

# MARSP Newsletter

## February, 2013

[www.midlandretireded.org](http://www.midlandretireded.org)

February 7, 2013  
MARSP  
Box 4954  
Midland, TX 79704



### MARSP Luncheon Meeting Minutes

January 3, 2013

Meeting at the Memorial Christian Church at 11:30, members dined while Orin Wade provided beautiful piano music. President Deanna Dunn thanked everyone who provided the meal, the decorations, and entertainment for all who attended.

At 12:20 p.m., our president turned the meeting over to Pat Adams who introduced Missy Dwyer, the owner and presenter of In Balance Therapy, a physical therapy business operating in Midland. Then she was presented with a certificate of appreciation indicating a donation to be presented to the MARSP Scholarship Fund in her name.

At 1:05, President Dunn began the business meeting introducing Maridell Fryar, the TRTA State President, to inform our group of the current planning ongoing in Austin to begin legislative activity next week. A reminder was given for everyone to read *The Voice* in order to stay informed with current events, to stay on guard to help inform and speak to legislators of our need to keep current benefits for existing retirees, and insure that future retired teachers gain the same benefits in their retirement. President Fryar said that March 20<sup>th</sup> will be Rally Day in Austin, and April 9-11 is the date for our state convention held in Corpus Christi.

David Kleinbeck, the TRTA Legislative Committee Member, reported that he meets with different local units in our district and finds that there is difficulty in recruiting Level II volunteers who must go to Austin to be trained to meet with Texas legislators. It would be beneficial for the volunteer to be acquainted with Rep. Craddock.


Mike Landrum, Membership, reported that there are 403 current members, the greatest number thus far for our local organization. Betty Merritt submitted the treasury report for November which was filed as printed. Pat Adams, Book Project Chair, reported 4,755 books donated for 2012 which is the highest number ever given by our organization. She reiterates that she needs members to bring children's books, collect soup labels, and box tops. She reported that *Family Promise* loved receiving the books she donated to them for homeless children's reading needs.

Janet Haney, Retirement Education Chair, reported that the 2013 Seminar will be held Saturday, February 2, at Abell Junior High. Volunteers are needed to help conduct the seminar. Diantha Dawkins, Scholarship Chairperson, reported that members need to continue to contribute during monthly meetings to build up the fund, and both Karron Pearson and Nancy Young need totals of volunteer hours and walking steps to be submitted right away so reports may be turned in to the state TRTA office right away.

For the February 7th meeting, the Executive Board will provide soups, cornbread, and dessert for the members' luncheon to be held again at the Memorial Christian Church, corner of Cuthbert and Andrews Highway, 11:30 A.M.; cost will be \$5 for each meal.

President Dunn adjourned the meeting at 1:25.

Dorothy Baird, Secretary

 **PLEASE COME TO THE FEBRUARY MEETING**

Please mark your calendar for **Thursday, February 7**. This is the date for the next MARSP meeting. We will be meeting at **Memorial Christian Church** on the Andrews Highway across from Albertsons. This change is due to the recent fire at First Baptist Church. Lunch will be soup, cornbread, and dessert provided by the Executive Board. Everyone is asked to bring **\$5** to cover the cost of cups, plates, eating utensils, drinks, etc. The program for this meeting will be Charlene McBride with the Midland Hispanic Cultural Center. Her talk will be "Ballet and Mariachi" and student involvement in that program. Meet and greet begins at 11:30 with lunch at 12:00 and the program at 12:30. Please contact Anita Patton or e-mail her to make your reservations. As always, your reservation is your commitment to pay, even if you cannot attend.

**Call Anita Patton at 432-697-1602 or e-mail her at [apatton123@sbcglobal.net](mailto:apatton123@sbcglobal.net) by Monday, February 4.**



### Tip of the Month

by Deanna Dunn

With our recent water shortage and our perpetually “hard water,” my dishwasher was doing a terrible job of cleaning my dishes. There were spots on the glasses and silverware, and the dishes just didn’t feel really clean. I called a repairman who did some minor adjustments and advised that I run a cup of vinegar through the machine about once a month to avoid a build up of scale. He also said that the Cascade dishwashing detergent pacs are more effective in our water than just regular detergent. I tried that and still didn’t get the results I wanted, so I began experimenting.

My resulting solution is adding about 2 cups of white vinegar to every load of dishes. Just dump it in the lid before you close it and use the Cascade complete pacs dishwashing detergent. It was miraculous! My dishes are now cleaner than they’ve ever been in my 45 years in Midland.

Warning: Make sure that you keep the dishwashing detergent pacs away from grandchildren. There have been reports of children eating them because they look like candy.



### Note from Former Members

Mary Jo and Leonard Boyd, long-time members of MARSP, recently moved to San Angelo to be closer to their son. They would like to thank MARSP for their long association with such a wonderful group and said they would join the San Angelo group as soon as they were settled. Mary Jo said they would love to see any of you who are passing through San Angelo. They now live in the Village East Retirement Community and their new address is:

Mr. and Mrs. Leonard Boyd  
2630 Village Trail  
San Angelo, Texas 76905

MARSP is certainly going to miss the Boyds. They were an integral part of our organization, decorating the tables for our luncheons, attending the luncheons, and coming to help mail the newsletter. Leonard often led the Pledges to the flags and offered the invocations before our meals. We wish them well in their new home, acknowledging that our loss is certainly San Angelo’s gain.

**When you let your own light shine, you unconsciously give others permission to do the same.**

Nelson Mandela



By Tim Lee

### News from Austin

**TRTA/MARSP members interested in email 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 fact and opinion on the issues facing current and future education retirees. Currently, the move to change our retirement from defined benefit to a defined contribution is still in progress.**

**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**



### Cards Sent to Our Members

Cards are sent on an as-needed basis to members and/or their families. Cards of sympathy were recently sent to the families of Martha Moore and Charles Burbank. Both of these long-time teachers passed away. A sympathy card was also sent to Mark Gomez, chef at First United Methodist Church, whose father passed away. Mark has cooked our Christmas Luncheon for the past three years.

A get-well card was sent to George Cooper as well as Fran Plemmons, the State First VP. Thinking of You cards were sent to Dorothy Thompson, Jarvis Salmon, Nancy Young, Patty Helm, Linda Cranfill, Lajuana Rathjen, Sue Norris and Sharon Welch.

If you know of a member who would appreciate a card, please notify Patti Watson. You may reach her at [pnw1000@gmail.com](mailto:pnw1000@gmail.com). or write to her at 9 Ridgmar Court, Midland, 79707. You may also call her at 697-1170.

If you have extra cards that you do not need, you may bring them to the luncheon and they will be used. A big thank you to Jarvis Salmon who donates hand-made cards on a regular basis.

Patti Watson, Friendship Chairperson

I am strong because I have been weak.  
I am fearless because I have been afraid.  
I am wise because I have been foolish.

### **Volunteer Hours—January 2013**

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

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

### **Walking Steps—January 2013**

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

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



### Congratulations to One of our Own

We would like to say a big Congratulations to Bob Cornell. He was recently recognized as the **Humana Volunteer of the Year** at the 18th Annual RSVP Volunteer Luncheon. It was held on November 15 at the Midland Center. Congratulations to Bob who says he volunteers every single day by doing something for someone else.



### Work Opportunity

Junior Achievement of the Permian Basin is seeking a part time Education Manager to work with students and educators. The pay is \$15 to \$20 per hour for 20 to 30 hours per week.

The Education Coordinator duties are as follows: Implement and manage daily operation of all Junior Achievement programs, recruit and train volunteers, communicate with school district administration, assume responsibilities of JA of the Permian Basin Executive Director on program activities, and submit class completion forms to the Executive Director in a timely manner for Fall and Spring Sessions.

The potential candidate should have an education background, strong communication skills, and be people oriented with strong organizational skills. The candidate will have strong presentation skills, and serve as a resource to students, volunteers and teachers for the JA Programs. The ability to train and work in a fast-paced environment is also a plus. The candidate should have a bachelor's degree, or equivalent experience, have good interpersonal and presentation skills, be detail oriented, have strong oral and written communications, facilitation and organizational skills and be computer literate.

All interested candidates may submit a resume to [jparks@japermianbasin.org](mailto:jparks@japermianbasin.org) or mail to:

James Parks

Junior Achievement of the Permian Basin

306 W. Wall, Suite 827

Midland, Texas 79707



### Beltone Patient Care Coordination (Receptionist)

Full or Part Time –

Flexible hours – Morning and/or Afternoon

Education Background Desired

Answer phones, manage paperwork, welcome and direct patients

Contact Information:

Garrett Morgan

(903) 280-5551

Christie Morgan

(903) 280-5550



### Book Project a Big Success

The ongoing book collection for MARSP ended the year with a total of 4,755 books delivered to places in Midland which work with children. We are beginning again for 2013 and already have a total of 237 books which have been delivered. Everyone is encouraged to look for gently used books. Often at garage sales, the sellers will donate books if they know that they are going to be given to children. If you would like to participate but do not have access to any books, you may donate money and books will be purchased in your name.

We are also still collecting Box Tops for Education with a total of 275, and Campbell Soup cans with a total of 54. These are collected in order to get playground equipment for Midland ISD elementary schools. You may bring them to the luncheons and give them to Pat Adams, or you may mail them to her.

Pat Adams, Book Chairperson



### Thank You

The following note was received from Dorothy Thompson.

Dear MARSP,

*Words cannot begin to express my gratitude to you during my recent illness. Your visits while I was in the hospital meant so much to me. Your phone calls were encouraging and the food you brought helped me to regain my strength and keep me on the path of healthy eating.*

*No one ever likes to go through an unexpected illness, but with friends like you for support, my recovery has been much smoother.*

Thank you,

Dorothy Thompson

### Scholarship Fund News



Thanks for your donations to the Scholarship fund. Sadly, we have lost many fine educators in the past year. Donations can be sent to the MARSP, Box 4954, Midland, TX, 79704 or to Diantha Dawkins, Box 80459, Midland, TX, 79708 and of course the bags at the monthly luncheons are for your donations. Applications and guidelines will soon be on the MARSP website. Again, thank you!

Diantha Dawkins , Scholarship Fund Chairperson



### Dare to Skip!

If your list for 2013 includes more exercise, consider skipping. Skipping is a tremendous form of exercise. It burns as many calories as walking, has less impact on your joints than running, and is a lot more fun. Skipping is cool and good for you.

Karron Pearson, Health Care





## MARSP Membership Ends 2012 at All-time High.

MARSP membership ended 2012 with 405 members, an increase of 21 members over last year. Thank each of you for helping your association reach this all-time high in membership.

MARSP added the following members after the yearbook was published:

Robin Bartel  
David Cavitt  
Maria Mata  
Lola F. Nunn

Kay Boedeker  
Dorothy Ellis  
William Maurer  
John Welch

Dolly Bryant  
Joe Hayes  
Betty McAnally  
Julia Willis

Miguel Bustilloz  
Lois Hillary  
Susan McDonald  
Yvonne Wilson

One challenge this year has been receiving changes about members. Incorrect addresses cause added expense for returned postage. **PLEASE ... PLEASE ... PLEASE send any changed contact information (for yourself or friends) to Mike and Kathy Landrum, 3300 Camarie Ave, Midland, TX, 79707 or email them at jmlandrum@earthlink.net.**

The TRTA/MARSP membership campaign for 2013-2014 begins March 1, 2012. The 2013-2014 membership year begins July 1, 2013 and the associations need time to process the membership information. Please begin thinking about recruiting those school retirees you know who are not members so that our combined voice will be strong.

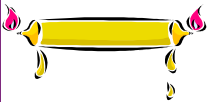
Mike and Kathy Landrum  
Membership Chairpersons



### Helpful Tips for the New Year

#### Prepare For Your Eye Exam

Know the answers to these questions before you step into the waiting room: What eye problems or overall health problems have you had in the past? What medications are you taking? Has anyone in your family had eye problems, such as cataracts or glaucoma? Has anyone in your family had diabetes, high blood pressure, heart disease or other health problems? Your answers can help your eye doctor assess your risk of eye disease and vision problems. *Health Tip of the Week, Mayo Clinic Housecall, October 31, 2012*



#### Adapt To Put Stress In Its Place

Adapting, or changing your standards or expectations, is one of the best ways to deal with stress. To work on adapting, adjust your expectations. For example, instead of feeling frustrated that you're home with a sick child, try to see it as an opportunity to relax and bond. When you're having an atrocious day, use humor to see it as comical. And remember the big picture. Ask yourself if this will matter in a year or five years. *Health Tip of the Week, Mayo Clinic Housecall, November 7, 2012*



#### Try a New Way To Enjoy Fresh Veggies

Try glazed root vegetables. In a saucepan, add 1 1/2 cups of water, and 1/2 cup pearl onions, 1/2 cup baby carrots, 1/2 cup small turnips, and 1/2 cup new potatoes, all cut into 1 inch pieces. Simmer uncovered over medium heat until veggies are tender and the water is almost absorbed, about 15 minutes. Sprinkle with 2 teaspoons sugar and 1 teaspoon olive oil. Turn heat up and continue to cook, shaking pan until veggies are glazed and slightly golden. Transfer to a serving dish. *Health Tip of the Week, Mayo Clinic Housecall, November 14, 2012*



#### How Much Sugar?

Most women should consume no more than 25 grams (about 6 teaspoons and 100 calories) of added sugar a day; most men, no more than 37.5 grams (about 9 teaspoons and 150 calories). It's easy to exceed these limits, and most Americans do. To tell if sugar has been added to packaged foods, check the ingredients list for any form of sugar. The more sugars listed, and the higher they are on the list, the more total sugar. Sucrose (table sugar) and high fructose corn syrup are the most common forms, but watch out also for brown, raw, or invert sugar, as well as honey, molasses, agave nectar, evaporated cane juice, and fruit juice concentrate, which sound healthier but are just other forms of "empty" sugar calories. *John Swartzberg, M.D., Chair, Editorial Board, University of California, Berkeley, Wellness Letter November 2012.*

Karron Pearson, Health and Wellness

The following was received from the Memorial Christian Church Food Pantry.

December 17, 2012

Deanna Dunn, President  
Members of MARSP  
3911 Northfield Court  
Midland, TX 79707

Dear Friends,

Memorial Christian Church and our Food Pantry Team are truly blessed to have friends like you who are members of MARSP. The food you donated and cash love offerings at our luncheon in December will assist families in Midland with canned goods and commodities they might have gone without if you had not helped. Your generosity will also help our clients know that others care about their lives and well-being.

Thank you again for your gift of 152 items of food and money. In 2011 the Memorial Food Pantry repeatedly served 2,958 families consisting of 12,292 people.

Michael Landrum and Peggy Jones  
Memorial Food Pantry Co-Chairs



**Texas Classroom Teachers Announces Award Winners**

MARSP recently sent cards of congratulations to Texas Classroom Teachers Association Award winners from Midland.

Congratulations to:

Myciah Glover of KMID TV, who received the Silver Apple Media Award from Texas Classroom Teachers Association.

Meredith Moriah of the *Midland Reporter Telegram*, who also received the Silver Apple Media Award from Texas Classroom Teachers Association.

Corina Flores, a teacher at Pease, who received the award for being Innovator of the Year.

Congratulations to each of these people for helping to keep news of education in the forefront.

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**Articles for the Newsletter**  
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Please send MARSP Newsletter articles to Joyce Whitley or Carole Miller, 1210 W. Golf Course Road, 79701 or joyce.whitley@gmail.com. Your ideas and input are always welcome.



**Low Dose Aspirin Study**

The same low-dose baby aspirin millions take to stave off heart attacks and strokes may also help put the brakes on age-related mental decline, a new study suggests.

The study included close to 700 Swedish women aged 70 to 92, most of whom had heart disease. Those who took low-dose aspirin every day to prevent a heart attack showed a less pronounced slide in mental functioning after five years than their counterparts who did not take aspirin.

At the end of the study, tests of memory, verbal fluency and other mental capabilities showed some loss of brain power, but the decline was significantly less and occurred at a slower pace among the women who received aspirin continuously or even for a period of time compared to those who never took it. The 66 women who took the drug for all five years even saw some of their scores improve, the researchers said.

Low-dose aspirin was defined as between 75 and 160 milligrams.

Some experts aren't surprised by the findings. "What is good for the heart is also usually good for the brain," said Dr. Richard Isaacson, an associate professor of clinical neurology and director of the Alzheimer's division at the University of Miami Miller School of Medicine. "Low-dose aspirin, a healthy diet, physical exercise on a regular basis, no smoking, and alcohol in moderation are all essential components of brain protection," said Isaacson, who was not involved with the study. *Oct. 26 (HealthDay News)*

Karron Person, Health and Wellness



**Laughter is the Best Medicine**

"Last week, I stated this woman was the ugliest woman I had ever seen. I have since been visited by her sister, and now wish to withdraw that statement." Mark Twain

"By all means, marry. If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher." Socrates

"I don't feel old. I don't feel anything until noon. Then it's time for my nap." Bob Hope

"We could certainly slow the aging process down if it had to work its way through Congress." Will Rogers

"The Cardiologist's diet: If it tastes good, spit it out." Billy Crystal