

# MARSP

## Newsletter

### December 2012

www.midlandretireded.org

December 2, 2012  
MARSP  
Box 4954, Midland, TX 79704



#### MARSP LUNCHEON MEETING MINUTES

November 1, 2012



At 12:21 p.m., President Dunn began the meeting by welcoming several first-time attendees and thanking Orin Wade for his piano music and Karron Pearson for the fall decorations; she reminded everyone November 2 is the last day for early voting. Mike Landrum, Membership Chair, reported that we currently have 394 members. David Kleinbeck, TRTA Legislative member, asked for one or two people who know Senator Seliger and/or Representative Craddick to volunteer to go to Austin for training.

Next, Chaplain George Cooper offered the invocation and led our group in the Pledge of Allegiance to the American and Texas flags. Committee reports followed beginning with Nancy Young, Second Vice-President, reminding everyone of the December meeting at Memorial Christian Church. She requested that contributions to their food pantry would be a welcome gesture. The program will be presented by Sue Roseberry, a Midland storyteller for the Celebrations of Light.

Minutes were approved and filed as written. Next, Martha Kallus, Foundations Liaison, gave her report and asked that donations be made for the non-profit that serves Helping Hands, Teacher Grants, and Student Scholarships. The Book Chairman, Pat Adams, reported that only 3,195 books have been distributed at the current date which is short from last year of over 5,000. She asked for book contributions, box tops, money, and Campbell Soup labels. Anita Patton, in charge of reservations, announced that a brochure is available for anyone interested in purchasing Texas Capital Christmas tree ornaments.

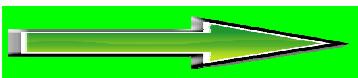
Janet Haney, Retirement Education Chair, reported that the annual meeting for upcoming retirees will be held at Abell Junior High School on February 2, 2013. Diantha Dawkins reminded everyone that the donation bag for scholarship monies was on the tables. Finally, Karron Pearson presented the drawing winners for steps as Mike Landrum and volunteer hours as Diantha Dawkins.

After committee reports, guest speaker Joaquin Jackson introduced his book, *One Ranger Returns: A Memoir*, telling stories about his personal experiences as a Texas Ranger. Members had an opportunity to purchase his books. He was presented a certificate that a donation was made in his name to the Scholarship Fund.

President Dunn adjourned the meeting at 1:11 p.m.

Dorothy Baird  
Secretary

#### Please Come to the December Meeting



The December meeting of MARSP will be held Thursday, December 6, at Memorial Christian Church, 1001 Andrews Highway. The cost of the meal is \$10. Meet and greet will be at 11:30, lunch will be served at 12:00, and the program will begin at 12:30. Sue Roseberry, a storyteller from Celebrations of Light, will give the program entitled "Stories from the Heart."

Please call Anita Patton at 432-697-1602 or e-mail her at [apatton123@sbcglobal.net](mailto:apatton123@sbcglobal.net) by Monday, November 26.

The executive committee is also asking that each member bring one or more canned goods to donate to the Memorial Christian Church food pantry.

**>>>> JANUARY MEETING** While you are marking your calendar, please add Thursday, January 3. This is the date for the January meeting of MARSP. The cost is \$5.00, and the program will be presented by Missy Dwyer, owner of In Balance. Her topic is "Keeping Seniors Balanced." 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, December 31.

As always, your reservation is a commitment to pay.

**NOTE: NO NEWSLETTER WILL BE PRODUCED IN DECEMBER.**



## Texas Capitol Ornaments

Zeta Xi chapter of Delta Kappa Gamma is selling Texas Capitol Christmas ornaments as a fundraiser to benefit Storybook Christmas. This program gives a new book to every first grader in Midland County. The ornaments are \$20.00 each. Call Anita Patton at 349-6822 or e-mail her at [apatton@sbcglobal.net](mailto:apatton@sbcglobal.net) if you would like to order one. Ornaments from past years 2003-2011 are still available if you would like to order a set or just a specific year. The ornaments will be delivered at the December MARSP meeting.

### Out of the Mouths of Babes

Three year old: "Our Father, Who does art in heaven, Harold is His name. Amen"

## 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). You may also call 682-7624 with a suggestion or an idea for the newsletter. Your input is always appreciated.



### Books Still Needed

You have one more chance to bring your children's books to MARSP and have them donated in 2012. All books counted for this year must be brought by December 31. At last report, Pat Adams had placed 3,360 books at various places throughout Midland which serve children. That is a great number for books but not as many as last year.

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 to provide books for 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 monetary donation to Pat, and she will buy books in your name.

Pat Adams  
Book Chairperson

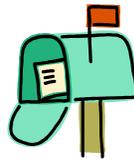


### Membership Update

Current membership for MARSP is 394 but could be more! Encourage former colleagues who have retired as well as retired newcomers to join MARSP/TRTA. 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 benefits.

Are you aware that you could win \$100 from TRTA? For each new member you recruit, your name is placed in a drawing for \$100. The pool in the drawing is limited to District XVIII, so you have a high chance of winning.

Mike and Kathy Landrum



### Recent Cards Sent to Members and Their Families

Since the last newsletter, cards have gone out to a number of people. Get-well cards were sent to Sue Norris and Pat Southerland. Cards of congratulations went out to Ernie Johnson and Doc Dodson for their induction into the Midland ISD Athletic Hall of Legends. A congratulatory card was also sent to Nancy Moreland for receiving the outstanding volunteer award from Habitat for Humanity. Finally, a sympathy card was sent to the Marion Sell family on the loss of their wife and mother Joyce, a long-time teacher with MISD.

If you know of a member in need of a card, please contact Patti Watson at [pnw1000d@gmail.com](mailto:pnw1000d@gmail.com), or you may call her at 697-1170.

Patti Watson  
Friendship Chairperson

### **Volunteer Hours—November 2012**

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

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

### **Walking Steps—November 2012**

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

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



## News from TRTF

November is Texas Retired Teachers 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.

Thank you to MARSP for your \$400 in contributions to the Foundation at the November meeting. Of those donations, \$45 was designated for the Legacy Campaign, \$251 for the Helping Hands program, \$20 for classroom grants, and \$84 was undesignated. The donations will be given in honor of MARSP members. If you were not at the meeting and would like to donate to the Foundation, you may still do that. You may donate online at [www.justgive.org](http://www.justgive.org). If you wish to write a check, you may send it to

Texas Retired Teachers Foundation  
313 E. 12th Street,  
Austin, Texas 78701-1958.

We take pride in the strength of our local unit, and your generous contribution is certainly appreciated. For further information regarding the Foundation, you may visit its website at [www.trtf.org](http://www.trtf.org).

Martha Kallus  
Foundation Liaison

### Posture Check: Do You Stand Up Straight?

Good posture minimizes strain on your joints and muscles, which can help prevent aches and pains. So what's good posture? When you're standing, keep your chest held high and your shoulders back and relaxed. Try not to tilt your head forward, backward or sideways. Pull in your abdomen and buttocks. Make sure your knees are relaxed, not locked. Keep your feet parallel and your weight balanced evenly on both feet.

Mayo Clinic Housecall, September 12, 2012

Karron Pearson



### Tip of the Month

With the Christmas holidays right around the corner, let's address that season. Begin a journal of all the gifts that you buy for all the members of your family, friends, neighbors and coworkers. Include what you choose, the price and perhaps even the reaction to the gift. This will guide you in future years. During the year, jot down comments that indicate what each recipient would like or enjoy. Grandchildren seem to dislike the gift of clothes from a really early age, although parents have an entirely different reaction.

Of course, I'm sure that you and I could write a book about what our grandchildren have circled, discussed and begged for in the Toys R Us catalog. I was just talking with my daughter today about this. She was laughing at the little boys because, for the first time, the three year old was examining the catalog. He and the five year old were saying, "Wow! This is so great! I've seen this on a commercial! This would be so neat! I want this!" This journal will aid you in making decisions from year to year. Having all the information in one place will save time, money and duplications.

Also, along that line, begin a journal of all your appliances, etc., complete with the serial numbers in case of break-in or disaster. Insurance will need these to replace what you have. Include pictures of each room and walls in your house showing what you have. It's hard to remember every item when it's gone. It would be easy to overlook things that are quite valuable.

Include your antiques with an estimate of their current value. This will also be helpful to your children when you are gone. I know that my children are not interested in antiques and, without information, will definitely sell them in a garage sale for 25 cents apiece. I've cautioned them that I will come back to haunt them if they do so. Their response is that I need to tape the value to the items because they have no idea which pieces are valuable and which are legitimate garage sale fodder. It's hard to tape or mark with Sharpies when it is an item that you use and wash. Perhaps a journal with pictures will be a good solution to guide them.

Deanna Dunn  
MARSP President



## PROS AND CONS OF SHOPPING ON THE INTERNET



### PROS

- Easier to comparison shop
- More variety
- Price may be negotiable since products may be sold by individuals or auctions
- Generally lower prices due to volume
- Convenient (24-7)
- Easier to find, get hard-to-find items or regional specialties
- Save on gas
- No parking woes
- No standing in lines

### CONS

- Shipping costs can be high; free shipping sometimes included in the cost of the item
- Refunds are not as accessible
- Payment devices may not be secure
- Cannot try out products for fit, feel, or ease of use
- Wait time for acquisition
- Not always knowing if a site is legitimate and safe to shop
- Restocking and shipping costs are often charged on returns
- Cannot use cash or check

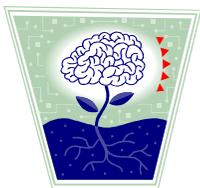
### PROTECT YOURSELF

- Use an Internet credit card (not debit card).
- A secure website may be indicated by an icon of a padlock or unbroken key or by the added "s" at the beginning of a website address (<https://>).
- Always find a mailing address and phone number for the company.
- Print a copy of your purchase order and confirmation number for your records.

Sharon Welch, Informative and Protective Services



A mother was preparing pancakes for her sons, Kevin 5 and Ryan 3. The boys began to argue over who would get the first pancake. Their mother saw the opportunity for a moral lesson. "If Jesus were sitting here, He would say, "Let my brother have the first pancake. I can wait." Kevin turned to his younger brother and said, "Ryan, you be Jesus!"



### Simple Steps to Keep Your Brain Healthy

**Hang Out With Friends:** close relationships are good for the brain. People who have supportive friends/spouses and rich social networks have better cognitive function and lower rates of dementia than those who spend more time alone.

**Don't Live on AutoPilot:** The problem with routine is that it literally creates mental ruts. The brain uses only preexisting pathways and neural connections. It stops growing and improving. By embracing new experiences, you stimulate your brain to create neurons and forge additional neural pathways.

**Work Both Sides of the Brain:** Improvements that you get from mental challenges (which use the logical left side of the brain) quickly level off as you gain expertise. **Better:** In addition to taking on new challenges, do things that work the underused side of your brain. Take up a hobby that works the right side, the imaginative side, such as painting, making pottery, playing the piano.

**Have Fun:** People who enjoy what they're doing get a mental boost.

**Move:** Exercise triggers the release of brain-derived neurotrophic factor, a growth factor that promotes the formation of new synapses in the brain - the connections among brain cells that are critical for memory and other cognitive functions.

**Eat Brain Food:** A Mediterranean-style diet, with relatively little red meat and lots of fish, vegetables and whole grains, is the best diet for brain health.

Karron Pearson, Health Care

Marie Pasinski, MD, neurologist on the faculty of Harvard Medical School and staff neurologist at Massachusetts General Hospital, September 1, 2012



### Wanted: A Junior Achievement Education Manager

Looking for a part-time job opportunity? Junior Achievement is looking for someone with a background in education to be a liaison between the JA office and individual schools in the area. The job would require about 30 hours per week, with pay between \$18.00 and \$22.00 per hour. If you are looking for a way to earn a little extra money to supplement your retirement, this might be a job for you. If interested, please contact James Parks. His office number is 683-4966 and his cell number is 741-4966.



### MARSP Scholarship

If you are having a hard time coming up with a special gift for someone, or you would like to remember someone who has died, a gift in that person's name to the scholarship fund is an excellent idea. You may donate in honor or in memory of a former member, an active or retired teacher, or just to let someone know you think they are special. You may send your check to Diantha Dawkins at P. O. Box 80459, Midland, Texas, 79708. She will in turn notify the person or the family of your gift. What a great feeling to know that you have honored someone in such a special way, and that a deserving young person will be able to go to school to become an educator.

Also, if you know of someone who would like to apply for the scholarship, the forms and instructions are on the MARSP website at [www.midlandretired.org](http://www.midlandretired.org).



### Important Phone Numbers

For questions regarding your current TRS-Care coverage, please call the TRS-Care Customer Service number at **800-367-3636**. At the prompt press 1 to connect directly to an Aetna Customer Service Representative.

For questions regarding Express Scripts for prescription drugs, please call TRS-Care Customer Service number at **800-367-3636**. At the prompt, press 2 to connect directly to Express Scripts customer Service.

For questions regarding Aetna Medicare Advantage plan, please call the TRS-Care Medicare Advantage Hotline at **866-217-2409**, to connect directly to an Aetna Retiree Advocate.



### Walking and Volunteer Forms

It is time to turn in your volunteer hours and your walking steps for 2012. The forms are printed in the yearbook you just received and you may turn them in for the entire year if you have not already done so. Submit the 2012 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, 2013.

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

### Top Twenty-five Most Popular Christmas Songs

1. The Christmas Song
2. Santa Claus is Coming to Town
3. Have Yourself a Merry Little Christmas
4. Winter Wonderland
5. White Christmas
6. Let it Snow, Let it Snow, Let it Snow
7. Rudolph the Red Nosed Reindeer
8. Jingle Bell Rock
9. I'll Be Home for Christmas
10. Little Drummer Boy
11. Sleigh Ride
12. It's the Most Wonderful Time of the Year
13. Silver Bells
14. Rockin' Around the Christmas Tree
15. Feliz Navidad
16. Blue Christmas
17. Frosty the Snowman
18. Holly Jolly Christmas
19. I Saw Mommy Kissing Santa Claus
20. Here Comes Santa Claus
21. It's Beginning to Look a Lot Like Christmas
22. There's No Place Like Home for the Holidays
23. Carol of the Bells
24. Santa Baby
25. Wonderful Christmastime

### Holiday Gift Suggestions

To your enemy, forgiveness.

To an opponent, tolerance.

To a friend, your heart.

To a customer, service.

To all, charity.

To every child, a good example.

To yourself, respect.