

# MARSP

## Newsletter

www.midlandretireded.org

### December 2010

December 2, 2010  
MARSP  
Box 4954, Midland, TX 79704



#### MARSP LUNCHEON MEETING MINUTES

November 4, 2010

The Midland Association of Retired School Personnel met Thursday, November 4, 2010, at 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 Orin Wade for providing beautiful piano music during the luncheon, thanked Karron Pearson for the lovely Thanksgiving decorations and welcomed Janice and E. Bly as new members.

Martha Kallas announced that November is TRT Foundation month. The 501.3c foundation benefits teachers through grants for special projects, student scholarships and Helping Hands which provides help for those needing one-time assistance. Bags on each table were provided for donations to the foundation.

Pat Adams introduced the speaker, Vickie Jay, executive director of Rays of Hope, who gave a touching report of her trip to Haiti to train children's grief counselors after last spring's earthquake. She was impressed by the gratitude of the Haitians in the midst of their tragedy and loss. Pat Adams presented her with an appreciation certificate.

Minutes and treasurer's report were filed as presented.

Mike Landrum reported that current membership is 363. Only six more members are needed to match last year's membership.

President Thompson noted that fliers were on the tables from TRTA titled "Natural Disasters: It Could Happen to You," detailing disaster checklists and emergency plans.

Pat Adams reported a contribution of 200 books this month bringing the total for the year to 632. She urged members to bring more books to reach last year's total. She further announced that the next meeting will be December 2, at Memorial Christian Church. The meal will be \$10 and the deadline to let Anita Patton know you will attend will be November 29. The program will be presented by local bagpipers.

Drawings for volunteer hours and walking steps were conducted by Karron Pearson.

The meeting was adjourned at 1:30.

Submitted by Deanna Dunn, Secretary

#### Please Come to the December Meeting

The December meeting of MARSP will be held Thursday, December 2, at Memorial Christian Church, 1001 Andrews Highway. The cost of the meal is **\$10**. It will be prepared by chef Mark Gomez of First United Methodist Church. The menu will be baked chicken, vegetables, mashed potatoes, rolls, salad and cobbler, along with coffee, tea and water. 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 special music provided by Cliff Sherrod and bagpipers from Midland. **Please call Anita Patton at 432-697-1602 or e-mail her at [apatton123@sbcglobal.net](mailto:apatton123@sbcglobal.net) by Monday, November 29.** Remember, your reservation is your commitment to pay.

While you are marking your calendar, please mark Thursday, January 6. This is the date for the January meeting of MARSP. The cost is \$5 and the program will be Johnny Montgomery's review of the book Tales of the Oil Patch. Meet and greet is 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 3.** As always, your reservation is your commitment to pay.



### Membership Update

Current membership for MARSP is 363 but could be more! Encourage former colleagues who have retired, as well as retired newcomers to join MARSP. This session, legislators will especially take note of numbers in local units. Now, more than ever, we must present a strong united front to retain our defined benefit.

Are you aware that you could win \$100 from TRTA.? If you recruit five (5) new members for TRTA, your name goes in a drawing for \$100. The pool in the drawing is limited to District XVIII, so you have an excellent change of winning.

**GO!!! FIGHT!!! RECRUIT!!! WIN!!!**

# INSIDE LINE

By Tim Lee

TRTA/MARSP members interested in e-mail updates on issues pertaining to pension, health insurance, Social Security, and other hot topics should sign up for Inside Line. This email update is written by Tim Lee, TRTA Executive Director, and offers facts and opinions on the issues facing current and future education retirees.

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**



### 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](mailto:joyce.whitley@gmail.com).



“Our hearts grow tender with childhood memories and love of kindred, and we are better throughout the year for having, in spirit, become a child again at Christmas-time.” ~ Laura Ingalls Wilder.



### Books Still Needed

You have one more chance to bring your children’s books to MARSP and have them donated for 2010. All books counted for this year must be brought by December 31. As of November 8, Pat Adams reports that we have donated 706 books. That is a great number, but we can always do better. The books have been donated to various organizations, including Midland Need to Read, Casa de Amigos, and the Midland Children’s Clinic. Various churches have asked for our help at Christmas time to provide books for the children in their congregations. If you have not donated books this year, now would be an ideal time to do that. If you do not have any books but would like to be a part of such a special project, you may give a donation to Pat Adams, and she will buy books to donate in your name.

### Walking and Volunteer Forms



Please use the forms in this mail-out to record accumulated hours and steps. The forms were printed in previous yearbooks but were left out of the current one. Submit the 2010 volunteer forms to Nancy Young, the Community Service Chairman, and your steps count to Karron Pearson, the Health Care Chairperson. These must be turned in by January 15, 2011.

If you prefer to turn your steps and hours in each month, you may do that at each of the luncheon meetings.



### Need a Gift Idea?

Honor a friend or loved one with a gift to the MARSP Scholarship Fund. You may send a check to MARSP in care of Diantha Dawkins, P O Box 80459, Midland, Texas 79708. A card will be sent to you AND the honoree. What a wonderful way to show someone that you are thinking of them by donating to a scholarship fund which will enable a deserving person to earn a teaching certificate. Please be sure to include contact information.  
• Diantha Dawkins  
• Scholarship Chairperson

### **Volunteer Hours—November 2010**

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

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

### **Walking Steps—November 2010**

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

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

## TRTF Contribution Update



November is Texas Retired Teacher Foundation Month because it is the month that we cut the ribbon for opening the building in Austin for the TRTA office a few years ago and a good time to support the Foundation's important endeavors.

Thank you to MARSP for your contributions to the Foundation. We collected \$200 for the Foundation's programs. The donations collected at the meeting will be given in honor of MARSP members. Every TRTA member should have received a letter in the mail from the Foundation with an opportunity to donate, so if you missed the opportunity at the November MARSP meeting, you can still send your contribution directly to TRTF in the self-addressed stamped envelope.

We take pride in the strength of our local unit, and your generous contribution is greatly appreciated.

For further information regarding the Foundation, you may visit its website at [www.trtf.org](http://www.trtf.org).



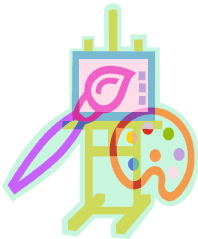
## Communicate About Your Prescriptions for Your Best Health

Before you reach for that glass of grapefruit juice, did you know it could potentially interfere with some blood pressure medications? Or that the herbal supplement you bought at the grocery store could impact how well your prescription works. In order to avoid any kind of reaction, become informed about the potential interaction between all the drugs and dietary supplements you take. And more importantly, talk with your doctor and pharmacist.



**The top New Year's Resolution for 2010 was to spend more time with family and friends.**

## MARSP Member Honored



Janet Haney, Retirement Education Chairperson for MARSP, was recently honored by the Midland Arts Association, in conjunction with the 33rd Annual Juried Art Exhibition at Midland College. "The criteria for inclusion in the show include good design, followed by creative concept, the use of color and, lastly, technique", said juror artist Ken Hosmer. He selected 170 works by 94 artists from 277 pieces of artwork. Many of the works are for sale.

Congratulations to Janet for her artistic achievement.



## Tips To Help Boost Your Activity Level

1. Wake up early - get up 30 minutes earlier than you normally do and use the time to exercise.
2. Be active while watching TV. Stretch, walk on the treadmill or ride a stationary bike during your favorite shows.
3. Do household chores at a pace that raises your heart rate.
4. Walk or bike to work and when you run errands.
5. Take a daily walk with your dog or volunteer to walk dogs at a local animal shelter.
6. Take the stairs instead of the elevator.
7. When driving, park a little farther from your destination and walk the rest of the way.
8. Start a lunchtime walking group with your friends.
9. When traveling, stay at a hotel with fitness facilities, or get up early and walk the neighborhood around your hotel.

Something is better than nothing. Even if you can't fit in your scheduled workout, do whatever you have time for instead of skipping completely. Every little bit counts.

Supplement to Mayo Clinic Health Letter - Achieving a healthy weight.

Karron Pearson, Health Care Chairman

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Stilwell Retirement Residence Wellness Center  
Campaign  
 The Stilwell Retirement Center for retired teachers is announcing a \$200,000 renovation of the infirmary, beauty shop, activity center, and guest room areas that will benefit residents of Stilwell for decades to come. The retirement residence, located in Waco, seeks to promote significant enhancement for the long term health and independence of those who live there. Renovations will create a wellness center offering a dedicated exercise and therapy room, relocate and expand office space for a home healthcare agency next to the exercise room, upgrade and modernize the beauty shop, expand and redecorate the guest suite, and convert underutilized space at the back of the Activity Center into handicap accessible public restrooms. If you would like to give a gift in honor of educators throughout Texas and in support of those who have retired at Stilwell, you may mail your gift to:

Stilwell Retirement Residence  
 5400 Laurel Lake Drive  
 Waco, Texas 76710

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## Record Steps And/Or Volunteer Hours for 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 December 2010	27	28	29	30	31	1 January 2011
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1 February	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1 March	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1 April	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1 May	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1 June	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1 July	2

## Record Steps And/Or Volunteer Hours for 2011, page 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 July 2011	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1 August	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1 September	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1 October
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1 November	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1 December	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1 January 2012	2	3	4	5	6	7

**MARSP Community Volunteer - Service Hours**

**Complete this form and give to the Community Volunteer Service Chairperson in January 2011.**

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

January 2010	_____	Hours completed
February 2010	_____	Hours completed
March 2010	_____	Hours completed
April 2010	_____	Hours completed
May 2010	_____	Hours completed
June 2010	_____	Hours completed
July 2010	_____	Hours completed
August 2010	_____	Hours completed
September 2010	_____	Hours completed
October 2010	_____	Hours completed
November 2010	_____	Hours completed
December 2010	_____	Hours completed

Total Hours \_\_\_\_\_

**“Walk-A-Million Steps” Program (1 mile = 2000 steps)**

**Complete this form and give to the Health Care Chairperson in January 2011.**

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

January 2010	_____	Steps completed
February 2010	_____	Steps completed
March 2010	_____	Steps completed
April 2010	_____	Steps completed
May 2010	_____	Steps completed
June 2010	_____	Steps completed
July 2010	_____	Steps completed
August 2010	_____	Steps completed
September 2010	_____	Steps completed
October 2010	_____	Steps completed
November 2010	_____	Steps completed
December 2010	_____	Steps completed

Total Steps \_\_\_\_\_ / 2000 = Total Miles \_\_\_\_\_