

# MARSP

www.midlandretireded.org

# NEWSLETTER

## DECEMBER 2008

November 20, 2008

MARSP, Box 4954, Midland, TX 79704



### ▶ JOIN US FOR THE DECEMBER MEETING ◀

We will be celebrating the Christmas holiday season and enjoying finger foods and desserts. Please bring a dish to share. We plan to eat, visit, and sing Christmas carols led by Martha Lewis and Jo Ann Collett.

**Thursday, December 4, 2008**

Memorial Christian Church Fellowship Hall,  
1001 Andrews Highway (across from Albertson's),  
12:30 P.M.—2:00 P.M.

No program nor business meeting. Just come, visit and enjoy.

### ▶ JANUARY MEETING, THURSDAY, JANUARY 8, 2009 ◀

First Baptist Church Fellowship Hall  
11:30 A.M. Meet and Greet, 12:00 noon Lunch  
12:30 P.M.—1:30 P.M. Program and Business

Call Yvonne Black at 682-1858 or email her at [yblack@sbcglobal.net](mailto:yblack@sbcglobal.net) by Monday, Jan. 5, for meal reservations. If you make a reservation, you commit to paying \$5.00 for it, even if you don't attend. **Maria Boyle will present the program, "Traveling to Dubai."**

### Scholarship Fund

Celebrate the Spirit of the Holidays with a donation to the MARSP Scholarship Fund! A donation to honor the memory of a loved one or to remember a friend who "has everything" would be a marvelous gift.

### Books, Books

Bring your children's or adults' books to MARSP luncheons and donate them by placing them in the box provided.



### TRS-CARE LETTER

From Tim Lee

Many TRS-Care participants have received a letter from **Caremark** by mistake talking about prescription drug coverage for TRS-Care participants. The issue is that Caremark sent a letter to all plan participants talking about alternative prescription drug coverage options for members that are in the TRS-Care 1 plan. That is the plan that does not have a prescription drug component. TRS-Care 2 and 3 participants were not supposed to get the letter. This has caused confusion for TRS-Care 2 and 3 participants. To help correct this situation, Caremark is sending an apology and a correction letter to plan participants promptly.

### Public Service Announcement

Watch for the television Public Service Announcement about our TRTA District appearing on KWES 9. The PSA includes pictures of some of our members who volunteer.



### December 2008 Holidays

- Universal Human Rights Month
- 6 - St. Nicholas Day
- 7 - Pearl Harbor Day
- 8 - Bodhi Day
- 8 - Eid al-adha
- 12 - Virgin of Guadalupe
- 13 - Santa Lucia Day
- 16-25 - Las Posadas
- 21 - Hanukkah (begins at sundown)
- 22 - Winter Solstice
- 25 - Christmas
- 26 - Boxing Day
- 26 - Kwanzaa
- 31 - New Year's Eve

### Humor for Lexophiles

- ⇒ Santa's helpers are subordinate clauses.
- ⇒ When you cross a snowman with a vampire, you get frostbite.
- ⇒ Pilgrims' pants always fell down because they wore their belt buckles on their hats.



# MARSP Luncheon Meeting Minutes

November 6, 2008

The Midland Association of Retired School Personnel met on Thursday, November 6, 2008 at the Fellowship Hall of First Baptist Church. President Ann Parish called the meeting to order at 12:37 p.m.

President Parish asked Karan Young to give the invocation. Leonard Boyd then led the members in the pledges to the American and Texas flags. Two new members were welcomed and introduced. They were Deannie Burt and Stacia Clark.

Jo Ann Collett was thanked for providing patriotic piano music during lunch. Pat Adams then introduced the program, "Thanksgiving Blessings," presented by Nancy Doss, Jana Boyd, George Koehl, David Johnson and Doris McSparran.

## NEW BUSINESS

Leonard Boyd moved that we approve the minutes of the October luncheon meeting. Sharon Welch seconded. Motion passed. Karron Pearson moved to accept the treasurer's report as printed on the back of the agenda. No questions being asked, the report will be filed for audit.

## ANNOUNCEMENTS

President Parish announced that the membership had received thank-you notes from Storybook Christmas and Celebrations of Light for the \$100 given to each organization. Two tickets to Celebrations of Light will be given away at the December meeting.

Members were reminded that the December meeting will be held at Memorial Christian Church, December 4, 2008, from 12:30-2:00. It will be a come and go party with carol singing. Members were encouraged to bring finger food type refreshments.

It was announced by Pat Adams that MARSP has donated 418+ books to Casa de Amigos and other clinics in town. This does not include the books going to Storybook Christmas.

President Parish announced that directories have been mailed, and members were asked to see Mike Landrum if they had not yet received theirs.

Two free holiday happenings were announced:

November 9- Scarborough Linebery House Open House, 2-4 p.m.

December 17- Christmas Readings and Warm Cookies at the Library, 11:30-1:00 p.m.

Congratulations were extended to Yvonne Black on her engagement to Bobby Hughes. Janelle Dozier was chosen as the winner in the drawing for volunteer hours, and Mary Jo Boyd was chosen for the steps drawing.

The meeting was adjourned at 1:29 p.m.

Nancy Doss, Secretary

## ▶▶▶ Health Information Corner

The simple, "new" carb rule: If it's white, don't bite. "Bad" carbs are generally white in color. Think: Sugar, white flour, white bread. If you avoid "bad" carbs you may reduce your risk of diabetes, heart disease and weight gain. "Good" carbs come from fruit, vegetables, and whole grains. Eat "good" carbs to keep your cholesterol level healthy, your blood pressure and blood sugar stable, and excess pounds off. It's as simple as that.

From *Consumer Reports on Health*

## ●●Benefits of the Month●●

### 1-800-Flowers Discount

TRTA members save 15% at 1-800-FLOWERS.COM! Life's everyday celebrations are easy at 1-800-FLOWERS.COM®. Members use promotion code AMBA to receive their discount by calling 1-800-FLOWERS or visiting [www.1800FLOWERS.com](http://www.1800FLOWERS.com).

### Barnes & Noble Online Discounts

Barnes and Noble online store offers TRTA members an online discount for books, DVD's, CD's, and more. Members save an extra 5% in addition to any online discounts on all

purchases. Orders of \$25 or more qualify for Fast & Free shipping in three business days or less (see site for details). Discounts for bulk orders of single titles are available — perfect for book clubs! To learn more, visit the web site [www.bn.com/amba](http://www.bn.com/amba).



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**Volunteer Hours ▪ Nov. & Dec/ '08**

Name: \_\_\_\_\_

Number of Hours: \_\_\_\_\_

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**Walking Steps ▪ Nov. & Dec. '08**

Name: \_\_\_\_\_

Number of Steps: \_\_\_\_\_