

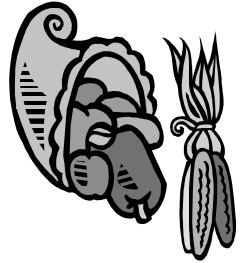
# MARSP

## Newsletter

### November, 2014

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

November 6, 2014  
MARSP  
Box 4954, Midland, TX 79704



#### MARSP Luncheon Meeting Minutes

October 2, 2014

The regular meeting of the Midland Association of Retired School Personnel was held on October 2, 2014, at 11:30 a.m. at First Baptist Church, President Nancy Young presiding. George Cooper gave the invocation and led members in the pledge. Nancy Young welcomed all members and guests and expressed thanks to the staff of First Baptist for preparing lunch, Orin Wade for his piano music, and Dorothy Thompson for providing the table decorations in the absence of Deanna Dunn.

President Young announced the death of MARSP member Diantha Dawkins and led the members in a moment of silence. Members were asked to make a donation to the scholarship fund in Diantha's memory. Diantha had worked as the Scholarship Chairperson for several years.

Sheila Morrow introduced guest speakers Bill and Carol Bynum. They presented their program "Stories and Beautiful Pictures of Scuba Diving in the South Sea." After the slide show, Sheila presented them with a certificate of appreciation. A donation will be made to the scholarship fund in their honor.

President Young announced that Sue Ashwood has agreed to be the Historian for the 2014-2015 MARSP year. She also informed members of the upcoming elections. TRTA stresses the importance of voting and how it impacts the future. Early voting begins October 20<sup>th</sup> and continues through October 31<sup>st</sup>. Election day is November 4<sup>th</sup>.

The membership drive for MARSP continues. The membership now stands at 339 members.

Co-Second Vice-Presidents Linda Buzan and Sheila Morrow stated that our November meeting will be given by Midland County Library on genealogy research. Sheila also announced a goal of collecting 5,000 books for distribution in the community. Monetary donations are also accepted. Sheila then asked if there were members interested in tutoring at risk Midland High students. Tutors are needed in geometry, Algebra II, College Prep Math, Physics, Chemistry, English/Writing, Spanish, and French. The sessions are scheduled for Tuesdays, 4:00 – 6:00 p.m. at First Presbyterian Church, Lynn Hall. Members who are interested were to pick up a flyer with contact information. Sheila also said that the Alzheimer's Association needs presenters to speak to various groups in the community.

Copies of the September minutes and the Treasurer's report were on the tables for members to review. There were no additions or corrections to the minutes so they were approved as printed. The Treasurer's report was also approved and will be filed for audit. President Young expressed thanks to John and Shirley Moreland for doing the audit of the 2013-2014 books.

Foundation Chairperson, Gail Wacker, announced that November will be Foundation Month. Members were encouraged to bring their donations.

Patti Watson, Friendship Chairperson, recognized October birthdays.

President Nancy Young announced that Mike and Kathy Landrum were in the process of having the yearbook printed. Members will receive their copy of the yearbook in the mail along with the November newsletter.

In the absence of Karron Pearson, Health Care Chairperson, Dorothy Thompson informed members of the Healthy You event at the Midland Memorial Hospital on Saturday, October 11<sup>th</sup> from 9:00 a.m. until 2:00 p.m. Pre-screenings for several diseases will be available.

Donna Vaden, Member Benefits Chairperson, reminded members to look for a listing of benefits in the back of *The Voice* and to use them. It was also announced that the League of Women Voters will hold a forum at Midland College on Monday, October 6<sup>th</sup> at 7:00 p.m. The subject will be public school funding, testing, and accountability.

The winner of the Health Care drawing for a free lunch at the November meeting was Gail Wacker. The Volunteer Hours winner was Donna Vaden.

Carole Miller requested members who have had a change of address to report the new address to her to insure that they receive a yearbook.

Karen Burden, Secretary

#### Please Come to the November Meeting

Don't forget to put Thursday, **November 6** on your calendar. This is the date for the next meeting of MARSP. Meet and greet begins at 11:30 a.m. followed by lunch at 11:45. The program begins at 12:15 and will be Marie Humphries, speaking on the topic "How To Get Started In Genealogy." The cost is \$6.00, and your reservation is your commitment to pay, even if you cannot attend.

Call Anita Patton at **432-697-1602**

or e-mail her at [apatton123@sbcglobal.net](mailto:apatton123@sbcglobal.net) by Monday, November 3

### Cards Are Sent to Members



Since the printing of the last newsletter, the members of MARSP have, for the most part, been healthy. A thinking of you card was sent to Ann Dixon's husband. They recently moved but remain in touch with friends in MARSP. A sympathy card was sent to the family of long-time MARSP member Diantha Dawkins upon her death. Also, a card of sympathy was sent to Dorothy Thompson upon the death of one of her cousins.

If you know of anyone who would appreciate a card, Patti Watson can be reached at 9 Ridgmar Ct., 79707 or emailed at [pnw1000@gmail.com](mailto:pnw1000@gmail.com). Her phone number is 432-697-1170.

Patti Watson, Friendship Chair

### VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE



**Did you know that there are only sixteen countries in the world where the citizens are allowed to vote. You can exercise that right on November 4 by going to the polls and voting. Early voting begins on October 20 and continues until October 31st with regular voting on November 4th. It doesn't matter how you vote. Just exercise your right to have your voice heard and vote.**

### SUPPORT THE TEXAS RETIRED TEACHERS FOUNDATION



The Texas Retired Teachers Foundation's (TRTF) annual fund-raising event, Foundation Month, begins in November. Foundation Month seeks to fund charitable programs such as classroom assistance grants, helping hands and the scholarship program.

"Helping Hands" is for a one-time unscheduled expense. Assistance has been for things like a broken pipe, a branch fallen on a roof, unexpected medical or dental expenses plus other worthy assistance. Remember, the first "Helping Hands" was for a new set of tires. The program continues to grow for helping retirees in need.

For the scholarship program the goal is to provide ten \$500 scholarships to graduating seniors or those already in college majoring in education. An applicant must be a member of a TRTA member's family.

The grant program for teachers is designed to provide help to 10 teachers for creating unique projects and learning platforms for their students. Each grant will be for \$500.

TRTF is committed to improving the past, present and future of teaching in Texas. But we can only do so much before exhausting available funding resources.

TRTF needs your help to continue the charitable programs that comfort retired teachers, inspire active teachers and enable future teachers to achieve their dreams. Since 2008, TRTF has provided more than \$170,000 to public school retirees, teachers and students. This type of impact would not be possible if not for the generous donations provided by you and your fellow retirees.

Throughout the month of November, Texas Retired Teachers Association (TRTA) local units will be accepting donations toward TRTF. You have the power to make a change through the simple act of charity.

Please plan to give generously as MARSP has done in the past. There will be bags on the table at the November luncheon for your contributions. If you will not be at the meeting you may mail your contribution to MARSP at P. O. Box 4954, Midland, TX 79704-4954. If you have a preference, you can designate on your check which program you would like to support. If you donate at the luncheon, you may attach a note to your contribution designating which program you would like to support. Please give generously.

Gail Wacker, Foundation Chair



### More Books Needed

The goal for the book collection this year is 5000 books. The collection for this year ends in December, and we are a long way from our goal. Please ask your friends or go to garage sales or Good Will to find every book that you can. We have given books to over a dozen places in Midland who cater to children. The books the children receive are sometimes their first book. If you can't find a book, you may give cash and books will be bought on your behalf.

Thank you for your generosity. Linda Buzan,  
Sheila Morrow, Co-chairs



### Tutors Needed

Do you have a heart for helping students? Are you a math or science whiz or do you love writing and literature? If so, your help is needed. 1 TO 1 offers free one-on-one tutoring weekly in geometry, Algebra II, College Prep Math, physics, chemistry, English/writing, Spanish and French. Tutoring takes place on Tuesdays from 4:00-6:00 at First Presbyterian Church, Lynn Hall. For more information, contact Laurie Boldrick at 432-682-3133 or you may contact [laurieboldrick@att.net](mailto:laurieboldrick@att.net).

### **Volunteer Hours—October, 2014**

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

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

### **Health and Wellness—October 2014**

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

**Yes!!! I Did Exercise** \_\_\_\_\_



By Tim Lee

Want to keep up with the latest legislative activity which concerns retired teachers?

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



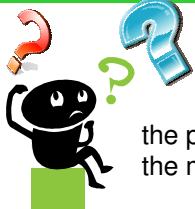
### MEDICAL REMINDERS

Get your flu vaccination. Everyone six months or older should get the annual vaccination. For those age 65 or older the high-dose vaccine is almost 25 % more effective than the standard dose. Children ages two to eight should get the nasal spray.

Pain or itching can be signs of skin cancer, warns Gil Yosipovitch, MD. People often are told to be on the lookout for visual changes to their skin, but it is important not to overlook how skin feels. Recent findings: More than one-third of skin cancer lesions itch - these can be a sign of basal cell carcinoma. About 30% are painful, and these can indicate squamous cell carcinoma. Gil Yosipovitch, MD, Chair of Dermatology at Temple University School of Medicine in Philadelphia.

Bottom Line, Volume 35, Number 19, October 1, 2014

Karron Pearson, Health Care



### DECIPHERING DATES ON FOOD PACKAGES

Take a look in your refrigerator or your cupboard. Pick up a package. Locate the date or code on the package. Do you know what it means? If you're like most consumers, you're confused about whether the means a food is safe to eat or not.

As a result, each of us is tossing out about 20 pounds of food each month. That's a lot of food to rot in landfills and fill the air with methane gas, a greenhouse gas. Of course, no one wants to risk food poisoning, but are you throwing away food that is still safe to eat?

You may be surprised to hear that dates on packages are intended to ensure quality not safety. They're meant to speak to the grocer more so than you. Safety still matters, especially for infant formula. Infant formula dates are mandated by law, the rest are not required except for eggs in some states.

Here are explanations for commonly-seen dates on food packages:

- **Sell by.** This date tells the grocer how long to display the product for sale. You should buy the product before the date is past. The "sell by" date is the last date the item is at its highest level of quality, but will still be edible for some time after.
- **Best if used by (or before).** This date is recommended for best flavor or quality. It is not a purchase or safety date.
- **Use by.** This date indicates quality; there may be a decline in quality after this date. This date is set by the manufacturer.
- **Closed or coded dates.** These are packing numbers for use by the manufacturer. These may be used in food recalls.
- **No date.** Eat, refrigerate, cook or freeze the food shortly after purchase. Consult food storage guidelines for specifics.

If you're unable to use a perishable food within a few days of purchase, consider freezing it if appropriate to do so. Freezing ensures safety indefinitely. However, quality will decline as the months pass.

Follow food safety guidelines, such as keeping cold food cold, cooking foods to proper temperatures, and refrigerating and reheating leftovers in a timely manner. When in doubt about whether a food is safe to eat, toss it out rather than risk getting sick.

Sharon Welch, Informative and Protective Services

Katherine Zeratsky, R. D., L. D. Mayo Clinic



### DRY SKIN A PROBLEM?

Guarding against dry skin is a challenge. With age, oil glands become less active. Your skin is less able to replenish the oils and fluids removed by soap and water. To guard against the drying effects of bathing, try these tips:

- \* Limit bath and showers - Bathing once a day or every other day is sufficient for most people.
- \* Limit time and temperature - Use warm (not hot) water for five to ten minutes.
- \* Select soaps carefully - Choose super fatted, non-sudsing soaps that clean without removing oil. (Basis, Purpose) Soap substitutes in bar, gel and liquid forms are less drying than are deodorant and antibacterial soaps.
- \* Limit use of soap - Limit the use of soap to your face, underarms, genital areas, hands, and feet. Using clear water on the other areas of your body cleans adequately most of the time.
- \* Pat dry. don't rub—when toweling dry, pat your skin gently, or brush your skin rapidly with the palms of your hands.
- \* Seal in moisture - While still damp, lubricate your skin with an oil or cream, especially on your legs, arms, back and sides. A heavy moisturizer (water-in-oil formula) is longer lasting than a light cream that contains more water than oil.

Mayo Clinic 50 Head-to-Toe Health Tips

Karron Pearson, Health Care



