

MARSP Newsletter

May 2014

www.midlandretireded.org



May 1, 2014
MARSP

Box 4954, Midland, TX 79704



MARSP Luncheon Meeting Minutes

April 3, 2014

The regular meeting of the Midland Association of Retired School Personnel was held on April 3, 2014, at 11:30 a.m. at the First Baptist Church, President Nancy Young presiding. Mike Landrum gave the invocation and led members in the pledge. President Young invited members to "Ring the Bell for Maridell" by donating to the Texas Retired Teachers Foundation in honor of Maridell Fryar. Maridell, a local MARSP member, is the President of TRTA and will be conducting her last convention this month in Dallas.

Nancy Young welcomed all members and guests including Ramona Williams and John Laschkewitsch. She also expressed appreciation to Karen Burden and Nancy Stewart for table decorations and to Orin Wade for the luncheon music.

Pat Adams introduced Michael Price, Executive Director of the I-20 Wildlife Preserve, who presented the program, "Where We Have Come and Where We Are Going." Mr. Price presented a slide show and answered questions about the Preserve. Nancy Young introduced Allison Peeler, President of the I-20 Wildlife Preserve Board.

The TRTA Convention will take place April 13-15 in Dallas. MARSP members who will attend are: Karron Pearson, Virginia Conner, Sheila Morrow, Linda Buzan, Nancy Young, Ann Parish, Martha allus, and Maridell Fryar

Committees are in place for the 2014-2015 year. President Young thanked those who accepted positions. There will be a meeting of outgoing/incoming officers and committees on May 5 at 1:30 p.m., in room 101 of the MISD Central Office. (As of the printing of this newsletter, the May 5 meeting has been cancelled.)

President Young announced the Spring Leadership Training which will be held on May 9th at Region 18. She encouraged all incoming officers and committee chairmen to attend. The Newsletter will have information about registration and times.

Installation of officers for 2014-2015 will take place at the May 1st MARSP meeting and will be conducted by Ann Parish. New officers were asked to provide a bio for MRT. Pictures will be taken at the installation for the newspaper.

First Vice-President Jean Alvey announced that as of the April 3rd meeting there have been 198 membership renewals for the 2014-2015 year. The membership drive continues, including new members Jerry and Nancy Ward.

Pat Adams, Second Vice-President, reported the collection of 397 books and 109 box tops. She asked members to continue to collect these items.

There were no additions or corrections for the March minutes so they were approved as printed in the newsletter. Copies of the treasurer's report were on the tables for members to review. There were no questions, so the report will be filed for audit.

In legislative news, Jan Van Eman gave a report about candidates Dan Branch and David Dewhurst. Jan reported that Dan Branch has not been supportive of TRTA in the past.

(con't page 2)



Please Come to the May Meeting

Don't forget to put Thursday, **May 1**, 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. Ann Parish, District 18 TRTA President, will be installing 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 by Monday, April 30.

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

(con't from page 1)

Patti Watson, Friendship Chairperson recognized the April birthdays.

Members were reminded to encourage students who are studying to become teachers to apply for the MARSP scholarship. Applications are due in June.

Health Care Chairperson Karron Pearson reminded members to continue their exercise. The winner of the drawing for exercise hours was Jan Van Eman.

Nancy Young announced that MARSP had a total of 80,799 hours of community service for the 2013 year. At \$22.57 per hour, that would have been wages equaling \$1,823,633.43. Shirley Moreland was the winner for the volunteer hours drawing.

The meeting was adjourned at 1:20 p.m.

Karen Burden, Secretary

~A Note from the President ~



The year is coming to a close and we have had good meetings, great programs and good attendance. All that sums up to a successful year. Thanks to all of you who have been so faithful serving as officers, on committees and members attending the luncheons . . . even in COLD weather!

Officers for 2014-15 will be installed at our May 1 meeting. Awards will be presented from TRTA and MARSP. We will come to the end of the year and can look forward to a happy summer.

We will begin again on August 7, 2014 for the District XVIII meeting in which the local units of the district will meet for lunch at First Baptist Fellowship Hall. Tim Lee, Executive Director of TRTA, will be our speaker and give us a TRTA update. Mark your calendar. You will receive a post card regarding this event.

Spring Leadership Training will be May 9 at Region XVIII. Registration begins between 8:00-8:30 and the meeting is 9:00-2:00. **New officers and committee members are encouraged to attend and receive information about their duties.** Representatives from TRTA and Member Benefits are there to give information. Lunch is served and is FREE!! Mileage is paid if you carpool. Please contact me, Nancy Young, 697-2395, by May 1 or you can register at the May 1 meeting if you plan to attend so that a count can be made for lunches. This is a good opportunity to meet members of other local units.

NEW OFFICERS – Please send me a bio of you career. We will take pictures at the installation and would like to have that information for the MRT.

- Number of years taught
- Subjects taught
- Places and Schools taught
- Retirement Date
- Anything you would like to add

Again, thank you for your being such great members. MARSP is so fortunate to have all of you and we hope you will continue to contact those members who have not renewed their membership so that we can have an even larger group of members for 2014-2015.

Blessing,
Nancy Young

IMPORTANT ADVICE!



This is a reminder to make a list of:

* Your passwords and user names and keep that list in a safe-deposit box or with your will. This is a huge help for your kids (or whomever you have chosen to look after your personal affairs) because if you are in the hospital or incapacitated, it allows the right person to access the information necessary to pay bills, contact friends and answer email.

* Your identity card, any credit or debit cards, or any other cards you might carry in your billfold. Keep this list in a safe place. If your billfold/ wallet is lost or stolen, this will enable you to have the critical information you need to notify the issuers.

Sharon Welch, Informative and Protective Services

Volunteer Hours



MARSP recently turned in our volunteer hours for 2013. We recorded 80,799 hours. If we had been paid for those hours, we would have earned \$1,823,633.43. Please remember to keep a record of your volunteer hours this summer.

Watching grandchildren is a wonderful way to get hours. A new ruling by TRTA says that you may only count **12** hours a day as volunteer hours, but those still add up when you are watching children. Any work you do for which you are not paid is considered volunteer, so please keep up with those hours.

Jennifer Cooper, Community Volunteer Chair

Volunteer Hours - April, 2014

Name: _____

Number of Hours: _____

Exercise - April, 2014

Name: _____

I Did Exercise: _____



The Brain Game

Do each of the following in succession:

1. Visualize a place you'd like to be. Maybe it's riding the crest of a monster wave, soaking up the rays on a sandy beach or maybe it's your room, catching some much-needed ZZZ's. Create the image of that place in your mind and hold it for a minute or two.
2. Listen to the sounds in the room around you. Really listen. What do you hear? The cracking of someone's gum? Muffled laughter in the hall? The low buzz of music humming in the background? See how many sounds you can differentiate.
3. Silently tap your fingers, one tap, one finger at a time, in succession. Then reverse the order of tapping. Then tap each finger twice, in succession then in reverse. Then three times.
4. Starting at 100, count backwards by 7's.
5. Remember some event from your past—the first time you rode a bike all by yourself or your grandmother baking your favorite cookies. Put yourself back in that place, and recall everything you can about it: Who was there with you? What were you wearing? What emotions were you feeling?
6. Now pinch yourself. Pick a tender spot on the inside of your elbow, and punch the skin just hard enough to feel pain.

In performing these six tasks, you've just activated a good portion of your brain. Even something as "simple" as tapping your fingers in succession requires a phenomenal act of coordination among millions of nerve cells through the brain all acting together in perfect timing to produce the signals that commit your fingers to move.

If you had been lying inside a PET or MRI scanner—tools of modern neuroscience that enable scientists to take images of the living brain as it works—the scans would show distinct areas of your brain "lighting up" as you did each test. Tapping your fingers in succession would activate groups of neurons in at least four distinct areas of the brain.

All this take place in a mere fraction of a second. Not such a simple task after all, from the brain's perspective.

"It's Mind Boggling" The Dana Alliance for Brain Initiatives, 2012

Karron Pearson, Health Care



Scholarship Information

The deadline for submitting applications for the MARSP scholarship is Friday, June 6. 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.

Forms and instructions for completing them can be found on our website at www.midlandretireded.org. 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 and/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



Books, Magazines,. Box Tops and Soup Labels

As of this date, 397 books have been delivered to some of the children in Midland. Box Tops total 129 and Campbell Soup Labels total 35. Please remember while you are visiting garage sales this summer, look for gently used children's books. And when you see the new playground equipment at Ben Milam next year, remember that our box tops helped those children get their equipment.

Patricia Adams, Book Chairman



Have You Exercised?

Do you clean your house? If you answer is "yes" then you can take credit for exercising. If you have not turned in your exercise record, please do so. All you have to do is let Karron Pearson know if you exercised during a particular month. If you exercise at least once during every month, then she needs to know that you exercise(d) all twelve months. You may e-mail Karron at karronpearson@sbcglobal.net or you may call her at [699-6360](tel:699-6360). She needs this information by the middle of May so that she can make her report to the district. Remember that even cleaning house counts as exercise, and I think we all are lucky enough to have that pleasure.

Thinking of Our Members



Cards are sent as needed and requested to our members to let them know that we are thinking of them. Thinking of you cards were sent recently to Bobby Hughes, husband of Yvonne Hughes, Linda Hall, Sandy Hammontree, Judia Foreman, Betty Bagwell, and Dorothy Thompson. Sympathy cards were sent to the family of Wanda Franke upon her death, to Deena Harral at the death of her mother Ladye Ann Harral, to Fran Schuute's family upon her death, and to Yvonne Hughes at the death of her husband Bobby.

The newsletter will not be published during the summer months, but please continue to notify Patti if you know of a member who would appreciate a card. She can be reached at 9 Ridgmar Court, 79707, or e-mail her at pnw1000@gmail.com. Her phone number is 697-1170. If you have get well cards or thinking of you cards that you do not need, she would appreciate those as well.

Patti Watson, Friendship Chair



Member Benefits

Two of the benefits that come with your TRTA membership are discounts from Apple and Dell.

Apple Products Discount *877.377.6362* www.apple.com/eppstore/amba Members qualify for preferred pricing on the latest Apple products and accessories. Program benefits include special member discounts on products, quarterly promotions, free standard shipping on orders over \$50, online custom product configuration, and more. Discounts not available on all items. Check with Apple by phone or online to verify discounted items. Use **code AMBA**.

Dell Computers *800.695.8133* www.trta.org Special pricing is available under their Employee Purchase Program. You may purchase online and by phone; use the **TRTA ID KS41515384** code.

Virginia Conner, Member Benefits



Maridell Fryar and the Foundation

"Ring the bell for Maridell." That was the slogan heard around the convention floor one year ago as Maridell Fryar ran for president of TRTA. She won that election, and it's difficult to believe that her year as president is coming to a close. When she presides over the state convention in a few days, it will be her last official presidential act. At our April luncheon, MARSP collected a donation to the Texas Retired Teachers Foundation in her honor in the amount of \$500. This will be presented to the Foundation at the luncheon held during the convention. Maridell has been an outstanding president, and we are proud to claim her as our own.

Thank you, Maridell, for your guidance and leadership during this past year. Your expertise will be a welcome addition to the Board of TRTF for the next two years.

Martha Kallus, Foundation Liaison



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, we know that our insurance is in near crisis.

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 There is power in numbers. Be informed.



Membership News

We are making progress, friends! Thank you so much. At this date we have 211 new and renewed members! I know I sound like a broken record, but there are still many people who have not renewed. You can still bring your money to the May meeting, the last one until August, or send it in. If that form has disappeared, you can just send your check to Box 4954, Midland, TX, 79704. Be sure to include any changes in your record. I will have more forms at the May meeting. All who are members at the time the yearbook is printed will have their names included and will receive a yearbook. I don't know about others, but that is one of only two places where my mobile number is listed.

Diamond Plus: If you would like to be a continuing member on the state level, this is now called Diamond Plus. The advantage to the member is having the state dues come out by payroll deduction each month in the amount of \$2.92 a month, leaving only \$15 to pay the local unit. The state benefits by saving money for mail outs, etc. and by being assured of a continuing membership. It is a win-win situation for all IF you remember to pay our local unit.

I will have forms available at the May meeting or you may get the forms online at www.trta.org. Choose Membership, Join TRTA, where you will find two forms which are BOTH to be completed and sent to TRTA, even though one of them says otherwise!

Join us for the fun and fellowship. Join us to help our local unit. Join us to help in the legislative fight for our own affordable health care which is in jeopardy! Join us because TRTA and local units such as ours are the only bargaining power we have as retired teachers.

Join us!

Jean Alvey, Membership