

MARSP

www.midlandretireded.org

Newsletter

APRIL 2009

March 19, 2009

MARSP, Box 4954,
Midland, TX 79704



JOIN US FOR THE APRIL MEETING.

LIVING HISTORY

LOCAL SONS OF THE CONFEDERATE VETERANS

DUNN-HOLT-MIDKIFF CAMP #1411

SPEAKER: BILL STONE

Come Hear Their Stories.

- ▶ Thursday, April 2, 2009—First Baptist Church
- ▶ Fellowship Hall—11:30 a.m. Meet and Greet
- ▶ 12:00 noon—Lunch, 12:30—Program and Business

Be sure to give an accurate and prompt reservation for you and your guests by email or telephone. A reservation for a meal is a commitment to make payment of \$5.00, even if you cannot attend.

ALERT! ALERT! ALERT!

Call Yvonne Black Hughes at her **new phone number, 689-8184**,
or e-mail her at **yeh4000@apex2000.net**
by Monday, March 30, for reservations.

Scholarship Contributions

Remember to pay your \$5.00 for this semester to the Scholarship Fund if you have not already done so. Drop your money into one of the bags provided on the tables or at the luncheon pay station.

A donation to the scholarship fund is a loving way to honor a special person or to honor the memory of an individual.

Books, Books

Children's books are especially needed. Bring them to the MARSP luncheon and donate them.



MEMBERSHIP:

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 27, 2009. (YOU DO NOT HAVE TO BE PRESENT TO WIN!)

Please send your dues now to reduce MARSP costs for reminder notices! Also help the association gain new members to increase its influence. We need state and national legislators to

enact measures such as the Social Security Fairness Act and current legislation before the Texas Legislature that will seek actuarially sound funding for the TRS and annuity benefit increases.

NO OTHER ENTITY EXCEPT TRTA SOLELY WORKS FOR YOU IN AUSTIN AND SPEAKS FOR YOU IN WASHINGTON. PLEASE JOIN TO HELP US BECOME A STRONGER VOICE FOR RETIRED PERSONNEL IN TEXAS.

95-Year-Old Member Moves from Midland

Bernice Black
7151 W. Windrose Dr.
Peoria AZ 85381
623.486.3268

In Memory

Mary Frances Beverley

MARSP MEMORY BOOKS

View past Memory Books at Central Office in the room behind the Board Room. View completed pages of this year's book at the meeting.



MARSP Luncheon Meeting Minutes.

March 5, 2009

The Midland Association of Retired School Personnel met Thursday, March 5, 2009, at First Baptist Church Fellowship Hall. President Ann Parish called the meeting to order at 12:30 p.m. President Parish called on Anita Patton to give the invocation and Leonard Boyd to lead the members in the pledges to the American and Texas flags.

President Parish introduced a new member, Karen Burkett. She also expressed her thanks to Natalie Eustace and Karron Pearson for subbing for Mike and Kathy Landrum and to Orin Wade for providing piano music during lunch.

Second Vice-President Pat Adams introduced Raynette Williams and Christina Ramirez from the Texas Department of Aging and Disability Services. They presented a program dealing with the services of the Area Agency on Aging.

Jack Hardy moved to accept the minutes as printed in the newsletter. Linda Braden seconded. Motion passed. There were no questions concerning the Treasurer's report. It was filed for audit.

President Parish reminded the members that donations could be made to the scholarship fund in the bags provided on the luncheon tables. She also reminded the members that it is membership renewal time.

Pat Adams announced that next month's program would be presented by the Local Sons of the Confederate Veterans. She also reminded members to bring donations of books.

President Parish reminded members that the MARSP memory books are stored in a room at Central Office behind the Board Room.

Janet Haney was announced as the winner for volunteer hours. Norma Drennon was announced as the winner for steps. President Parish adjourned the meeting at 1:15.

--Nancy Doss, Secretary

American Cancer Society Guidelines

Specific advice for making lifestyle changes to preventing CANCER.

ACS has published a more detailed guide to cancer prevention through nutrition and physical activity. A few of the tips are:

- Eat a variety of fruits and vegetables; have at least five servings a day.
- Limit French fries, snack chips, and other fried food.
- Choose 100 percent juice, if you drink juice.
- Choose brown rice and bread, pasta, and cereal made with whole grains rather than white bread and pastas.
- Avoid or limit refined carbohydrates such as pastries, sweetened cereals, and beverages loaded with sugar.
- Whenever you can, opt for fish, poultry or beans rather than

beef, pork, or lamb.

- Prepare meat by baking, broiling, or poaching, rather than by frying or grilling. Charred meat may contain cancer-causing agents.
- When eating away from home, choose food that is low in fat, calories, and sugar, and avoid large portions.
- Limit your consumption of high-calorie foods, and read the nutrition label.
- Use stairs instead of an elevator.
- Walk or bike to your destinations, if you can.
- Take a 10-minute exercise break at work to walk or stretch.
- Go dancing with your partner or friends.
- Plan active vacations.
- Wear a pedometer every day and watch your daily steps increase.



*****NATIONAL DO NOT CALL REGISTRY*****

The National Do Not Call Registry is open for business, putting consumers in charge of the telemarketing calls they get at home. The Federal Government created the national registry to make it easier and more efficient for you to stop getting telemarketing calls you don't want. You can register online at WWW.DONOTCALL.GOV or call the toll-free number, 1-888-382-1222, from the number you wish to register. **Registration is free.** The Federal Trade Commission, the Federal Communications Commission, and the states are enforcing the National Do Not Call Registry. Placing your number on the registry will stop most, but not all, telemarketing calls.

You may have received an email telling you that your cell phone is about to be assaulted by telemarketing calls as a result of a new cell phone number database; however, that is not the case. FCC regulations prohibit telemarketers from using automated dialers to call cell phone numbers.

Benefit of the Month

AMBATravelPerx - 800.480.4080 - www.ambatravelperx.com - Special offers are available on fantastic cruises, resorts, and escorted tour vacations to the Caribbean, Mexico, Panama Canal, Europe, Alaska, South America, and Asia.

CONDOLENCES

Ray and Estrellita Painter on the deaths of Ray's brother-in-law and Estrellita's father

Bonnye Beadles on the death of her son

Volunteer Hours ▪ March '09

Name: _____

Number of Hours: _____

Walking Steps ▪ March '09

Name: _____

Number of Steps: _____