

MARSP Newsletter

Come join our group for a great lunch, fellowship and a lesson in new literary lingo.

"GRIT LIT 101"

(or a look at some less academic humorous Southern writers)

By Denise Johnson, Midland County Librarian

Thursday, April 3-- First Baptist Church Fellowship Hall

11:30 -- Meet and Greet, 12 Noon -- Lunch, 12:30 Program and Business

Lunch \$4. Be sure to give an accurate and prompt reservation by email or telephone.

A reservation for the meal is a commitment to make payment if not in attendance.

Call Yvonne Black@ 682-1858 for changes in reservations.

A NOTE FROM THE PRESIDENT

MARSP IS once again in an all-out membership drive! As the posters said during World War II, "MARSP/TRTA NEEDS YOU!" Why join? MORE MEMBERS = LOUDER VOICE. TRTA across the state can only speak as loudly and effectively on your behalf with legislators during the upcoming legislative session as we can show our membership numbers. The thirteenth check was a DIRECT RESULT OF TRTA'S LOBBYING EFFORTS THROUGH ITS MEMBERSHIP. However, we need a permanent annuity increase, not a one-time band-aid! TRTA and MARSP will be working for you; please join and let your money help us with our efforts. Even if a conflict with our meeting date prevents you from attending local meetings, your membership is important and well worth the additional \$15.00 in annual dues. What do you get for your local dues?

- The monthly MARSP newsletter updates you on events and issues that are important to you
- Better representation to TRTA about your needs and concerns
- Increased delegate representation to the state TRTA Convention

Please send your membership dues for the state and local organization today and lend your voice to those of your fellow retired educators across the state as we work diligently on behalf of all of us to protect our retirement funds and to increase our retirement benefits. Don't let others do the work for you; add your efforts to ours for maximum strength!

Maridell Fryar
MARSP President
TRTA Secretary/Treasurer

Sympathy Acknowledgements to Friends & Family for Hazel Smith

Hazel was the third president of our local unit and served in that position from 1976 to 1979. She was a dignified lady that shared her home for events in our unit and during her active days was a solid leader. MARSP should be grateful for her leadership in the early years of this organization.

*Also, former colleagues that had served MISD for a number of years include
Audine Kelly, Betty Cotton and Gypsy Riddle.*

Our sympathy to member Betty Strawn with the recent loss of her husband, Jim.

ABOUT OUR MEMBERS AND FORMER COLLEAGUES

- David Adams suffered a fall in his home. Reports are that he suffered two breaks and a crushed knee. He is to return home from rehab soon.
- Reports are Lois Rogge has had health concerns and is in an assisted living facility.
- Marion and Joyce Sell have moved to Houston to be near their oldest son.
- Please remember and contact those members who are aware are in assisted living, nursing homes or being cared for in their homes.

COMMITTEE REPORTS

MEMBERSHIP REPORT: ENROLL NOW FOR NEXT YEAR!!!

Now is the time to mail your check because CURRENT MEMBERSHIPS END JUNE 30. Remember that you will be eligible for PRIZES at the MAY MEETING if MARSP receives your form with payment postmarked by April 25, 2008. (YOU DO NOT HAVE TO BE PRESENT TO WIN!) Those who recruit new members will be entered in a drawing for a dues rebate awarded in the fall. **Please send your dues now** to reduce MARSP costs for reminder notices! Also help the association gain new members to increase its influence with state and national legislators to enact measures such as the Social Security Fairness Act and actuarially sound funding for the TRS. **NO OTHER ENTITY SOLELY WORKS FOR YOU IN AUSTIN AND SPEAKS FOR YOU IN WASHINGTON. Without TRTA we would not have received the 13th check this year. Please join to help us become a stronger voice for retired personnel in Texas.**

LEGISLATIVE: The Priority Surveys have been circulated and are being tabulated. Make every effort to complete the survey. MARSP members completed a survey at the March meeting; however, there is one online or in **The Voice, First Quarter 2008**. This is the grassroots effort to get all member's vote on what priorities they want. TRTA Executive Director Tim Lee has been working at raising the national awareness level to repeal the Government Pension Offset and the Windfall Elimination provision. TRTA's Inside Line is a great way to have the very latest legislative news. Subscribe by logging on to the TRTA website at www.trta.org. When there's news it arrives on your email.

MEMBER BENEFITS: TRTA Membership offers benefits in various ways. A new member benefit has been announced in **The Voice**. It is **Acadian On Call Medical Alert Systems**, offering the highest level of personal safety and security and a discounted price. One of the most popular benefits is the dental and vision insurance offered through the endorsement at AMBA. LaQuinta Inn & Suites offers up to 35% off prevailing room rate in Texas and 15% nationwide. One should confirm their discount when making reservations. All member benefits are listed on the website at www.trta.org and link on the drop down menu under Member Benefits or Membership. For those not using computers, check your last TRTA publication, **The Voice**. Page 10 gives a comprehensive list of benefits.

HEALTH: WALKS-A-MILLION PROGRAM: Members are adding life to their years and years to their lives with this program. In its first full year (2004) participants walked 17.1 billion steps to help contain health care cost by keeping themselves healthier through walking exercise. The goal is to eliminate one doctor's office visit and/or one prescription drug each year.

Foods That Fight Cancer from **Ladies Home Journal** Despite earlier reports discounting fiber's role in colorectal cancer prevention, two recent studies say fiber from fruits, vegetables, and whole grains may indeed slice the odds of getting the disease. One study, surveying more than half a million people, found a 25-40% risk reduction from 30 grams of fiber daily (five to seven servings of fruits and vegetables). Fiber in food may be the key, since those earlier studies focused on fiber supplements. "We can't say fiber is the magic bullet yet, but a diet high in fruits and vegetables and grains is helpful in colorectal prevention," says Marji McCullough, ScD., senior epidemiologist at the American Cancer Society. Adding too much fiber too soon can cause bloating, warns Heather Greenbaum, a dietitian in New York City. Try adding no more than five grams to your daily diet each week, the equivalent of one pear or a bowl of fiber cereal. *Submitted in LHJ by reporter Betty Stephens.*

INFORMATION AND PROTECTIVE SERVICES: The TRTA committee offers a comprehensive "TIPS" brochure. Visit the TRTA web site and download this brochure. Valuable tips include to always sign documents and checks with a blue gel-tip pen. If signed in black and the document is copied, you cannot distinguish the difference between original and copy. Gel signature cannot be "lifted." Also, web sites are available to check out true or false information in emails. The most common one is www.snopes.com.

VOLUNTEER PROGRAM: Since 1990, TRTA members have given more than one billion hours of their time volunteering in schools, churches, museums, nursing homes, libraries and many other worthwhile endeavors. Having members involved keeps them in contact with others and gives something back to the community. Recording time volunteered and reporting it gives TRTA an opportunity to let others know how valuable our members are in our state. Converting hours given to professional services makes for a whopping dollar amount.

MARSP Luncheon Meeting Minutes -- February 7, 2008

The Midland Association of Retired School Personnel met on Thursday, March 6, 2008, at the First Baptist Church Fellowship Hall. President Maridell Fryar called the meeting to order at 12:29.

President Fryar called on Bob Watkins to give the invocation and Leonard Boyd to lead us in the pledges to the American and Texas flags. She thanked Orin Wade for the piano music and Nancy Doss for the Easter decorations. Nancy was helped by Nancy Moreland, and Lois Hagins, Karron Pearson and Patti Watson. Nancy told a story about a child who emptied the candy from Easter eggs, explaining that they symbolized the empty tomb of Jesus.

President Fryar recognized our new member, Patti Watson, and two new associate members, Jim Merriman and Larry Manley.

The minutes for the February meeting were printed in the newsletter. President Fryar asked for a motion to approve the minutes. Leonard Boyd so moved, Karron Pearson seconded, and the motion passed. Copies of the treasurer's report were on the table; no questions were asked, and the report will be filed as presented.

President Fryar called on Pat Adams, who introduced Russell Johnson, the Retail Manager at Casa Verde Nursery. He presented a talk about "Garden Preparation and Planting." Pat presented a certificate of recognition to Russell, and money was donated to the scholarship fund in his name.

Announcements:

- Yvonne Black announced that we had 81 members for lunch today, with a total of 84 in attendance.
- Mike Landrum reported that we already have 128 members paid up for next year. Last year we had 333 total. The renewal period is right now. President Fryar made comments about the importance of membership.
- Raymond Painter drew for a free lunch for a volunteer who had reported hours today. The winner was Daphne Baucom. He also drew for free coffee cups for Norma Drennon and Donna Kirby.
- Karron Pearson and Judy Buckingham drew for walking steps. Natalie Eustace won the free lunch, and the cups went to Donna Kirby and Kay Martin. Karron and Judy weren't at the last two meetings, so they didn't take the "steps" bags home and record the information. So they asked that whoever took the bags return them to Karron.
- President Fryar reminded everyone to contribute to the scholarship bags on the tables.

- President Fryar also announced that Whirlwind Tours, which is chartered for many school athletic and academic events, needs drivers. However, there may be an age limit, so interested people should call first.
- Pat Adams reminded everyone that the next meeting is on April 3, and the speaker will be Denise Johnson from the Midland County Library. Ann Parish, the scheduled speaker, will be out of town.
- President Fryar said that Virginia Moss has a special project for those who sew. This is for infants with special needs. Those who are interested should see Virginia after the meeting.
- Ann Andrews asked for old copies of *Guideposts* for use in a jail ministry.

The meeting was adjourned at 1:17

IMPORTANT DATES TO REMEMBER

TRTA State Convention in El Paso --Tuesday, April 15, through Thursday, April 17

**District XVIII Spring Leadership--Tuesday, May 6,
First Baptist Church Fellowship Hall, Midland**

MARSP May Meeting--Thursday, May 8, Installation of Officers, State and Local Awards



March MARSP Meeting

Members enjoying a great lunch and fellowship at the March meeting. Lunch was followed by an informative program by Russell Johnson from La Casa Verde Nursery on Landscaping Plants.

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<p>Name: _____</p> <p style="text-align: center;">VOLUNTEER HOURS - March, 2008</p> <p>Number of Hours: _____</p>	<p>Name: _____</p> <p style="text-align: center;">WALKING STEPS - March, 2008</p> <p>Number of Steps: _____</p>
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