

# MARSP Newsletter

May, 2011

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



May 5, 2011  
MARSP  
Box 4954, Midland, TX 79704



## MARSP Luncheon Meeting Minutes

April 7, 2011

The Midland Association of Retired School Personnel met Thursday, April 7, 2011, at the Fellowship Hall of First Baptist Church. President Dorothy Thompson called the meeting to order at 12:27. Leonard Boyd led the members in the invocation and the pledges to the American and Texas flags. President Thompson thanked Orin Wade for providing beautiful piano music during the luncheon. She thanked Jo Ann Collett for the lovely Easter table decorations. Martha Kallus, the TRT Foundation representative, asked for donations for "A Helping Hand," TRTF's newest charitable program.

Pat Adams introduced the speaker, LaShara Nieland, author of *Lone Star Wildflowers*, a guide to Texas flowering plants. She tested our knowledge of wildflower uses as medicine and food. Pat presented her with a certificate of appreciation, acknowledging a contribution to the MARSP scholarship fund in her honor.

New business included Maridell Fryar's report of what's going on in Austin. She gave an update of bills affecting retired teachers and related some experiences from TRS Rally Day at the Texas Capitol. Ann Andrews further reported on Rally Day.

Minutes and treasurer's reports were filed as presented. Pat Adams, 2<sup>nd</sup> Vice President, reported that 1670 books have been collected and distributed to charitable organizations this year, greatly exceeding last year's contributions. The May meeting will be the installation of new officers and distribution of door prizes. Karron Pearson held a drawing for a free lunch from those reporting walking steps and volunteer hours.

The meeting was adjourned at 1:27 by President Thompson.

Deanna Dunn  
Secretary



**MEMBERSHIP: ENROLL NOW FOR  
NEXT YEAR!!!**

Now is the time to mail your check because **CURRENT MEMBERSHIPS END JUNE 30**. Remember that you will be eligible for **PRIZES** at the **MAY MEETING** if MARSP receives your form with payment post-marked by May 2, 2011. (YOU DO NOT HAVE TO BE PRESENT TO WIN!) **Please send your dues now** to reduce MARSP costs for reminder notices! Also help the association gain new members to increase its influence. We need the Texas Legislature to reinstate funding for the TRS-Care health insurance program, enact measures that require full funding of the annually required contribution to TRS, take action on an annuity increase, and assure that annuities are available to future retirees. Membership numbers **DO MATTER** to politicians!

**NO OTHER ENTITY WORKS SOLELY FOR YOU IN AUSTIN AND SPEAKS FOR YOU IN WASHINGTON.**

**Please join to help us become a stronger voice for retired personnel in Texas.**

**Remember, MARSP not only represents you in Austin, but also represents you locally. MARSP is a conduit from TRTA to our local members.**

**Please JOIN today.**

Mike and Kathy Landrum  
Membership Chairpersons



## Please Come to the May Meeting

Don't forget to put Thursday, **May 5**, 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 program will be the installation of officers for the coming year. Loyce Phillips, our District President from Big Spring, will be here to install the new officers. The cost is **\$5.00**, and your reservation is your commitment to pay, even if you cannot attend. The program will begin at 12:30 p.m.

Call Anita Patton at **432-697-1602** or e-mail her at [apatton123@sbcglobal.net](mailto:apatton123@sbcglobal.net) by Monday, **May 2, 2011**.

Anita would like to thank each of you who consistently gets your reservation in on time. She appreciates your promptness.

### Meeting in August

Mark your calendar NOW for Thursday, August 11. This is the date for the TRTA District Meeting at First Baptist Church. Our luncheon speaker will be Tim Lee, Executive Director of TRTA. He will get us up-to-date on all the activities in Austin that relate to retired school personnel.



By Tim Lee

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

### Change of Address



President Dorothy Thompson has asked that members be notified of her new address and phone number. Her new address and phone number are:

4409 Gulf Avenue  
Midland, Texas 79707  
(432) 210-8779

If there are any other members who change their address and/or their phone number and wish to notify other members before a new directory is printed, please send your request to [joyce.whitley@gmail.com](mailto:joyce.whitley@gmail.com) or call (432) 682-7624.



### Scholarship Information

The deadline for submitting applications for the MARSP scholarship is Friday, June 3. The award will be presented in the fall to a deserving student. The applicant should :

1. be currently enrolled in a university or college in Texas.
2. be sponsored by a MARSP member who is a relative or mentor.
3. be pursuing an undergraduate or masters degree in education or educational certification.

An application may be downloaded at [midlandretired.org](http://midlandretired.org). Thanks to Dan and Martha Kallus, Lucille Everett, and Martha Preston for recent donations, as well as to each of you who has given your donation at the weekly luncheon.

If you would like to make a donation in honor of, or in memory of, someone you may do so. Just send a note with your contribution and the honoree or their family will be notified. If you are not able to come to the monthly meeting, please send your donation to:

Diantha Dawkins  
P. O. Box 80459  
Midland, TX 79708

Thanks again to all of you who have donated to our scholarship fund.

Diantha Dawkins  
Scholarship Chairperson

### Articles for the Newsletter



Please send MARSP Newsletter articles to Joyce Whitley or Carole Miller, 1210 W. Golf Course Road, 79701 or [joyce.whitley@gmail.com](mailto:joyce.whitley@gmail.com)., or phone us at (432)682-7624.

### News from the Friendship Chairperson



MARSP tries very hard to let its members know that we are thinking of them. If members are sick, have lost a loved one, or just need to know they are being thought of, we like to send cards. Recently cards were sent to Sue B. Norris, Pauline Myers, Jeri and Bud Evans, and the family of Leslie Hinds. 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 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. You may bring them to her at the monthly luncheons, or call her and she will come and get them.

Patti Watson  
Friendship Chairperson

### A Few More Things I've Learned From Living in Texas



If it grows, it sticks; if it crawls, it bites.

"Y'all" is plural meaning everybody.

You don't have to wear a watch because it doesn't matter what time it is. You work until you're finished or it's too dark to see.

You don't PUSH buttons, you MASH them.

You might have to switch from 'heat' to 'A/C' in the same day. You install security lights on your house and garage and leave both unlocked.

Yes, Friday night high school football games are serious football!

You carry jumper cables in your car . . . for your OWN car.

The local papers cover national and international news on one page, but require 6 pages for local gossip and sports.

We have four seasons: Almost Summer, Summer, Still Summer and Christmas.

Going to Wal-Mart is a favorite past time. It's known as "goin' to Wally-World."

A cool snap (below 70 degrees) is good pinto-bean or chili weather.

A carbonated soft drink isn't a soda, cola or pop . . . it's a Coke, regardless of brand or flavor. Example: 'What kind a coke you want?'

Fried catfish is the other white meat.

We don't need no Drivers' Ed . . . if our mama says we can drive, we can drive.

If you understand these jokes, please tell them to your friends from Texas (and those who just wish they were).

EVERYONE can't be from Texas.

You might say it's a gift from God!

Karron Pearson  
Health Care Chairperson

### Beware of Certain Painkillers



Narcotic painkillers may harm your heart, warns Daniel H. Solomon, MD, MPH. Older patients taking opiates such as hydrocodone or codeine face a higher risk for heart attack, bone fracture, and death, compared with similar patients taking non-narcotic drugs, such as ibuprofen. If an opiate is necessary to control pain, it is best to take the medicine for as short a time as possible in the lowest effective dose.

Karron Pearson  
Health Care Chairperson

### Volunteer Hours - April 2011

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

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

### Walking Steps - April 2011

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

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

## MARSP Represented in Austin and San Antonio

Submitted by President Dorothy Thompson

On March 23, several members of MARSP made the trip to Austin for Rally Day at the capitol. We were there for the opening of the session that day in both the House of Representatives and the Senate. We also attended a committee hearing and vote on the TRS Fund and Healthcare. That vote coming out of committee in the House was not favorable to retired teachers. However, the Senate treated us royally, with a proposal from Senator Duncan from Lubbock to recognize retired teachers after which several senators spoke to the issue and praised and reminisced about teachers they had respected and loved in former school years. Maridell Fryar, as the First Vice-President of TRTA, was in a receiving line of all TRTA officers who were greeted and honored by all of the senators. Our senator, Kel Seleger. was one who spoke on behalf of retired teachers. Our next stop was to visit Representative Tom Craddick in his office which proved to be a very pleasant visit where we discussed several issues of concern. We then traveled on to Senator Seleger's office and talked with his office staff. A rally took place after that on the south Capitol's steps followed by an ice cream social under the tent on the Capitol grounds. Members attending felt that the trip was successful and hoped that our attendance with over 800 others, all dressed in red, had impacted our elected officials in Austin.

On April 12, eleven members of MARSP attended the TRTA Convention in San Antonio. The final count of those present and registered was 912. We were entertained by both Heloise and LaDonna Gatlin. LaDonna is originally from Odessa and is from the famous Gatlin singing family. Other functions we attended in addition to training sessions were an Officers Welcoming Reception, a Legislative Luncheon, the Banquet and the Foundation Luncheon where we gave \$500 to the Foundation in the name of MARSP and another \$50 in honor of a teacher from near Lubbock, a nephew of Loyce Phillips, our District 18 TRTA President. Danny lost his life while he was on a FFA trip with his students.

Tim Lee and Ronnie Jung both spoke to us and urged us to follow the action related to retired teachers as it unfolds in Austin and to stay in close contact with our Representative and Senator during these important days when so many decisions are being made which affect us so drastically. Write letters or cards, email, or call or do all of these, but please act. Our last night in San Antonio we enjoyed a riverboat ride and dinner aboard the boat.



*Pictured with Representative Tom Craddick in his office at the Capitol are Dorothy Beard, Ann Andrews, Martha Kallus, Karron Pearson, Mr. Craddick, Deanna Dunn, Dorothy Thompson and Ann Parish.*

### From Texas Retired Teacher Foundation



The Texas Retired Teachers Foundation (TRTF) was formed in 1988 as a part of the Texas Retired Teachers Association (TRTA). In the late 1990's TRTF was incorporated as a 501 nonprofit foundation with an educational and charitable mission. In October of 2010 a new charitable program known as "A Helping Hand" was launched. This program provides financial assistance for education retirees in critical need. A gift of \$500 from MARSP was presented to the Foundation at the recent convention in San Antonio with a request that our gift be designated for "A Helping Hand." Thank you to everyone who contributed to this very worthy cause.

*Mission: to provide resources and programming that contribute to an enhanced quality of life for retired teachers and school personnel.*

Martha Kallus  
TRTF Liaison



## TIPS ON PUMPING GAS

*(From Kinder Morgan Pipeline Company, San Jose, California)*

As a consumer of gasoline, you have probably noticed that Midland gas prices keep rising every day . . . sometimes even more often. Here are some tricks to get more of your money's worth for every gallon that you purchase:

1. Only buy or fill up your car or truck in the early morning when the ground temperature is still cold. Remember that all service stations have their storage tanks buried below ground. The colder the ground the more dense the gasoline, and when it gets warmer the gasoline expands, so buying in the afternoon or in the evening means a gallon is not exactly a gallon. According to Kinder Morgan, the specific gravity and the temperature of the gasoline, diesel and jet fuel, ethanol and other petroleum products plays an important role. A one-degree rise in temperature is a big deal for this gasoline business. But the service stations do not have temperature compensation at the pumps.
2. When you're filling up, do not squeeze the trigger of the nozzle to a fast mode. If you look, you will see that the trigger has three (3) stages: low, middle, and high. You should be pumping on low mode, thereby minimizing the vapors that are created while you are pumping. All hoses at the pump have a vapor return. If you are pumping on the fast rate, some of the liquid that goes to your tank becomes vapor. Those vapors are being sucked up and back into the underground storage tank so you are getting less for your money.
3. One of the most important tips is to fill up when your gas tank is HALF FULL. The reason for this is the more gas you have in your tank, the less air is occupying its empty space. Gasoline evaporates exceedingly fast. Unlike service stations, deliverers of gasoline, such as Kinder Morgan, have compensations in their delivery trucks for preventing evaporation so this does not happen.
4. If there is a gasoline truck pumping into the storage tanks when you stop to buy gas, DO NOT fill up. Most likely the gasoline is being stirred up as the gas is being delivered, and you might pick up some of the dirt that normally settles on the bottom.

Maybe these tips can help you save a few pennies.

Sharon Welch  
Informative and Protective Services

### Reminders



Even though this is our last newsletter until August, please don't forget that we are still collecting new and gently used books. These books are placed in more than a dozen places around town so that children and adults will have access to them. Pat Adams reports that we have already collected 1670 books to date, but we still need more. Also, continue to keep up with your walking steps and your volunteer hours. You can turn them in at the end of the year or at the luncheon in August.

### Pneumonia Shot



**Only about six out of ten Americans over 64 have gotten the pneumococcal vaccine, which reduces mortality from the leading cause of bacterial pneumonia in older adults. Everyone 65 and older should be vaccinated. You need the vaccine only once, unless you got it before age 65, in which case you'll need a booster.**

*University of California, Berkeley,*

### Beware Scented Cleaning Products



Most of us do not enjoy cleaning house, but as long as we have to do it, we should do it safely. You should avoid using scented cleaning and laundry products. Even products that claim to be "green", organic, or natural may emit hazardous chemicals. Nearly one-quarter of the chemicals emitted by scented household products, such as air fresheners, fabric softeners and disinfectants, are classified as toxic or hazardous, and more than one-third of the products tested emitted at least one chemical identified as a probable carcinogen. To avoid potentially dangerous chemicals, you should clean with baking soda and/or vinegar, open windows for ventilation instead of using air fresheners, and buy products without any fragrance.

Karron Pearson  
Health Care Chairperson  
Ann Steinemann, PhD, University of Washington, Seattle

### Convention Pictures

