

MARSP NEWSLETTER

OCTOBER MEETING

"SAND DUNES AND PRAIRIE CHICKENS"

By Burr Williams-- Sibley Nature Center

Don't miss this great program!

Thursday, October 4.... First Baptist Church Fellowship Hall
11:30 -- Meet and Greet, 12 Noon -- Lunch, 12:30 -- Program and Business

United Way of Midland will make a short presentation.
Plan to make a contribution to this organization that works
to support so many worthy projects in Midland. Bags on the tables will be for the fund.

\$4 for lunch. Be sure to give an accurate and prompt reservation by email or telephone. A reservation for the meal is a commitment to make payment if not in attendance. Call Yvonne Black @ 682-1858 for changes in reservations.

MEMBERSHIP REPORT

Currently MARSP has 299 paid members. There are STILL 26 hold-outs from last year! We need everyone to join. It's the best voice we have for the Texas Legislature to hear us. Mail your check to our PO Box 4954 (04) or come to our next meeting and bring your check.

JOB OPPORTUNITY

Interested in serving as a proctor or test administrator 1 to 2 days a week? If so, call Bev Philbeck at 685-0033. The job description is posted on their web site at <https://sh.webhire.com/servlet/av/jd?ai=205&ji=2089267&sn=1>

The Scholarship Committee reports that UTBP is working with the committee to find a worthy recipient for the MARSP scholarship

About Our Members Former Colleagues

*Our sympathy
to Betty Lathan with the loss
of her husband, the Rev. Robert Lathan.
and to
Marilyn Mathis with the loss
of her husband, Bill Mathis*

*Grace Osadchuk remains in serious condition.
She hopes to gain enough strength to return home and
looks forward at being able to see her youngest daughter
married in late October.*

Charles Burbank continues to experience health concerns.

*Word has been received that
Zella Michener, widow on long-time MISD administrator
Robert Michener has passed away, 2 days short
of her 100th birthday.*

*Longtime MARSP members and contributors to our
organization, Billy and Annalon Gilbreath are in the process*

OTHER ITEMS OF INFORMATION

THE HOSPITALITY COMMITTEE IS LOOKING FOR VOLUNTEERS that would be willing to be in charge of decorating the tables for a month. If you have volunteered before, you may use the same decorations again. Repeat performances are approved. Call Pat Southerland regarding this item.

BE SURE TO REPORT ANY AND ALL ADDRESS, PHONE OR EMAIL CHANGES TO MIKE LANDRUM. He will pass those on to concerned chairmen. It has been noted that email messages regarding legislation, reservations, etc., have failed to be delivered. Also, the Landrums are working on the yearbook and need any changes or corrections for that.

STILWELL RETIREMENT RESIDENCE has sent a thank you note for our contributions to their facility and for their mission.

BRICKS on the Historic "Walkway to the Wall" outside the Trinity Office Center (TRTA Bldg) in Austin will be sold through 12/31/07. Sales will close at that time as the space will have been filled. Contact the Foundation office at 512-480-311 for additional information if you wish to purchase a brick.

HEALTH COMMITTEE REPORT

Midland Association of Retired School Personnel • PO Box 4954 • Midland, TX 79704-4954 • www.midlandretireded.org

The Health Committee encourages everyone to continue their exercise and make proper selections of foods for good health. Besides the work that TRTA is doing on the walking program, there is a GREAT program developed by Texas Cooperative Extension called "Walk Across Texas" and their website is <http://walkacrosstexas.tamu.edu>. Click on the "equivalents" link and it gives the mileage equivalents for various activities. It also gives other good information about the program. Remember, 1000 steps = 1 mile. For copies of the mileage equivalents, go to the web site, or copies will be available at the MARSP meetings or call Karron Pearson at 699-6360.

Some of the more commonly used equivalents are given below:

Walking, typical pace (3 mph)	30 minutes	1.5 miles	3000 steps
Aerobic (moderate intensity)	30 minutes	1 mile	2000 steps
Stairmaster (moderate intensity)	15 minutes	1 mile	2000 steps
Swimming (30 yd/min)	1 mile	1 mile	2000 steps
Gardening (raking)	30 minutes	1 mile	2000 steps
Dancing, moderate to rapid	20 minutes	1 mile	2000 steps

MARSP Luncheon Meeting Minutes September 6, 2007

The Midland Association of Retired School Personnel met on Thursday, September 6, at the First Baptist Church Fellowship Hall. President Maridell Fryar called the meeting to order at 12:18.

President Fryar called on Jane Samples to give the invocation and Leonard Boyd to lead us in the pledges to the American and Texas flags. She welcomed news members Joyce Whitley, Carol Miller, and Natalie Eustace. She then announced a change in the order of the agenda, so that the program would come before the business meeting.

President Fryar pointed out the donation bags on the tables, which are normally used for scholarship funds. This month, any money collected was given to the Stilwell Retirement Residence, and people were encouraged to donate. Forms were available on the tables for donors to fill out to receive letters for tax deductions. Ms. Fryar then introduced Pat Adams, who introduced our speaker, Bob Herndon from Stilwell Retirement Residence in Waco. He showed a PowerPoint program about Stilwell, a retirement residence designed specifically for retired educators.

New Business: Raymond Painter made a motion to accept the minutes of the May meeting as printed in the newsletter. Dave Kleinbeck seconded the motion, and the motion passed. The Treasurer's Report was accepted with no comment.

Committee Reports:

- Membership: Mike Landrum reported that we have 310 members. 297 of these are also state members, and 24 are new members. However, 25 people who were members last year have not renewed.
- Legislative: Dave Kleinbeck reported that the 13th check will probably arrive in January, but at this point, it is still a possibility, not a sure thing. He also encouraged members to attend various political forums and town meetings and ask candidates about education and especially about retired teachers. There are 250,000 of us, and we should be recognized.
- Maridell Fryar made comments about the 13th check and more changes possible in the next legislative session.

Announcements:

- President Fryar pointed out the two flyers on the tables for the Recording Library of West Texas, one soliciting volunteers and the other promoting their fund raiser September 16 – 22 through Barnes and Noble.
- Ann Parish announced a fundraiser for the library. On Friday, September 7, Whataburger will donate a percentage of any food sold at the store on Big Spring St between 4:00 and 6:00.
- Ann Parish also announced a series of workshops at the library on memoir-writing. The programs will be on Monday evenings, from 7:00 to 8:00, beginning September 17, for six weeks. The series is free, and no participant has to show his/her writing to anyone.
- Yvonne Black reported that 65 people attended the September meeting.
- Yvonne also reported that we still need volunteers for table decorations for some months.
- Yvonne asked that we not take the games used as centerpieces this month. We were welcome to take notepads, TRS magnifying glasses, and brochures, but not the games.
- Pat Adams solicited donations of gently used books for both a Children's Ministry and Casa de Amigos.
- Pat Adams also reminded us that the speaker for October 4 will be Burr Williams, making a presentation on "Sand Dunes and Prairie Chickens."
- Ms. Fryar announced that this year the prize for the winner of the drawing for steps or volunteer hours would be a gift certificate for the meal at a MARSP meeting. The winner this month for steps was Ann Andrews. The winner for volunteer hours was Kay Martin.
- Doris Monger announced that St. Ann's Catholic Church will have a free concert on Sunday, September 9, at 7:00 p.m., starring their new organ.

The meeting was adjourned by President Fryar at 1:14.



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Name: _____ <p style="text-align: center;">VOLUNTEER HOURS September, 2007</p> Number of Hours: _____	Name: _____ <p style="text-align: center;">WALKING STEPS September, 2007</p> Number of Steps: _____
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