

# MARSP

www.midlandretireded.org

# NEWSLETTER

MARCH 2009

FEBRUARY 19, 2009

MARSP, Box 4954,  
Midland, TX 79704



## JOIN US FOR THE MARCH MEETING.

### HANDS THAT CARE

RAYNETTE WILLIAMS WILL PRESENT A PROGRAM ON LEGAL DOCUMENTS WE SHOULD PREPARE BEFORE A CRISIS OCCURS. SHE IS WITH THE TEXAS DEPARTMENT OF AGING AND DISABILITY SERVICES.

### Come Hear Her Advice on Legal Documents.

- ▶ Thursday, March 5, 2009—First Baptist Church
- ▶ Fellowship Hall—11:30 a.m. Meet and Greet
- ▶ 12:00 noon—Lunch, 12:30—Program and Business

Be sure to give an accurate and prompt reservation for you and your guests by email or telephone. A reservation for a meal is a commitment to make payment of \$5.00, even if you cannot attend.

••• **ALERT! ALERT! ALERT!** •••

Call Yvonne Black at her **NEW PHONE NUMBER 689-8184** or e-mail her at **YEH4000@APEX2000.NET** by Monday, March 2, for reservations.

## Scholarship Contributions

Remember to pay your \$5.00 for this semester to the Scholarship Fund if you have not already done so. Drop your money into one of the bags provided on the tables or at the luncheon pay station.

A donation to the scholarship fund is a loving way to honor a special person or to honor the memory of an individual.

## Books, Books

Children's books are especially needed. Bring them to the MARSP luncheon and donate them.

## LUNCH PROBLEMS

Thanks to those members who came in and paid for the lunch they had to miss last month.

Apparently, some people had problems getting their reservations in to Yvonne because of her change of address.

Please note her new telephone number and e-mail address in the above article.

IF YOU DON'T RECEIVE A WRITTEN E-MAIL ACKNOWLEDGEMENT, THEN SHE DIDN'T GET YOUR RESERVATION REQUEST. Let's continue to try to get an accurate count for lunch and for lunch money.

So please make a reservation if you're coming for lunch, and please come if you've made a reservation.

## MEMBERSHIP CAMPAIGN STARTS!!!

The enrollment period for 2009-2010 begins March 1. The membership year runs July 1 through June 30 each year. Please JOIN NOW by marking the enclosed membership form and returning it with a check in the provided envelope, or bring your check to the meeting. Your prompt response saves MARSP postage/supply costs (AND TIME) by eliminating the need for repeated reminders. With your help, association funds and manpower can be used to provide more services. Like last year, please note our incentive to join early. All who have joined with a postmark deadline of April 30 will be eligible to receive one of several quality door prizes at the May meeting and will NOT NEED TO BE PRESENT TO WIN. Current developments in Austin and Washington to help retirees are the primary reason for **MEMBERSHIP!!** Fun, food, fantastic programs, and fellowship with former colleagues are also compelling reasons to **JOIN**.

## MARSP MEMORY BOOKS

Our Memory Books are all available for viewing at Central Office in the room behind the Board Room.



# MARSP Luncheon Meeting Minutes

## February 5, 2009

The Midland Association of Retired School Personnel met Thursday, February 5, 2009, at First Baptist Church Fellowship Hall. President Ann Parish called the meeting to order at 12:37 p.m. President Parish called on Bob Watkins to give the invocation and Leonard Boyd to lead the members in the pledges to the American and Texas flags. Linda Cranfill was introduced as a guest, and new members Evelyn Grant and Jerita Harper were also introduced by President Parish. Orin Wade was thanked for providing piano music during lunch, and Patti Watson was thanked for table decorations. Diantha Dawkins introduced Sandra Wegner who presented the program based on the book, *George Washington's Expense Account*.

### NEW BUSINESS

Leonard Boyd moved to accept the minutes of the January meeting. Karron Pearson seconded and the motion passed. Maridell Fryar moved to accept the Treasurer's Report, and Jan Artley seconded. It was filed for audit. Maridell Fryar introduced the officers' slate for 2009-2010 as follows:

- President—Ann Parish
- First Vice-Presidents—Mike and Kathy Landrum
- Second Vice-President—Sharon Welch
- Secretary—Nancy Doss
- Treasurer—Natalie Eustace

Since there were no nominations from the floor, Zoe Carter moved to accept the nominations by acclamation, and Pat Adams seconded. The slate was approved.

### ANNOUNCEMENTS

President Parish announced that the Memory Book pages were on display at the back of the room. The meeting was adjourned.

## HEALTH INFORMATION CORNER



### Colorful Benefits of Fruits and Vegetables

#### Blue and Purple Foods:

Contain powerful antioxidants - Lower the risk of some cancers – Maintain urinary tract health - Aid memory – Have anti-aging properties - Protect against heart disease by preventing blood clots

#### Red Foods:

Loaded with powerful antioxidants - Contain lycopene which helps rid the body of free radicals - Protect against prostate cancer as well as heart & lung disease - Aid memory - Maintain urinary tract health

#### Orange Foods:

Protect against cancer - Contain beta carotene which converts to Vitamin A in the body – Help maintain healthy immune system – Supplement vision health - Help lower cholesterol and keep bad cholesterol (LDL) from sticking to artery walls

#### Green Foods:

Prevent cancer by inhibiting carcinogens – Supplement vision health – Provide powerful antioxidants – Broccoli is the #1 food to fight cancer.

## Retirement Education Seminar

In case you missed it, you can see the District 18 TRTA Retirement Education Interview by Channel 3 on their website, <http://permiabasin360.com>. Scroll down to Community Events and click on Weekend Spotlight. It is a great interview! The seminar was held on Saturday, February 7, 2009, at Abell Junior High School.

### Benefit of the Month

GETO Travel — [www.gettravelop.com](http://www.gettravelop.com)  
877-867-3639 — Preview all of the “off season” travel-related programs. For example, rent a house for 8 days/7 nights for a one-time cost of \$329 that covers up to 8 people, not \$329 per person. Provide your own transportation and food. Have fun!



TRTA 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. Go to <http://www.trta.org> and click the Inside Line icon like the one above. Then follow the directions.

### Volunteer Hours ▪ February '09

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

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

### Walking Steps ▪ February '09

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

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