

MARSP Newsletter

December, 2014

www.midlandretireded.org

December 4, 2014
MARSP
Box 4954, Midland, TX 79704



MARSP LUNCHEON MEETING MINUTES

NOVEMBER 6, 2014



The regular meeting of the Midland Association of Retired School Personnel was held on November 6, 2014, at 11:30 a.m. at First Baptist Church, President Nancy Young presiding. Mike Landrum gave the invocation and led members in the pledge. President Young welcomed all members and guests and expressed thanks to the staff of First Baptist for preparing lunch, Orin Wade for his piano music, and Deanna Dunn and Karron Pearson for providing the table decorations.

Linda Buzan introduced the guest speaker, Marie Humphries, who works in the Midland Public Library. She presented her program "How to Get Started in Genealogy."

President Young reminded members that the membership campaign continues. The December Newsletter will include a letter for the approximately 200 retired teachers that joined TRTA and not MARSP, asking them to join our local group.

The nominating committee has been named and will begin the process of nominating officers for the 2015-2016 year. President Young encouraged members to consider serving as an officer if contacted by the committee.

Ann Parish reported that Maridell Fryar is recovering from back surgery at home after being in a rehabilitation center for a week.

Co-First Vice President Michele Cobb stated that a letter to those retirees that have not joined MARSP will be sent with the December Newsletter. Our membership now stands at 341.

Co-Second Vice President Sheila Morrow informed members that the program for the December meeting will be presented by David Arrington. He will be showing some of his collection of Ansel Adams photos.

Copies of the October minutes and the treasurer's report were on the tables for members to review. There were no additions or corrections to the minutes so they were approved as printed. The treasurer's report was also approved and will be filed for audit. Members were thanked for their contributions to Storybook Christmas.

Dorothy Thompson reminded members to contribute to the scholarship campaign. Gail Wacker asked members to contribute generously to the TRT Foundation. November is Foundation month. Bags were on each table for both of these funds. President Young expressed thanks to Mike and Kathy Landrum for their work compiling the yearbook and to Carole Miller and Joyce Whitley for getting it mailed to members. She also thanked Dr. Ryder Warren for the cost of printing. A note of thanks was sent to Dr. Warren.

The winner of the Health Care drawing for a free lunch at the December meeting was Kathy Lee. The Volunteer Hours winner was Betty Bagwell.

The meeting was adjourned at 1:20 p.m.

Karen Burden, Secretary

Please Come to the December Meeting

The December meeting of MARSP will be held Thursday, December 4, at First Baptist Church. The cost of the meal is \$6. Meet and greet will be at 11:30, lunch will be served at 11:45 and the program will begin at 12:15. The program will be David Arrington, a businessman from Midland, who will present "Ansel Adams and his Photography." The book committee is also asking that each guest bring a children's book to be given as a Christmas present.

While you are marking your calendar, please mark **Thursday, January 8. Please note that this date is the second Thursday of the month instead of the first Thursday.** This is the date for the January meeting of MARSP. The cost is \$6 and the program will be presented by Jerry Morales, Mayor of Midland. His topic will be "The City of Midland."

Please call Anita Patton at 432-697-1602

or e-mail her at apatton123@sbcglobal.net by Monday, December 1 and Monday January 5 to make your reservations for both meetings.



~A Note From The President ~

The fall season has arrived, and it is nice to have pleasant weather. We had a good crowd at our October meeting.

Now we can look forward to the holidays.

As announced at the meeting, the nominating committee has been chosen and will be selecting a slate of officers for 2015-16. Please be willing to serve MARSP. Holding an office is educational and a real support to the continued success of our local unit and TRTA. Together we can achieve as issues that are important to our well being come before us.

I thank all of you for your participation in MARSP and I wish each of you a Happy Thanksgiving and a Merry Christmas!

*Blessings,
Nancy Young*



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 of, 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, payable to MARSP to P. O. Box 4954, Midland, Texas, 79704. Please designate on your check if it is in honor of or in memory of someone. Dorothy 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.midlandretireded.org.

Dorothy Thompson, Scholarship Chair



Books Still Needed

You have one more chance to bring your new or gently used children's books to MARSP and have them count for 2014. All books counted for this year must be brought by December 31. At last report, 2300 books have been placed at various places throughout Midland which serve children. That is a great number for books, but not as good as we did last year. The books have been donated to various organizations, including Midland Need to Read, Casa de Amigos, and the Midland Children's Clinic. If you have not donated books this year, now would be an ideal time to do that. We will accept any gently used OR new children's books, but during the month of December we would especially like holiday books or fall books. We are also asking that each guest at the December luncheon bring a children's book to be given as a gift. 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 either Linda Buzan or Sheila Morrow and they will buy books in your name.

Thank you for being a part of this very worthwhile project. Sheila Morrow and Linda Buzan, Co-2nd Vice Pres.



Advice For Healthier Skin

Pain or itching can be signs of skin cancer, warns Gil Yosipovitch, MD. People often are told to be on the lookout for visual changes to their skin, but it is important not to overlook how skin feels. Recent findings: More than one-third of skin cancer lesions itch - these can be a sign of basal cell carcinoma. About 30% are painful, and these can indicate squamous cell carcinoma.

Gil Yosipovitch, MD, is chair of dermatology at Temple University School of Medicine in Philadelphia, and leader of a study published in JAMA Dermatology. *Bottom Line, Volume 35, Number 19, October 1, 2014*

Guard against dry skin. With age, oil glands become less active. Your skin is less able to replenish the oils and fluids removed by soap and water. To guard against the drying effects of bathing, try these tips:

- * Limit bath and showers - Bathing once a day or every other day is sufficient for most people.
- * Limit time and temperature - Use warm (not hot) water for five to ten minutes.
- * Select soaps carefully - Choose super fatted, nonsudsing soaps that clean without removing oil. (Basis, Purpose) Soap substitutes in bar, gel and liquid forms are less drying than are deodorant and antibacterial soaps.
- * Limit use of soap - Limit the use of soap to your face, underarms, genital areas, hands, and feet. Using clear water on the other areas of your body cleans adequately most of the time.
- * Pat dry, don't rub—when toweling dry, pat your skin gently or brush your skin rapidly with the palms of your hands.
- * Seal in moisture - While still damp, lubricate your skin with an oil or cream, especially on your legs, arms, back and sides. A heavy moisturizer (water-in-oil formula) is longer lasting than a light cream that contains more water than oil.

Mayo Clinic 50 Head-to-Toe Health Tips

Karron Pearson, Healthcare

Volunteer Hours—November 2014

Name: _____

Number of Hours: _____

Health and Wellness—November 2014

Name: _____

Yes!!!! I DID Exercise _____

Foundation Month Recognized

Texas Retired Teachers Foundation was given special recognition during the month of November. Special bags were put on the tables at the luncheon to collect money to present to the Foundation at the convention. We are pleased to announce that MARSP collected \$165.35 for the foundation. Of that money, \$100.35 was given in honor of the late Diantha Dawkins. Thank you for your generosity in honoring her.

* Please update your new directory. Glenn and Peg- *
* gy Woods have a new address. They now live at *
* 175 Bridgewater, Midland, Texas, 79707. *

* *Winter is the time for comfort, for good *
* food and warmth, for the touch of a friend- *
* ly hand and for a talk beside the fire: it is *
* the time for home. Edith Sitwell *



Health Tips For You

Friends, be sure to get your flu shot if you haven't already! Can't get in to a doctor? Go to one of the pharmacies or Sam's Club. Most insurance covers vaccines for little or no cost.

Have you had your shingles, tetanus diphtheria (TD), and pneumonia vaccines?

Got a Nasty Sore Throat? Here are some helpful tips:

To help relieve a sore throat, try the tips below. However, see your doctor if you're exposed to strep or have any of the following signs or symptoms: fever, nausea, vomiting, swollen neck glands, difficulty breathing or swallowing, tonsils with pus, sores in your mouth, or severe pain that doesn't improve in a few days.

**Drink plenty of liquids - Staying well hydrated helps keep mucus thin and easy to clear.

**Gargle with warm salt water - Mix 1/2 teaspoon of salt with 8 ounces of warm water to soothe and help clear your throat of mucus.

**Suck on lozenges or hard candy, or chew sugar-free gum. These products stimulate secretion of saliva, which bathes and cleanses your throat.

**Consider taking pain relievers. Over-the-counter analgesics such as Tylenol, Advil, or Motrin IB may temporarily help relieve sore throat pain. An oral anesthetic/analgesic combination such as Chloraseptic may also be helpful.

**Rest your voice. If your sore throat involves an inflamed larynx, talking a lot may lead to more irritation and temporary loss of your voice.

**Humidify the air. Adding moisture to the air prevents drying of mucous membranes.

**Avoid air pollutants. Don't smoke. Avoid smoke-filled rooms and fumes from household cleaners or paint.

Mayo Clinic 50 Head to Toe Health Tips

Karron Pearson, Healthcare



Membership Update

Current membership for MARSP is **341**, but it 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? For each new member you recruit for TRTA, your name goes in a drawing for \$100. The deadline to submit your entry is February 1st. The form was in the November newsletter. The pool in the drawing is limited to District XVIII, so you have an excellent chance of winning.



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



Recent Cards Sent to Members and Their Families

Since the last newsletter, cards have gone out to a number of people. A get-well card was sent to Maridell Fryar. Thinking-of-you cards were sent to Dorothy Thompson and Peggy Woods. Cards of sympathy were sent to Cilia Munoz upon the death of her mother and to the family of Pauline Myers upon her death.

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



Can You Name This Christmas Song?

"I Witnessed With My Own Eyes My Mother Engaged In An Embrace With An Overweight Bearded Man In A Red Snow Suit."
I Saw Mommy Kissing Santa Claus