

# MARSP NEWSLETTER

MARCH 2016

MARSP, Box 4594, Midland, TX 79704

**Please attend our next luncheon on March 3, 2016 with Morris Burns presenting “Oil ‘Bidness.”**

Lunch at 11:45 for \$6.00, First Baptist Church, Fellowship Hall.

**Contact Anita Patton at 432/6997-1602 or e-mail her at [apatton123@sbcglobal.net](mailto:apatton123@sbcglobal.net), by Monday, February 29<sup>th</sup>. No reservation is needed to join us just for the program.**

## **PRESIDENT’S MESSAGE:**

Dear Colleagues,

My message this month is **VOTE!** Early voting starts on February 16, and the primary elections are on March 1. As Tim Lee said in *The Inside Line*, “TRTA members have a strong history of voting in the November general election, but we must focus on taking control of our future by voting in the primary elections.”

**Very few elections are contested in November. This year is a Presidential election, so we will have a strong turn-out in November. But the March primaries are likely to determine our Texas Representatives and Senators, who in turn control our annuities and our health insurance.**

**TRTA does not endorse candidates, but we do ask if the candidate is a supporter of defined benefits (like TRS). We ask if the candidate is friendly to education, particularly public education. And we look at the candidate’s supporters. If anti-education groups such as the John and Laura Arnold Foundation or the Texas Public Policy Foundation are supporting/endorsing/funding the candidate, then we should question whether that person is a friend of TRTA.**

**So consider your vote carefully, and get out there and vote. Vote early, vote by mail, vote on Election Day—do it any way you want, but **VOTE.****

Thanks,

Ann

## **MARSP Luncheon Meeting Minutes**

MIDLAND ASSOCIATION OF RETIRED SCHOOL PERSONNEL

FEBRUARY 4, 2016

The regular meeting of the Midland Association of Retired School Personnel was held on February 4, 2016, at 11:30 a.m. at First Baptist Church, President Ann Parish presiding. After lunch, President Parish called the meeting to order at 12:15 p.m. The invocation and pledge were led by George Cooper. President Parish then welcomed all members and guests and expressed her thanks

to Deanna Dunn and Dorothy Thompson for table decorations, Orin Wade for his piano music, Anita Patton for taking care of lunch reservations, and Mary Smith for collecting the lunch money. Anita Patton announced that due to a shortage of food, those who did not get a complete meal would be refunded \$3.00.

### PROGRAM

Sheila Morrow introduced the guest speaker, Jim Cox, a member of the Midland Police Department. Mr. Cox investigates financial and cyber crime. He gave members tips on how to safeguard their personal information, how to create secure passwords, how to safely shop online, and how to report fraud. Sheila then presented Mr. Cox with a certificate of appreciation.

### NEW BUSINESS

President Parish asked members if there were any additions or corrections to the January minutes as printed in the Newsletter. The minutes were approved as printed. Members were also asked to review copies of the Treasurer's report that were on the tables. There were no corrections so the report will be filed for audit.

Nancy Young, Chairperson of the nominating committee, announced the slate of officers for the next two years. President - Maridell Fryar; Co-First Vice Presidents-Michele Cobb and Debbie Jordan; Co-Second Vice Presidents-Cindy Truitt, Debbie Neeley, and Bayta Cullen; Secretary-Lois Hillary; Treasurer-Mary Smith. President Parish asked for nominations from the floor. There were none, so President Parish asked the members to approve the slate by a show of hands. The new slate of officers was approved.

President Parish informed the members that a bylaws change had been suggested, and she proceeded to read the proposed change. (See attached) Nancy Young explained the rationale of the suggested change. After discussion, President Parish called for a voice vote. The "nays" won. The bylaws will remain as they are.

### ANNOUNCEMENTS

Members were informed of the following announcements:

-The MARSP board of directors will meet Monday, February 8, 2016, at 1:30 p.m. at the Centennial library. President Parish asked the new officers to attend.

-Members were reminded to give generously to the scholarship fund. Bags were on each table for collecting contributions.

-Sheila Morrow announced that there have been about 5,000 books donated this year.

-Sheila Morrow informed members of the need for tutors at Midland College. Members who are interested are to contact Shep Grinnan at 685-4505.

-Winner of the free lunch drawing for Exercise was Cindy Truitt. The winner for Volunteer hours was Betty Bagwell.

With no further business, the meeting was adjourned at 1:33 p.m.

Karen Burden, Secretary

## **COMMITTEE REPORTS**

### **Membership Chair:**

#### **Michele Harmon Cobb**

What are the two best ways to join TSTA and MARSP?

1. Join TRTA via Diamond Plus online and have \$2.92 deducted from your monthly check and pay your local MARSP dues to the local membership chair(s) \$15 each year.

2. Pay \$50 to your local MARSP membership chair(s) in June of each year and MARSP will take care of your state and local dues.

We look forward to seeing you next month. Remember, once a teacher, always a teacher and the Legislature pays attention to TRTA. There is strength in numbers.

### **Programs and Book Chairs:**

Sheila Morrow and Linda Buzan

We want to thank everyone for book donations. We are still taking book donations through May.

The program for March is on the state of the oil business. Morris Burns will be our speaker. He is very well known throughout the Permian Basin, so he will surely have many interesting observations about the present state of the oil business.

### **Member Benefits Chair:**

Donna Vaden

TRTA has added three new member benefits for us that everyone should know about. I hope you find this information of some benefit to you and your family.

1. American Hearing Benefits has been added to Hearing Aid Express. Approximately 146 credentialed provider locations in the state of Texas for teacher retirees are available. The hearing aids are manufactured by Starkey Hearing

Technologies, the only American owned and operated hearing aid manufacturer. Benefits are discounts, free annual hearing consultations, free supply of batteries, 60 day trial period and a free warranty including loss and damage.

[www.myambabenefits.info/trta](http://www.myambabenefits.info/trta)

2. Road Scholar is the world leader in educational travel. If you are a first time traveler, you will receive a \$200 discount for international and foreign travel and \$75 discount for domestic and state travel. Road Scholar offers 5,500 educational tours in all 50 states and 150 countries. When you sign up for the catalog, a gift certificate will be credited to your household for future use. To learn more, visit [www.myambabenefits.info/trta](http://www.myambabenefits.info/trta). This website tells you how to get the catalog and gives more information about all of their travel destinations. You may also call 1.800.454.5768 Mon.-Fri. from 8:00AM-9:00PM ET for more information. Happy Travels!
3. The third new benefit covers our furry pets that we love so dearly. TRTA is pleased to offer Veterinary Pet Insurance (VPI) which is a Nationwide Insurance Company. We can enjoy a 5% discount on our pet insurance premiums. Coverage is available for dogs and cats, as well as

exotic pets including birds. For more information and enrollment, visit [www.petinsurance.com/amba](http://www.petinsurance.com/amba) or you can call 1.877.738.7874. The website has three medical plans: Wellness plus (covers everyday preventive care), Major medical (covers accidents, illnesses and hereditary issues) or you can bundle both plans which is called Major medical and Wellness plus and get more coverage and more savings.

### **Friendship Chair:**

#### Patti Watson

Please remember to always notify me if a card needs to be mailed to one of our retirees. I may be reached by phone at 432.697.1170 or email at [pnw1000@gmail.com](mailto:pnw1000@gmail.com).. MARSP sends Sympathy cards, Get Well cards, Thinking of You cards or Congratulation cards, so please advise me of an important life event.

### **Retirement Education:**

#### Virginia Conner

An update given by Virginia revealed that there was a great turnout at Midland College for the Retirement Seminar on February 6<sup>th</sup>. There were 170 registrants, of which 82 were from Midland. This is wonderful news for the future of MARSP.

### **Health Chair:**

#### Karron Pearson

It's true: Breakfast may be the most important meal of the day. But you can ruin it by choosing the wrong breakfast cereal. Check the nutritional information. Some cereals boost high dietary fiber (a good thing) but also may contain as much sugar as a glazed donut or lots of sodium.

Don't be fooled by supplements that promise to prevent Alzheimer's disease. The National Institutes of Health says there's no evidence of "even moderate scientific quality" that the risk of getting Alzheimer's is altered by nutritional supplements or herbal preparations.

Potassium can blunt sodium's tendency to increase blood pressure. But you don't have to go overboard with supplements; fruits and vegetables supply plenty of this mineral.

Harvard Medical School, Boston, Massachusetts

I don't know if this works, but came across this advice as a natural way to keep mice away:

Mice dislike the smell of peppermint. Put a few drops of oil of peppermint (available at health-food stores) on cotton balls, and place them wherever you think a mouse has visited or entered your home.

Joan Wilen and Lydia Wilen, authors of *Bottom Line's Treasury of Home Remedies and Natural Cures*. *Bottom Line*, Volume 37, Number 2, January 15, 2016

Did you know that one sneeze can contaminate an entire room in minutes? Researchers analyzed videos of two people sneezing about 50 times over several days and found that the average sneeze spread germs throughout a room in minutes and reached as high as the ventilation ducts in the ceiling.

Study by researchers at Massachusetts Institute of Technology, *Bottom Line*, Volume 37, Number 2, January 15, 2016

**We Want YOU To Join The**  
**Midland Association of Retired School Personnel**  
**and the**  
**Texas Retired Teachers Association**

**July 1, 2016 - June 30, 2017**

**Membership Year**

Type onto this form, then print and mail.

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

Mailing Address & City-State-Zip:

\_\_\_\_\_

Contact Phone#: \_\_\_\_\_

email (example: jk0876@yahoo.com):

\_\_\_\_\_

Birthday: (Month)\_\_\_\_\_ (Day)\_\_\_\_\_

Retirement Year: \_\_\_\_\_

Check appropriate circle.

TRTA+MARSP = \$50.00

OR

TRTA Life or "Diamond Plus" = \$15.00  
( $\$15$  can be sent only if the TRS  
deducts state dues from your annuity  
check or you paid your TRTA directly.)

**Write Check to MARSP.**  
**Mail This Form and Check**

**to:**

**MARSP Treasurer**

**P.O. Box 4954**  
**Midland, TX 79704**