivor benefits based on the individual's account balance only.
- It requires workers to stay in the workplace longer.
- It is portable from job to job.

There is a national concern regarding benefit vs. contribution retirement plans. It is important for active and retired school personnel in Texas to be alert.

David Kleinbeck

District XVIII Legislative Committee Chairperson



Go to <http://www.trta.org> and click the Inside Line icon like the one above. Then follow the directions.

**The TRTA Call Your Legislator
Hotline: 1-888-674-3788
TRTA Legislative Hotline:
1-877-880-1651**



Fall Leadership Conference

The Fall Leadership Training Conference for Region XVIII is scheduled for Monday, September 26, at Region XVIII ESC. Registration and refreshments begin at 8:30, and the call to order is at 9 o'clock. All local committee chairpersons are encouraged to attend. If you have not made your reservation, please contact Ann Parish at 694-8330 or email her at aparish@prodigy.net to let her know you are going. The breakout sessions always offer valuable information to bring back to our local unit.