

# MARSP

## Newsletter

### February 2017

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



February 2, 2017  
 MARSP  
 Box 4954, Midland, TX  
 79704

#### PLEASE COME TO THE FEBRUARY MEETING

Don't forget to put Thursday, FEBRUARY 2 on your calendar. This is the date for the next luncheon meeting of MARSP. Meet and greet begins at 11:30 a.m., followed by lunch at 12:00 noon. The cost of the luncheon is \$6, and your reservation is your commitment to pay.

Our speaker will be Larry Satterfield with Natural Foods Market, and his program will be "Eating for Optimal Wellness." He is a graduate of Midland schools and Texas Tech, and the focus of his presentation will center on what foods should be combined and what should be avoided to enjoy a healthier lifestyle. Handouts will be provided, and he will be happy to answer any questions. In keeping with the goals of TRTA, members are encouraged to maintain a healthy lifestyle. The value of a plant-based diet in maintaining better heart health will be discussed. Different foods will be presented.

Call Anita Patton at 432-349-6822 or e-mail her at [apatton123@sbcglobal.net](mailto:apatton123@sbcglobal.net) by Monday, January 30, 2017

If you do not get a response from Anita when you make your reservation on line, please contact her again to make sure you name has been added to the reservations.

#### FOOD FOR YOUR BRAIN

##### Ten brain-healthy food groups:

Green leafy vegetables

Other vegetables (red, green, and yellow peppers  
 cauliflower, green beans, squash)

Whole grains

Nuts

Mixed Beans

Poultry (not fried)

Berries

Fish (not fried)

Olive oil

Wine ( 1.5 oz a day)



#### FIVE UNHEALTHY FOODS

Red meats

Butter or stick margarine

Cheese

Fast or fried food

Pastries and sweets



*healthafter50, Spring 2016 Issue, Volume 28, Issue 3*



Look Four Years Younger - Smile! In a recent study, 2,000 people were asked to estimate the age of women in photographs. A smile took two to four years off, while people with sad faces looked one year older. So SMILE, DARN YOU, SMILE!!!!



*BottomLine, Volume 37, Number 20, October 15,*

#### 2017 TRTA CONVENTION IN AUSTIN



The 64th annual convention of TRTA is scheduled for March 27-28 with Rally Day being the 29th. Because of our number of MARSP members, we are allowed five delegates. Training and "breakout" sessions are offered over two days to help local organizations be better informed. Although Maridell will go, she will not be counted as a delegate because of her past presidency position, and Martha Kallus will go as a TRTF liaison. So, there are five open places for MARSP to send delegates. Typically those places would be filled by officers, but if you are not an officer and you wish to attend, please notify Maridell. There is financial assistance already budgeted for delegates.

Every year, teachers descend on the state capitol in Austin to talk with legislators about their needs and concerns. This is called Rally Day, and it is scheduled for March 29th. Legislative visits include visiting the House Gallery with photo opportunities with legislators, as well as a visit to the Senate Gallery. The rally on the Capitol Steps will begin at 12:00 p.m. with additional legislative visits. Rally day ends with an Ice Cream Social on the East Lawn with all the ice cream you can eat. Each participant is encouraged to wear a red top with black or blue pants or skirt. When the legislators look into their respective galleries and see the blanket of red, they will know that teachers care and are concerned. If you are interested in going to this, please contact Maridell or Karron Pearson.



**A NOTE FROM THE PRESIDENT**

Beginning a New Year is a lot like turning the page in one's journal – nothing is written yet; the future is fresh and ready for inscription. That is certainly true for MARSP and for TRTA! I hope that our New Year will see us more active in our community; more diligent in our volunteering; more aggressive with our legislators; more dedicated to building our membership.

Please invite your newly-retired friends and your long-time-retired friends to join us for our meetings. Cindy, Bayta and Debby have done a wonderful job of securing interesting and informative programs. The food continues to be a great bargain, and the fellowship is warm and inviting! Help us pack the hall for our February meeting!

Thank all of you for the good work you did this fall; we have a unit to be proud of. Let's continue that good work and grow during 2017.  
Maridell Fryar, MARSP President

**MIDLAND ASSOCIATION OF RETIRED SCHOOL PERSONNEL**

**January 5, 2017**



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The first meeting of 2017 was held on January 5, 2017 at First Baptist Church, with President Maridell Fryar presiding. After the luncheon from 11:45 a.m. until 12:20 p.m., President Fryar called the meeting to order at 12:20 with a welcome to all. Invocation was given by the President. Pledge to the flag was done silently by individuals in the absence of the flag being posted.

-The program, *Postcards of America Midland*, was presented by Mr. James Collett. He gave us a history of postcards and shared his special collection via a video presentation. Mr. Collett had an assortment of his books on postcards available for purchase. A certificate of appreciation was presented to him in recognition of our scholarship fund by Cindy Truit.

-December 1, 2016 minutes were approved as printed and filed.

-Mary Smith gave a December financial report with a corrected error in print of the November 30, 2016 report. The financial report will be filed.

-Michele Harmon-Cobb gave a MARSP membership total of 336. Two new members in attendance were recognized. They were Martha Petrek and Carol Kirk.

-Bayta Cullen reported on the Children's Book project. Book collections total 2,181 for this year.

-Nancy Young reminded members to turn in their total volunteer hours from January 2016, thru December to her ASAP. You may call, text, or email her with that information. She has to report our totals by February, 2017.

-Fran Plemmons needs 256 signatures to run for a seat on the TRS Board. MARSP members signed a petition of support at today's meeting. It has to be turned in by January 20.

-President Fryar addressed Humana and health insurance. She suggested contacting [Humana.com](http://Humana.com) for questions and/or concerns and Aetna for questions about TRS Medicare Advantage. She also announced that Tom Craddick has mailed out a questionnaire to House District 82 counties, which include Crane, Dawson, Martin, Midland, and Upton. She strongly encouraged members to return the questionnaire to Austin by January 10. It is used to ensure our views and opinions are represented in the Texas House.

-President Fryar encouraged donating to the scholarship bags.

-Door prizes were drawn for volunteer hours and for exercise reports. Winners were Linda Fisher for volunteering and Pat Adams for exercising.

-At the meeting in March we will collect money for books.

-MARSP January Board Meeting is Monday, January 9 at 1:30 p.m., at the Centennial Library.

-Next MARSP meeting is February 2.

-The Retirement Education Seminar is February 4. Virginia Conner reported that MISD mailed out information during the holidays announcing the seminar.

-The dates for the TRTA Convention in Austin are March 27-28. Wednesday the 29<sup>th</sup> is set aside for Rally Day. She suggested that perhaps some MARSP members might consider traveling to Austin for that special occasion.

-Mary Smith extended an invitation to us to attend a session on issues with drugs. The meeting is being sponsored by the League of Women Voters, of which she is a member. It will be held on January 12, at 6:30 p.m. in the Carrasco Room on the Midland College Campus.

The meeting adjourned at 1:30.

Lois Hillary, Secretary

**Volunteer Hours - January 2017**

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

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

**Exercise for January 2017**

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

**YES I EXERCISED** \_\_\_\_\_



Since the holidays, MARSP has sent several cards. Cards were sent to Deanna Dunn on the death of her husband Jerry, Peggy Wood upon the death of her husband Glenn, Zoe Carter upon the death of her niece in California, and John C. Hackley upon the death of his wife Anita Palmer. Anita was not a local member but she was very active in TRTA. The family of Harland James Narem also received a card upon his death. A sympathy card was also sent to the family of Ann Andrews upon her death. Thinking of you cards were sent to Anita Patton and Deanna Dunn. If you know of anyone who needs a card of sympathy, a "get well" card or a "thinking of you" card, please contact Patti Watson at [697-1170](tel:697-1170) or e-mail her at [pnw1000@gmail.com](mailto:pnw1000@gmail.com). She is also in need of extra cards that you might not need, especially thinking of you and sympathy cards. You may bring them to her at the monthly luncheons, or call her and she will come and get them.

Patti Watson, Friendship Chair

## INSIDE LINE

By Tim Lee

Keep up with the happenings in Austin for Retired Educators.

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**



### RETIREMENT SEMINAR

Any school personnel considering retirement is invited to attend an informational seminar with a representative from Austin, Texas on February 4, 2017, at

**Odessa College  
201 W. University  
Saulsbury Campus Center  
Joe Zant Room**

from 9:30 AM-12:30 PM. Pre-registration is required. Register at [toold@aol.com](mailto:toold@aol.com) or call [432-425-0678](tel:432-425-0678) before February 1, 2017.

This seminar is sponsored by Texas Retired Teachers Association District 18.- Virginia Conner, Retirement Education Midland Representative



### Health Chairman Report

This year's health program will be next month. It is entitled "Eating for Optimal Wellness" by Larry Satterfield, Natural Foods Market. Be there and learn how to improve your meals.

Health information goes out to our members every month in our newsletters. We follow "Guidelines for Healthy Meetings." We encourage members to exercise and volunteer, which gives them movement and interaction with people that helps keep our brains healthy. We encourage walking, any kind of exercise, gardening, swim activities, dancing and biking. Members, please continue to challenge yourself to move more everyday. Do any type of movement to keep your muscles strong and flexible and to encourage good balance, which will help prevent falls. Also included this year were five pages to encourage members to take better care of themselves and information that will assist their families in their care. Included is an Individual Health Review, Resources for Grief & Loss, Resources for Seniors, Resource Links for Caregivers and Mileage Equivalents. If you haven't checked out your Membership Yearbook, open it up today.

Good Health to you,

Karron Pearson, MARSP Health Chair



### MARSP SCHOLARSHIP

The MARSP offers a scholarship each year to an outstanding senior or a graduate who is already attending college. The recipient must be working toward a degree in teaching and be a relative or mentee of a local member. Other requirements can be found on our website. The amount of the scholarship has been raised to \$1500 in recent years., and it is usually awarded in June. At the current time, a total of \$360.15 has been collected for this scholarship. As you can see, we have quite a ways to go to reach our goal. The bags marked scholarship are on the tables at each luncheon meeting, and you may donate as you see fit. You may also designate a donation in honor of or in memory of someone of your choosing. At the next luncheon, please consider making a generous donation. If you would like your donation to be in honor of or in memory of someone, you may designate that on a note that you attach to your gift. That honoree's name will be published in the newsletter.

Thank you for your scholarship gift.

Kathy Favor, Scholarship Chair

### AMBA Benefits

TRTA members receive many benefits for the cost of their annual dues. One such benefit is preferred pricing on some of the latest Apple products and accessories. Please identify yourself as an "AMBA" member when calling. Not all products are eligible for preferred pricing. To check on pricing and which products are eligible, please call 1-800-MY-APPLE or go to <http://store.apple.com/us/go/eppstore/amba>. The discount code is AMBA.

Another benefit is a discount on Dell Computers. Members use a unique association ID discount number when placing an order to receive the discount. Please call 844-257-4711 or go to [www.dell.com/epp](http://www.dell.com/epp). The discount code is PS95750248.

Lyn Fishman, Benefits



