

# MARSP Newsletter

FEBRUARY, 2008

## EIGHT THINGS WOMEN (AND THE MEN WHO LOVE THEM) SHOULD KNOW ABOUT HEART DISEASE

Presented by Doria McClung, Director of Cardiac Care Program, Midland Memorial Hospital

Thursday, February 7 -- First Baptist Church Fellowship Hall

11:30 a.m. -- Meet and Greet, 12 Noon-- Lunch, 12:30 p.m.-- Program & Business

*Just prior to the beginning of the program and business meeting a 5 minute break will occur to allow time to clear the table of dishes and utensils. Please make every effort to assist volunteers in collecting these items in a timely manner to aid the kitchen staff.*

BE SURE TO GIVE AN ACCURATE AND PROMPT RESERVATION FOR YOU AND YOUR GUESTS BY EMAIL OR TELEPHONE. A RESERVATION FOR THE MEAL IS A COMMITMENT TO MAKE PAYMENT, IF NOT IN ATTENDANCE.  
CALL YVONNE BLACK AT 682-1858 FOR ADDITIONS OR CHANGES

### FOR YOUR INFORMATION

- A nominating committee has been appointed and will be reporting at this meeting.
- Plans are being made for delegates to attend the state convention in El Paso
- The membership continues to grow and is the largest in the history of our local and state!
- Maridell will be running for 2<sup>nd</sup> Vice President for TRTA. We'll pass the hat to help with her campaign finances at the next couple of meetings. She's done a stellar job as Secretary/Treasurer and will continue to be a great asset for the state organization.
- Books given to Storybook Christmas and other community service organizations: 577. This is up significantly and averages almost 2 books per member. Congratulations!
- Pre-Retirement Seminar, Abell Jr. High, February 9. Inform current educators about this informative event about retirement. Tell them to call 682-2846 or watch for posters regarding details.
- VOLUNTEER HOURS are collected each year at this time. Volunteer time is defined as any time used to help someone else without pay. This TRTA project is used to present accountability of service the general public, but most of all, to the State of Texas. When all hours that retired school personnel give back to the state in professional volunteer service are compiled across the state, it is quite an impressive number. This gives TRTA a positive image when asking for benefit increases from the state legislature. For the 2006-2007 year 4,489,477 hours were volunteered for a calculated contribution of \$18,035,059 back to the community and ultimately, the State of Texas. So, please report your hour. Final deadline, February 1 to Raymond Painter at 694-3245.
- The WALK-A-MILLION STEPS PROGRAM was designed by the Health Committee to be a proactive project to keep retired school personnel healthy and to keep the health care cost from rising due to poor health practices. TRS-Care receives funding from the state budget.....another good public relations project that helps give a more positive image to TRTA.

### OTHER HEALTH AND WELL-BEING NEWS.

With Winter here and the dry heat in our homes it may lead to dry hair, so try this natural hair mask: 1 ripe avocado and 1/2 cup of honey. Cut the avocado and remove seed. Mash avocado with a fork thoroughly and add honey and mix well. Place mixture on DRY hair, wrap hair up with a hot towel 10-15 minutes. Rinse hair thoroughly and follow by a gentle cleansing shampoo.

Natural things to use to help joint pain: Consume more raw fruit and veggies. Eat celery or use celery seed, salads with raw foods, apples. Complex carbohydrates, fish oil, garlic, greens and whole grains. Avoid red meat, caffeine, and refined sugars.

## Our sympathy to the friends and family with the loss of members, Dell Shettle and Virginia Ferne Moore.

Be sure to let Ann Parish know about sending notes of concern and sympathy.

The donation to the scholarship fund is an ideal way to memorialize MARSP members.

**PLAN TO ATTEND THE TRTA'S 55<sup>TH</sup> STATE CONVENTION IN EL PASO FROM APRIL 15 -17**  
All the latest detail, registration forms and hotel information are in the latest TRTA publication, The Voice.

## MARSP Luncheon Meeting Minutes, December 6, 2007

The Midland Association of Retired School Personnel met on Thursday, December 6, at the First Baptist Church Fellowship Hall. President Maridell Fryar called the meeting to order at 12:27.

President Fryar thanked Joann Collett for the Christmas piano music and Larry Gilbert and Don Mason for the table decorations. She asked for a moment of silence in memory of three recently deceased members, Dan Allen, Virginia Moore, and Grace Osadchuk. She called on Jane Samples to give the invocation and Leonard Boyd to lead us in the pledges to the American and Texas flags. She recognized our guests and welcomed our new members, Larry Gilbert and Nancy and Roland Moreland.

President Fryar asked for a motion to approve the minutes. Leonard Boyd so moved and Karron Pearson seconded. The minutes were approved. Copies of the treasurer's report were on the table; no questions were asked, and the report will be filed.

President Fryar called on member Ann Neal, who introduced Ty and Linda Morris from Crestview Baptist Church. They presented a program of "unknown" and often humorous Christmas music. They were presented certificates of recognition, and money was donated to the scholarship fund in their names.

President Fryar noted several members are in poor health: Olga Banks, Jeri Evans, Bertha Littlejohn, Harlan Narem, Sarah Macina (who was present today), and Ann Sanchez' husband.

We have received a thank-you from Patty Smith for our contribution to the Celebrations of Light.

**Announcements:**

- The thirteenth check will be mailed on January 15, more or less. The *Inside Line* will have a survey at that time, which can be returned by e-mail or snail mail. As we talk to others about this one-time benefit, we should remind them that TRTA members and grassroots support are responsible. A brief political discussion followed this announcement.
- Vice-President Landrum said that we now have a total of 335 members, of whom 321 belong to state.
- Pat Adams announced that our next meeting would be on January 3, and the speaker will be Vicki Jay of Rays of Hope. There will be no January newsletter, so members are reminded to mark the date.
- The Pre-retirement seminar will be on February 9.
- Members should send in their volunteer hours and steps for the year, if they have not already done so.
- Drawings were held for free MARSP lunches. Loyd Sanders won for steps walked, and Diantha Dawkins won for volunteer hours.
- Betty Merritt has taken a full-time job and therefore has resigned as treasurer of MARSP. President Fryar issued a call for an interim treasurer to fill the office until regular elections in May.
- The meeting was adjourned at 1:07.

## MARSP Luncheon Meeting Minutes, January 4, 2008

The Midland Association of Retired School Personnel met on Thursday, January 4, 2008, at the First Baptist Church Fellowship Hall. President Maridell Fryar called the meeting to order at 12:35.

President Fryar called on Mike Landrum to give the invocation and Leonard Boyd to lead us in the pledges to the American and Texas flags. President Fryar thanked Orin Wade for the piano music and Marilyn Burbank for the teddy bear table decorations. There were no guests or new members.

Approval of the minutes was deferred until February, after both the December and January minutes have been printed in the newsletter. Copies of the treasurer's report were on the table; no questions were asked, and the report will be filed. She "reminded" members to put their dollar of change from lunch into the Scholarship bag.

President Fryar announced that we have a new treasurer, Roland Moreland, who will fill the position until May, when we have regular elections.

President Fryar called on Pat Adams, who introduced Vicki Jay, who presented a talk about Rays of Hope and the programs it offers for children who have suffered a loss. Pat presented a certificate of recognition to Vicki, and money was donated to the scholarship fund in her name.

**Announcements:**

- The thirteenth check will be mailed on January 15, more or less. If a member has not received a letter from TRS about the amount to expect, he/she should contact TRS.
- Raymond Painter needs the total number of volunteer hours and Karron Pearson needs the total number of steps walked by January 15, so they can turn in their respective numbers to the state.
- Vice-President Mike Landrum said that we now have a total of 337 members, of whom 322 belong to state. We are now a national organization, since our newest member is from North Carolina.
- Janice Bond, a TRTA District President, has received a diagnosis of cancer with a poor prognosis. Dell Shettle passed away last week.
- The Pre-Retirement Seminar will be on February 9.
- Drawings were held for free MARSP lunches. Ann Andrews won for steps walked, and Mike Landrum won for volunteer hours.
- Attendance today was 63 people. The next meeting will be on February 7, and the speaker will be Dorie McClung from Midland Memorial Hospital.

The meeting was adjourned at 1:13.

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<p><b>Name:</b> _____</p> <p style="text-align: center;">VOLUNTEER HOURS - January, 2008</p> <p><b>Number of Hours:</b> _____</p>	<p><b>Name:</b> _____</p> <p style="text-align: center;">WALKING STEPS - January, 2009</p> <p><b>Number of Steps:</b> _____</p>
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