

MARSP

www.midlandretireded.org

NEWSLETTER

DECEMBER 2009

November 19, 2009
MARSP
Box 4954, Midland, TX 79704



JOIN US FOR THE DECEMBER MEETING!



THE TARDY BELLS
A HAND BELL CHOIR
WILL ENTERTAIN US

AT THE BEGINNING OF THE MEETING.

- ▶ Thursday, December 3, 2009 - **Grace Presbyterian Church, 2801 N. Garfield St.**
- ▶ Sanctuary - 11:45 a.m. The Tardy Bells play.
- ▶ 12:15 noon - Lunch in the Fellowship Hall
- ▶ **Catered by Prescott's Restaurant - \$10.00** 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 **\$10.00**, even if you cannot attend.

Call Anita Patton at **432-697-1602** or e-mail her at **apatton123@sbcglobal.net** by **Monday Noon, November 30**, for reservations.

Scholarship

The MARSP Scholarship is given annually to a UTPB student acquiring a teaching certificate. **This year's recipient of our \$1,000 scholarship is Cathy Venegas, Odessa, TX.**

Donations have been made to the Scholarship Fund in memory of the following:
Virginia Gutierrez Janie Chavarria
Sallie White Dolores Ward

Please continue placing your donations for the Scholarship Fund into our bags on the tables at each meeting.

Book Project

524 books have been donated this year already. Bring yours to the December meeting. A final number of donated books must be reported to TRTA at the end of December. We want to be able to report a sizable number, especially since this is Maridell Fryar's main project as TRTA's Second Vice-President.

In Memory

Anita Kaye Dunlap
Clarence D. Johnson
Alcenula Modkins
Franklin Thompson
Dolores Ward

Condolences to Sharon Welch on the death of her grandson, Daniel Welch.

Call Pat Adams at 697-3339 with news of health concerns.

JOIN US FOR THE JANUARY MEETING!



MARY LOU CASSIDY,
ATTORNEY,
WILL PRESENT

"JUST THE FACTS AND OTHER DOCUMENTS YOU SHOULD HAVE."

- ▶ Thursday, January 7, 2010, First Baptist Church
- ▶ Fellowship Hall - 11:30 a.m. Meet and Greet
- ▶ 12:00 noon - Lunch in the Fellowship Hall
- ▶ 12:30 p.m. - Program and Business

Again, call Anita Patton at **432-697-1602** or e-mail her at **apatton123@sbcglobal.net** by **Monday, January 4**, for reservations. **Cost for this luncheon will be \$5.00.** Be sure to give an **accurate** and **prompt** reservation for you and your guests by email or telephone.

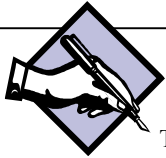
ALL VOLUNTEER AND WALKING COUNTS FOR THE 2009 YEAR SHOULD BE TURNED IN TO NANCY YOUNG AND KARRON PEARSON BEFORE THE END OF DECEMBER.

Call Nancy at 697-2395 or email her at **cd.young@grandecom.net.**

Call Karron at 699-6360

or email her at

karronpearson@sbcglobal.net.



MARSP LUNCHEON MEETING MINUTES
November 5, 2009

The Midland Association of Retired School Personnel met on Thursday, November 5, 2009, in the Fellowship Hall of First Baptist Church. President Ann Parish called the meeting to order at 12:25.

President Parish called on Nancy Doss to lead the invocation and the pledges to the American and Texas flags. After welcoming those present, President Parish introduced Beth Crawford and Frankie Fletcher, who presented a program about the Aphasia Center. Following the Aphasia Center presentation, Martha Kallus gave information about the Texas Retired Teachers Foundation.

The minutes from the October meeting were approved and filed as written. Treasurer Natalie Eustace reported a balance of \$2,134 in the MARSP checking account.

ANNOUNCEMENTS

President Parish introduced new member, Charlene Evans. She thanked Karron Pearson and Mary Jo Boyd for the table decorations.

The next Board meeting will be Monday, November 9, 2009.

The Petroleum Museum is seeking volunteers. Information was provided on the tables.

First Methodist Church is collecting new coats for kids or cash donations.

President Parish asked for a volunteer to attend the Teacher Retirement Education Committee meeting at Region 18 on Monday, November 5, for Janet Haney. Jeannine McKimney volunteered.

President Parish reminded members to make lunch reservations and pay for them, even if unable to attend.

A thank-you note from John Hyde was read by President Parish. She also announced that Judy Buckingham had been diagnosed with Parkinson's disease and that Leonard Boyd was recovering from surgery.

Other thank-you notes were read from the Children's Clinic for the MARSP donation of books and toothbrushes and from Patty Smith for the donation to the Celebrations of Light Storytelling Festival.

Pat Adams reminded everyone to bring all book donations by the December meeting as the count ends in December.

Sharon Welch, Second Vice-President, announced that the January meeting would be Mary Lou Cassidy concerning legal documents. February's meeting will be a MARSP members' "Show and Tell" of crafts and collections. President Parish reminded members that the December meeting would be at Grace Presbyterian Church and would include lunch catered by Prescott's for \$10 and a program of hand bell ringers from Big Spring, the Tardy Bells. The program will be first at 11:45, followed by lunch.

Mike Landrum, First Vice-President, announced that the yearbooks will be mailed later this month.

Mary Jo Boyd and Ann Andrews were awarded free lunch certificates for the drawings for steps and volunteer hours, respectively.

The meeting was adjourned at 1:30. Nancy Doss, Secretary

It's All about YOU!!

It is important to be mindful of the choices you make for your personal health and well-being. Taking care of yourself should be a priority. Set aside time everyday for YOU - be active, enjoy hobbies, and share time with your family and friends.



* Strive for balance in both your personal and work/volunteer life.

* Make time for important relationships in your life.

* Ask for help whenever you need support from others.

* Find ways to relieve stress, like physical activity and relaxation techniques.

* Be open-minded to try something new, like a hobby or activity.

*Talk to your family doctor, who can provide resources and advice when you need it.

From - The American Academy of Family Physicians



TRTF Offers Scholarships

The Texas Retired Teachers Foundation offers scholarships which are available for students who are related to TRTA members and also offers grants to active classroom teachers for innovative classroom projects. To find out about applications, go to <http://www.trtf.org>. Support our Foundation and help it work for you.

Send your donation for the TRTF Fund to Martha Kallus, 2213 Shell Ave, Midland, TX 79705.

Did you know..... pulse rate indicates heart attack risk?

Postmenopausal women with a resting heart rate of more than 76 beats per minute are 26% more likely to suffer a heart attack in the next seven years, compared with women whose resting heart rates are 60 beats or fewer per minute. A similar association between heart rate and heart attack risk has been previously shown in men. To determine resting heart rate: Before drinking coffee in the morning, sit quietly for five minutes. Hold your fingers on your wrist, and count your pulse for 30 seconds. Double the number to get your resting heart rate. If it is over 76 beats per minute, talk with your doctor.

Judith Hsia, MD, senior director of clinical research, AstraZeneca LP

Volunteer Hours (check one)

All Year 2009 Nov. 2009 Dec. 2009

Name: _____

Number of Hours: _____

Walking Steps (check one)

All Year 2009 Nov. 2009 Dec. 2009

Name: _____

Number of Steps: _____

