

MARSP

Newsletter

October 2014

www.midlandretireded.org

October 2, 2014
MARSP
Box 4954, Midland, TX 79704



MEMBERSHIP—WHY IS IT IMPORTANT???

YOUR HEALTH CARE IS IN TROUBLE!!!

TRS-Care will have a shortfall of over \$1 billion by the year 2016. Your premiums may increase by 130% or more! That would mean \$150 to \$400 MORE coming out of your annuity every month.

IT'S TIME FOR ACTION!!

From *The Voice*: “The Legislature must resolve this funding crisis this coming legislative session. Doing nothing will force the program to drastically reduce benefits, increase retiree premiums, or both!” The legislative session begins January 15, 2015.

Membership in Midland Association of Retired School Personnel (\$15 per year) and TRTA (\$35 per year) is so important with the health crisis we are facing.

The membership campaign is in progress, and there are some members who have not renewed. Perhaps this has been overlooked during the summer months with the intentions of mailing the dues.

Increased membership in MARSP supports our local unit with more delegate votes to send to our state convention. Increased membership in TRTA is a huge support in the legislature because legislators look at the membership number in Texas.

YOUR MEMBERSHIP COUNTS.

The directory will be going to print in October, and in order to have your name in the directory you must have your dues paid by September 24.

For those who have not renewed, please send your dues of \$50 to MARSP, P.O. Box 4954, Midland, Texas 79704. Please include your name, address, phone number, e-mail, birth day and month.

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.



Please Come to the October Meeting

Don't forget to put Thursday, **October 2** on your calendar. This is the date for the next meeting of MARSP. The guest speakers will be the Bynums, who will entertain us with “Stories and Beautiful Pictures of Scuba Diving in the South Seas.” Meet and greet begins at 11:30 a.m. followed by lunch at 11:45. The program will begin at 12:15 followed by the business meeting at 12:45. 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 by Monday, September 29

*Note the increase in luncheon price.



MARSP Luncheon Meeting Minutes

September 4, 2014

The regular meeting of the Midland Association of Retired School Personnel was held on September 4, 2014, at 11:30 a.m. at the First Baptist church, President Nancy Young presiding. Michael Landrum 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 Deanna Dunn for the table decorations.

Diantha Dawkins presented the 2014 MARSP scholarship to Skylar Knight. Skylar is pursuing a career in education and expressed her thanks for the scholarship. Dorothy Thompson, the new scholarship chairperson, asked members to contribute to the fund and to encourage students to apply for next year's scholarship.

Linda Buzan introduced the guest speaker, Annalon Gilbreath, a former MISD teacher and storyteller. Annalon entertained the members with her story titled, "Old Time One Room School Marm." Linda then presented Annalon with a certificate of appreciation.

Nancy Young introduced Ann Parish who invited all members to attend the District 18 Fall Convention, September 24, 2014, at 9:00 a.m. at Region 18. Don Green, the CEO of TRS will be the speaker. Members were instructed to sign up with Ann for a lunch count.

Michele Harmon Cobb, Co-First Vice-President, announced that the current MARSP membership stands at 320. She also welcomed new members to the group. The importance of membership was stressed and Michele challenged everyone to bring or call former members and encourage them to renew their membership.

Co-Second Vice-President, Sheila Morrow stated that 909 books have been collected since January. October and March will be designated as "book months" and members will be asked to donate children's and young adult books at those luncheon meetings. Monetary donations will also be accepted. Members were told to contact Sheila or Linda if books need to be picked up. Sharon Welch and Nancy Doss will be helping with this committee's efforts.

Copies of the May 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. Members were also asked to review the 2014-2015 budget. This was approved by the Board at the July 21st MARSP Board meeting.

Patti Watson, Friendship Chairperson, recognized those members with August and September birthdays. She asked members to please keep her informed of those who might be in need of a greeting card.

Sheila Morrow announced that the October program will be presented by Carol and Bill Bynum. They are underwater photographers and scuba divers.

Health Care Chairman, Karron Pearson, reminded members to exercise. The winner of the Health Care drawing was Patti Watson. Patti will receive a free lunch at the October meeting.

Jennifer Cooper, Community Volunteer Service Chairperson, asked members to continue to turn in their volunteer hours. She also stated that attending the MARSP luncheon meetings is worth 2 volunteer hours. The winner for this drawing was Patti Alexander.

The meeting was adjourned at 1:15 p.m.

Karen Burden, Secretary

A Note from the President



Our meeting on September 4 was attended by members, new members and recently retired teachers. We were entertained by Annalon Gilbreath with a storytelling of "One Time, One Room School Marm." Annalon is a retired teacher from Midland and her program was enjoyed very much.

Our membership campaign is still in progress and we are encouraging retirees to join our local unit along with TRTA. It is so important this year as we face the health care crisis.

Sheila Morrow and Linda Buzan have set up some very interesting programs this year and you won't want to miss a meeting. It is always so nice when everyone attends and visits with one another. The meals are always delicious and a good time is had by all.

I look forward to seeing everyone at our October 2 meeting—same time, and same place. Mike Landrum will send a reminder as the time gets closer.

Thanks to all of you for your support and making MARSP a successful organization.

Blessings,

Nancy Young

Volunteer Hours—September 2014

Name: _____

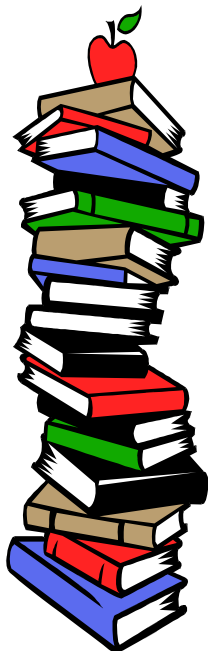
Number of Hours: _____

Health and Wellness—September 2014

Name: _____

YES!!! I Did Exercise _____

BOOKS, BOOKS, BOOKS AND MORE BOOKS!!!



The book drive in which MARSP participates is a state project. Every local association collects new and gently used books for children in its area. Our association has been very successful in the past. We have decided to designate **October** as book month for MARSP. When you come to the meeting on October 2, try to bring at least one children's book. The book drive ends in December for this year, so we still have several months to surpass our total for last year. So far, over 900 books have been delivered to various places in Midland. Some of the recipients are Casa de Amigos, St. Andrews Mission, Amos, Need to Read, Buckner Children's Home, Coleman High School day care, and the Community Health Clinic for Children. If you would rather give a donation instead of scouting garage sales and closets for books, you may certainly do that. The books that these children receive are often the first books they have ever owned, so it is a very worthwhile project.

Thank you for your continued support of this endeavor.

Linda Buzan, Sheila Morrow Book Co-Chairs

*******Important Announcement*******If you joined the TRTA online for \$35, you are NOT a member of Midland Association of Retired Personnel. Membership to our local unit is \$15. You may mail that amount to P. O. Box 4954, Midland, 79704, or bring it to a monthly luncheon meeting.



SCHOLARSHIP SCOOP

Diantha Dawkins awarded our newest scholarship recipient, Skylar Knight, a \$1,500 check at the September MARSP meeting. Skylar is majoring in education at the University of Texas of the Permian Basin where she aspires to graduate and teach junior high students. Skylar attended the luncheon and spoke briefly to the group, thanking them for the scholarship.

Be thinking of some student you might mentor and encourage to apply for the scholarship next spring. Among other qualifications, the student needs to be attending a Texas school and be studying to become a teacher upon graduation. Forms and instructions for completing the applications are available on the MARSP website at www.midlandretired.org.

Please continue to donate to the scholarship fund throughout this year. We urge you to donate to the fund in memory of someone or to honor someone. Forms are available at each meeting for you to note your contribution. The scholarship committee then will notify the honoree or the family of the one remembered. It will also be published in the newsletter. If you cannot attend our monthly meeting, you may also send donations to Dorothy Thompson, 4409 Gulf Avenue, Midland TX 79707 or to MARSP at P. O. Box 4954, Midland, 79704. Thank you for your generous donations at the September meeting. Look for a special focus/challenge related to the scholarship in the coming months.

Dorothy Thompson, Scholarship



JOIN US AT HEALTHY U!!

HEALTHY U will take place OCTOBER 11, 2014 from 9 AM-2 PM at the Midland Center, 105 N. Main St. For more information visit midland-memorial.com.

FREE DIABETES SCREENINGS

Are you at risk for diabetes? Find out at a FREE screening. For more information, call [432-221-3045](tel:432-221-3045) or visit www.midland-memorial.com. Let's finish 2014 and start even a healthier lifestyle in 2015. Challenge a friend, family member, or colleague to join you and to be a support person for you. Research proves that support from others helps you achieve your goals!

Karron Pearson, Health Chair



Benefits of Flax

Flax is a good source of fiber, 4g per serving. (Serving size 2 Tbsp) 2800 mg of Omega-3. Flax is one of nature's richest plant sources of Omega-3 fatty acids. The oils in flaxseed are over 50% alpha-linolenic acid (ALA).

Substitute for Eggs, Butter or Oil.

Milled (ground) Flax can be used for substituting in a recipe.

1 Egg = 1 Tbsp Flax + 3 Tbsp Water

1 Tbsp Butter, Margarine or Oil = 3 Tbsp Flax

Flax Buttermilk Pancakes

1/4 cup milled flaxseed
2 tsp baking powder
1 cup whole wheat flour
1/2 tsp baking soda
1 Tbsp white sugar
1/2 tsp salt
1 cup low-fat buttermilk
1 whole egg
1 Tbsp canola oil

1. Combine flax, baking powder, flour, soda, sugar, & salt in a large bowl.
2. In a separate bowl, mix buttermilk, egg, & oil w/whisk.
3. Add liquid ingredients to dry ones. Gently stir until moistened, but do not over mix. Batter should be lumpy.
4. Spray griddle or pan w/ nonstick spray. Cook pancakes on hot griddle.
5. Serve w/ toppings like sliced strawberries, blueberries, hot cinnamon applesauce, or peaches.

Flax Smoothie Recipe

1 cup fruit
1 cup yogurt
2 cups ice
3 Tbsp milled Flaxseed
1/2 tsp vanilla

Mix in blender until desired consistency. Enjoy. . . and healthy living.

Karron Pearson, Health Chair



DATES TO REMEMBER

As retired school personnel, we can make a difference by reminding friends, neighbors, and active school employees that October 6 is the deadline to register to vote in the November 2014 elections. Also remember that February 7, 2015, is the retirement seminar at Abell Junior High School. If you know an employee who is thinking of retiring, this is a very informative seminar.

Virginia Conner, Legislative



Sad But True (I Swear!!!)

Recently, when I went to McDonald's I saw on the menu that you could have an order of 6, 9, or 12 Chicken McNuggets.

I asked for a half dozen nuggets.

'We don't have half dozen nuggets,' said the teenager at the counter.

'You don't?' I replied.

'We only have six, nine, or twelve,' was the reply.

'So I can't order a half dozen nuggets, but I can order six?'

'That's right.'

So I shook my head and ordered six McNuggets
(Unbelievable but sadly true...)

(Must have been the same one I asked for sweetener, and she said they didn't have any. Only Splenda and sugar.)

Karron Pearson, Healthcare Chair



By Tim Lee

An important issue facing Texas Retired Teachers is our health insurance and the possibility of a 130% increase in our premiums. If you want to keep informed about this and other issues which affect 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



SOMETHING TO LOOK FORWARD TO!!

Are you glad summer is over? Did you get to make that trip to the Caribbean? If you answered NO to those questions, then you need to mark October 2 on your calendar. Bill Bynum is coming to our luncheon to take us vicariously on a dream vacation. Bill has been scuba diving for 45 years and took his first underwater images in the Bahamas in 1969 with a rented camera. Scuba and underwater photography have been a part of his life ever since then. He and his wife Carol travel the world in pursuit of the most



pristine reefs and exotic creatures. His photography is spectacular. You will not want to miss this program.

Linda Buzan and Sheila Morrow, Program Chairs



CARDS SENT TO MEMBERS

Even though we do not meet in the summer months, we still let our members know that we are thinking of them. Thinking of you cards were sent to Cheba Bianchi, Joyce Whitley, Jo Hayes, Mary Smith, Pat Adams, Jean Alvey, Joe Cummins, and Faye Daugherty. Skeet and Nancy Doss and Jo Hayes Butler also received thinking of you cards.

A sympathy card was sent to Darla Fullen upon the death of her husband Terry. Sympathy cards were also sent to the families of Linda Evans and Ruth Holstrom. Virginia Earhart received a card upon the death of her husband Phillip, and Jann Pullig's family received a card upon her death.

A card of congratulations was sent to Barbara Yarbrough on the occasion of the new elementary school in Midland being named after her. What a honor to have bestowed on one of our members! A card of congratulations and best wishes was also sent to Michele Harmon upon the occasion of her wedding. Please hold on to extra cards that you may have for now. But If you know of a member who would appreciate a card, please notify Patti Watson at pnw1000@gmail.com or call her at 697-1170.

Patti Watson, Friendship Chair

Help Help Help Help

Wanted

This job involves making a History Book of MARSP for 2014-2015.

Requirements: Be able to cut paper, glue paper and pictures to a page and identify people in the pictures. This is done for each of our meetings. Keep a meeting agenda, pictures of the program presenter, and miscellaneous pictures of the meeting. You may take pictures or ask Mike Landrum for some of his pictures. Contact a "desperate" President Nancy Young, 697-2395 or 296-1388.

Help Help Help Help

PERKS OF REACHING 70!!

1. Kidnappers are not very interested in you.
2. In a hostage situation you are likely to be released first.
3. No one expects you to run--anywhere.
4. People call at 9 PM and ask, "Did I wake you?"
5. People no longer view you as a hypochondriac.
6. There is nothing left to learn the hard way.
7. Things you buy now won't wear out.
8. You can eat supper at 5 PM .
9. You get into heated arguments about pension plans.
10. You no longer think of speed limits as a challenge.
11. You quit trying to hold your stomach in, no matter who walks into the room.
12. You sing along with elevator music.
13. Your eyes won't get much worse.
14. Your investment in health insurance is finally beginning to pay off.
15. Your joints are more accurate meteorologists than the national weather service.
17. Your secrets are safe with your friends because they can't remember them either.
18. Your supply of brain cells is finally down to manageable size.
19. You can't remember who sent you this list.
20. And you notice these are all in Big Print for your convenience.



Karron Pearson, Health Care

BIG SAFETY GAINS FOR OLDER AMERICANS



Safety researchers expressed concern a decade ago that traffic accidents would increase as the nation's aging population swelled the number of older drivers on the road. Now, they say they've been proved wrong.

Today's drivers age 70 and older are less likely to be involved in crashes than previous generations, and less likely to be killed or seriously injured if they do crash, according to a study released Feb. 20, 2014 by the Insurance Institute for Highway Safety.

That's because vehicles are getting safer and older adults are generally healthier, the institute said. The marked shift began taking hold in the mid-1990s and indicates that, as boomers head into their retirement years, growing ranks of aging drivers aren't making U.S. roads deadlier. Traffic fatalities overall in the U.S. have declined to levels not seen since the late 1940s, and accident rates have come down for other drivers as well. But since 1997, older drivers have enjoyed bigger declines—as measured by rates of fatal crashes per driver and per vehicle miles driven—than middle-age drivers, defined in the study as ages 35 to 54. From 1997 to 2012, fatal crash rates per licensed driver fell 42 percent for older drivers and 30 percent for middle-age ones, the study found. As for vehicle miles traveled, fatal crash rates fell 39 percent for older drivers and 26 percent for middle-age motorists from 1995 to 2008. The greatest rate of decline was among drivers age 80 and over, nearly twice that of middle-age drivers and drivers ages 70 to 74.

"This should help ease fears that aging baby boomers are a safety threat," said Anne McCartt, the institute's senior vice president for research and coauthor of the study. "No matter how we looked at the fatal crash data for this age group—by licensed drivers or miles driven—the fatal crash involvement rates for drivers 70 and older declined, and did so at a faster pace than the rates for drivers ages 35 to 54," she said in a report on the study's results. At the same time, older drivers are putting more miles on the odometer than they used to, although they're still driving fewer miles a year than middle-age drivers. This trend is especially true for drivers 75 and older, who lifted their average annual mileage by more than 50 percent from 1995 to 2008.

"The fact that older drivers increased their average mileage . . . may indicate that they are remaining physically and mentally comfortable with driving tasks," the institute said. When older drivers reduce the number of trips they take, it's often because they sense their driving skills are eroding. They compensate by driving less at night, during rush hour, in bad weather, or over long distances.

By 2050, the number of people in the U.S. age 70 and older is expected to reach 64 million, or about 16 percent of the population. In 2012, there were 29 million people in the U.S. age 70 and over, or 9 percent of the population.

by Associated Press as published by AARP

Sharon Welch, Informative and Protective Chair

SCHOLARSHIP RECIPIENT SAYS THANK YOU



The following note was received from Diantha Dawkins, the outgoing Scholarship Chair.

"The 2014 scholarship winner was Skylar Knight. She is enrolled at UTPB and intends to teach in Midland. Her mother is the librarian at Abell Junior High School in Midland. The following is a copy of a note I received from her:"

Dear MARSP,

Thank you so much for awarding me this scholarship, and for believing in me. I would not be able to attend UTPB without the generosity of your organization. I look forward to continuing my education and becoming a teacher.

**Thank you,
Skylar Knight**

FEATURED BENEFITS FOR THE MONTH



John A. Barclay Agency offers professional liability insurance for those returning to the classroom. Call [1.800.880.1650](tel:1.800.880.1650).

Private Practice Educators Professional Liability Insurance is for qualified TRTA administrators or educators returning to work in capacities other than the classroom. Call [512.476.6566](tel:512.476.6566) to learn more.

Tuesday Senior Discounts

Shop at Kohl's and receive a 15% discount for (60+).

Shop at Ross and receive a 10% discount for (55+).

Virginia Conner