

# MARSP

## Newsletter

### October 2012

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



October 4, 2012  
MARSP  
Box 4954, Midland, TX 79704



### MARSP Luncheon Meeting Minutes

September 6, 2012

MARSP met on Thursday, September 6, at the First Baptist Church. At twelve noon, President Deanna Dunn called the meeting to order and asked Mike Landrum to offer an invocation and lead us in the pledge of allegiance.

The President welcomed members, thanked Orin Wade for the piano music, thanked Bobby Kelly for the table decorations, and acknowledged Valerie Watkins for the meal. Nancy Young, Second Vice-President, introduced Dr. Ryder Warren and his secretary, Karen Sherman. Dr. Warren made a presentation about the current state of MISD and possible changes at both elementary and secondary levels.

President Dunn began the business meeting with reporting David Kleinbeck's suggestion for members to stay informed about the TRS insurance changes which will be transferred to Aetna Medicare Advantage and to email TRTA for personal concerns. Next, Ann Parish, District XVIII President, invited everyone to attend the District 18 Fall Convention October 15 at ESC 18 with registration beginning at 8:30 a.m. Co-First Vice-Presidents Kathy and Mike Landrum reported 356 paid members with 41 from last year still unpaid. Nancy Young, Programs Chairman, reported that next month's program will be conducted by Ann Parish to explain defined benefits. Book Project Chairman, Pat Adams, reported that 2,747 books have been donated to date and reiterated that she will accept monies to buy books as well as books to dispense to underprivileged children in the area.

In June, the budget committee met to develop a proposed budget for the new year. Nancy Young moved to accept the budget and Ann Parish seconded the motion. The motion passed.

On Monday, September 9, at 10 a.m., the TRTA District 18 Retirement Education Committee will meet to plan the seminar in February.

Drawings were held for summer steps and community volunteer service hours.

President Dunn adjourned the meeting at 1:33 p.m.

Respectfully submitted,  
Dorothy Baird, Secretary



### Please Come to the October Meeting

Don't forget to put Thursday, **October 4**, on your calendar. This is the date for the next meeting of MARSP. The guest speaker will be District XVIII President Ann Parish. She has attended many training sessions regarding Defined Benefits/Defined Contributions and will update us on this important issue. Meet and greet begins at 11:30 a.m. followed by lunch at 12:00 noon. 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, October 1.**



Good Living Tip of the Month

by Deanna Dunn

Tired of preparing the same old meals? Feel you're in a rut? Has cooking become a drudgery? Don't know what to have for dinner?

The <http://emeals.com/> website will plan one meal/day to your specifications (regular family meals for 3-6, or for 2 persons). The portions include enough for leftovers for one other meal. You can choose options for low fat, low carb, vegetarian, portion control, natural and organic, or clean eating. The site prepares a shopping list from a local grocery store (Wal-Mart in our area), utilizing items on sale for the week. The list includes the price for each item. I have shopped at HEB with these lists and have found them to be as cheap or cheaper. This service costs \$5/month. You would sign up for three months at a time, and the plan automatically renews at the end of three months if you don't contact them to cancel.

All seven menus and recipes with directions for preparation are contained on one page; then, the shopping list is on one other page. My daughter and I have been utilizing these plans for two years. She does the Family for 3-6 - Low Fat Plan, and we use the Low Fat for Two. It really helps us get out of a meal preparation rut and opens us to new foods and/or new ways to prepare basic foods. It includes Greek, Italian, and Mexican recipes to spice up mealtime. It has answered that "What will we have for dinner?" question. We have enjoyed nearly every meal. Some were definitely outstanding, and we've cooked them over and over. Occasionally, you find one that is not an instant favorite, but that is rare.



By Tim Lee

Go to <http://www.trta.org> and click the Inside Line icon like the one above. Then follow the directions.

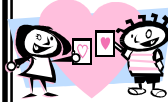
**The TRTA Call Your Legislator Hotline:**

**1-888-674-3788**

**TRTA Legislative Hotline:**

**1-877-880-1651**

Cards Are Sent to Members



MARSP sends cards to its members when we are notified of the need. A sympathy card was recently sent to Karen Burden on the death of her father. Thinking of you cards were sent to Sue Burdette and Judy Buckingham. A card of congratulations was sent to Ann Parish upon her election to the office of President of the TRTA District Council.

If you know of anyone who would appreciate a card, Patti can be reached at 9 Ridgmar Ct., 79707 or [pnw1000@gmail.com](mailto:pnw1000@gmail.com). Her phone number is 432-697-1170. She would also appreciate donations of cards that you do not want.

Patti Watson  
Friendship Chairperson



MEMBERSHIP NEWS

Current MARSP membership is approximately 365. Last year, we had a membership of 384, the highest in history. Please help us surpass our record.

**Remember Your Membership = (Added Influence) + (Updates on Educational Related Matters that Affect You) + (Association with School Friends) + (Informative Programs at Monthly Luncheons) + (Access To Insurance Programs Specialized For You) + (Opportunities to Participate in Service Projects and Personal Health Programs).**

**NOTE: For former members who have not rejoined by October 1, MARSP cannot guarantee inclusion in the 2012-13 yearbook. Also, because of increase of postage prices, the association cannot guarantee mailing of yearbooks after the initial bulk mailing.**

**DUES OF \$40.00 FOR BOTH STATE AND LOCAL MEMBERSHIP SHOULD BE MAILED TO MARSP, BOX 4954, MIDLAND, TX 79704.**

**THANK YOU IN ADVANCE FOR YOUR CONTINUED WORK IN PROMOTING THE ONLY ORGANIZATION DEDICATED TO THE WELFARE OF RETIRED EDUCATION PERSONNEL. WE NEED AN ACTIVE MEMBERSHIP AND THE NUMBERS TO INFLUENCE LEGISLATORS IN AUSTIN.**

Call Mike or Kathy Landrum, 631-7390, with questions.

**Volunteer Hours - September 2012**

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

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

**Walking Steps - September 2012**

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

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

### Gasoline Discounts in Midland



Two major gasoline distributors in Midland are currently offering substantial discounts to customers when purchasing gasoline.

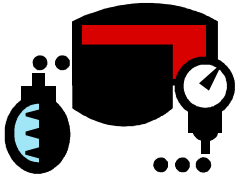
HEB is offering a 12 cents per gallon discount with use of the HEB GIFT CARD. The gift card may be purchased inside the store for use at the pump.

WAL-MART is offering a 15 cents per gallon discount with use of a Wal-Mart Money Card or Wal-Mart Credit Card. You may receive a 10 cents per gallon discount with use of a Wal-Mart Gift Card. The Wal-Mart Gift Card may be purchased inside the store for use at the pump. This offer is good through December 24, 2012.

These prices have been verified by talking with Customer Service at each store on September 12, 2012.

Sharon Welch  
Informative and Protective Services

### Health Fair



For the past eleven years, Midland Memorial Hospital has hosted the health and wellness expo Healthy U. The free event will feature dozens of exhibits and presenters—all focused on providing information and resources that can help everyone lead healthier lives. As always, a variety of free screenings, including eye exams, foot screenings, balance testing, and much more will be offered. Plus, a grand-prize giveaway will provide yet another reason to stop by Healthy U.

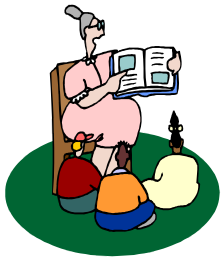
Gather your friends to take advantage of this great resource and have a fun day going to the Horseshoe Arena with them.

Healthy U will take place Oct. 20 from 9 a.m. - 2 p.m. at the Midland County Horseshoe Arena, on Interstate 20.

Karron Pearson-Health Care

### Bowie Library Volunteers Needed

Are you looking for a place to volunteer a few hours a week? Do you love to be around kids? Then the Bowie Library might be just the thing for you.



Library volunteers play an important role as partners in the library's mission to remain open during "flexible time" and help connect our children to the world of ideas and information. Family and friends help keep the Bowie Library open by volunteering a little time each week during "flexible time." Flexible time is every Monday and Thursday as well as alternating Wednesday afternoons from 1:00 – 3:30 pm.

There is an ongoing need for help to cover the circulation desk including: sorting and shelving, checking books in/out, and assisting students to locate books. By sharing your time and talent with us, you can make a big difference in the quality of library service at Bowie. Parents, grandparents, and friends of Bowie are encouraged to help us fill our volunteer roster. Please consider joining our group of dedicated volunteers. No experience is required!

The 2012-2013 Bowie PTA Library volunteer chair is Bobbi Mullinax. If you are interested in volunteering, please contact Bobbi at 432-638-3323 or bobbidiann@me.com.

**NOTICE - MISD BOND ISSUE SUPPORT:** MARSP members, at our September meeting, heard Dr. Warren, MISD Superintendent, share his vision for the future of MISD and the need for the upcoming bond election. I hope that you are supportive of the bond and willing to volunteer time to help with mail-outs, telephone campaigns, and personal contacts to assist with its passage. As retirees, we still have a vested interest in the future of MISD, and our work is a way we can invest in it with our time and effort. If you are willing to help, please contact Buddy Sipes at 686-9466 or chisosipes@aol.com. I hope you will join me in this important effort!

Maridell Fryar



Pat Adams reports that as of September 13, she has delivered 2,929 books to various places around Midland which serve children. She received a heart-felt thank you from the children's clinic for contributions which enabled all visiting children to take a book home with them. If you would like to contribute but do not have books, Pat would be glad to buy some books in your name. This book drive continues until December 31.



Did you know that on Monday nights at Johnny Carino's, if you order a Family Meal for four, you get a 50% discount off the regular price? The special price is only on Monday nights for Family Meal deals. Carino's contributes to our MARSP membership drawing each year. Also, to get coupons throughout the year, text CARINO'S (your 5 digit zip code) to 878787.

### Hidden Credit Card Perks



When it comes to the upside of using a credit card, flashy rewards get all the attention. After all, who doesn't want to receive a nice rebate, airline tickets to a dream destination, or the chance to mingle at a celeb-studded event? However, the unseen perks -- the meat-and-potatoes benefits -- are often overlooked. In the right circumstances, they can be just as valuable.

Two of the lesser-known perks that consumers tend to forget about are price protection and roadside assistance. The solution: Become familiar with the benefits your cards offer and how to access them. Here are two perks you may have, along with tips for making the most of them.

#### Price Protection

You shopped around to get the best deal on a new computer. Two weeks later, you see it on sale for 10 percent less than you paid. Before you do a slow burn, find out if one of your cards offers price protection.

How it works: If you discover something you've already purchased at a lower price within the given time period, which in some cases can be up to 90 days, the card will refund you the difference. Once again, it pays to read the fine print. Obviously, there is a time deadline for exactly the same item. Some credit card issuers will also stipulate that the lower price must be advertised in writing. For instance, Citi's price protection service requires owners to see the item advertised in print at a lower price within 60 days of purchase.

#### Roadside Assistance

If you're stranded on the road with a flat tire or steam coming out of the radiator, chances are you're not thinking about your credit card. But that could be a mistake.

Some cards offer roadside assistance, one of the lesser-known perks. Service varies by company, so it pays to find out what's offered before you need it. Some cards have nationwide networks, while others limit help to certain geographic areas. Some cards offer assistance if you're a certain distance from home or driving a rental paid for with the card. Others protect you 24/7 no matter what you're driving.

Differences in service matter in a crisis. Investigate ahead of time to know what kind of help is available, when it's available -- around the clock or only during certain hours -- and how to receive it.

A credit card may also offer return protection, extended warranty, theft, breakage and loss protection, and/or travel assistance. Check the company policies to make sure you are getting all of the benefits you need and deserve.

Sharon Welch  
Informative and Protective Service



LEAGUE OF  
WOMEN VOTERS®

### INFORMATION REGARDING THE UPCOMING MISD BOND PROPOSAL

#### League of Women Voters

October 2, 2012 - 7:00 P.M. — Carrasco Room at Midland College

A panel will present the proposal and answer questions from the audience.



#### Frozen Fruity Pops

Want a new way to enjoy fresh fruit? Make your own frozen fruity pops. In a blender, add sliced strawberries and bananas, 1/4 cup orange juice, and 3/4 cup low-fat strawberry yogurt. Blend until smooth. Pour into 2-3 ounce molds or paper cups with sticks placed in the centers. Freeze for 3 hours or until completely frozen.

Karron Pearson  
Health Care

Health Tip of The Week, Mayo Clinic Housecall,  
September 5, 2012



#### MARSP Scholarship

Thank you for your continuing support of the MARSP Scholarship Fund. I hope you were at the August meeting to visit with our winner, Elaine Welch, Sharon Welch's granddaughter. Thanks to your generosity in August we collected \$92 and in September \$62.

Scholarship donations are an awesome way to honor a friend or remember a special person who is deceased. We notify the honoree or the family and send you information for your taxes. Beginning in October, there will again be slips in the scholarship bags on the luncheon tables for your special donations.

Thank you for continuing to support future teachers as they prepare to enter classrooms across Texas.

Diantha Dawkins  
Scholarship Chairperson



#### PLEASE TAKE NOTE

Sue Roseberry, a storyteller with *Celebrations of Light*, will be our guest speaker at the December meeting. There will be blue sacks on the tables at the October meeting for donations to Celebrations in her honor; a check will be presented at the December meeting. Members may donate, if they wish, with cash or checks made out to *Celebrations of Light*.