

2021-2022

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Lynne James
Immediate Past President
Yearbook
Retirement Education
Technology Contact

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Membership

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Mary Sue Carter
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Clara Graham
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Rosalie Reese
Hospitality

Patricia Allen
Social Media

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Audit



MID-JEFFERSON COUNTY RETIRED SCHOOL PERSONNEL

FEBRUARY 2022 NEWSLETTER



Next Meeting: **TUESDAY, FEBRUARY 8**

When: **1:30 PM**

Where: **PORT NECHES PUBLIC LIBRARY**

2025 Merriman, Port Neches

Program: **SHARON BEGNAUD**



Sharon Begnaud is the founder of The Giving Field on Liberty Street. The Giving Field is an organic donation garden where everything that is harvested is given to area soup kitchens.

Sharon's background and passion for healthy food stems from working in the restaurant industry for 16 years promoting the importance of eating healthy food, maintaining a sustainable lifestyle and food education.

Sharon is a true believer that fresh organic food should be available to everyone. Her vision for The Giving Field project is not only to provide food to the hungry but to educate the people of our community how to grow fruits and vegetables while being conscious of the earth and our bodies.

"We have to make a difference.

And the kids at St. Anne and the volunteers who come out are doing that."

... A message from MJCRSP President **Charles Jehlen**

IF the stars and variants align properly, MJCRSP will finally have a membership luncheon at Bonne Vie on May 10th. Carly Simon's song "Anticipation" came to my mind this morning.

It's been "keeping us waiting" for quite a while.

THE lineup will be stellar—Speaker of the Texas House Dade Phelan and TRTA Director Tim Lee are scheduled to speak in person. I know our members will want to personally thank them for their work in protecting TRS retirees in the recent legislative sessions. Those of us who have worked in committees know how tedious it can be. Keeping the main thing the main thing is difficult to do. These leaders delivered in admirable fashion.

THE luncheon will recognize Nederland & Port Neches-Groves retirees from the 2020—2021 school years. I challenge each of you to contact a non-member who retired in that time span and share the invitation. Bonne Vie has planned another magnificent feast and will need an accurate count so they don't run out of banana pudding. Let's pack the house!

IF you are unable to attend the MJCRSP monthly meetings, I urge you to keep tabs on our www.mjcrsp.org webpage. Updates on news, legislation, and benefits will keep you current on aspects that affect your retired life.

SIMON'S SONG was also used as the background for a catsup (catch up) commercial. These winter months are a perfect opportunity for us to catch up with our district friends and former co-workers. Give a call and invite them to our meetings and luncheon.

As Simon sang, "These are the good old days!"

VISIT OUR WEBSITE: www.mjcrsp.org — SEE OUR VIDEO SCRAPBOOK

VISIT OUR FACEBOOK PAGE: www.facebook.com/MJCRSP/



JANUARY HIGHLIGHTS



Meeting of the Minds



Cathy Purgahn
MJCRSP new 2nd Vice President
for 2022—2023



Judith Smith
R. N. & S. N.
guest speaker
with Helen Reynolds & Charles Jehlen

Save the Date

APRIL 11—13, 2022—TRTA 68th STATE CONVENTION Anatole Hotel, Dallas
‘All Aboard the TRTA Express’

MAY 6, 2022—TRTA DISTRICT 5 SPRING CONFERENCE

First Baptist Church, Nederland from 10 AM to 2 PM Hosted by MJC RSP

MAY 10, 2022—MJCRSP will honor 2020 & 2021 retirees from PNGISD & NISD
with a luncheon at **Bonne Vie**

Special guest speakers will be Speaker of the Texas House of Representatives **Dade Phelan** &
TRTA Executive Director **Tim Lee**

The luncheon is free to all paid MJC RSP members & invited guest
(this is tentative depending on COVID & health restrictions that may apply)

Need to Know

- ❖ **Total Membership** is 277 (this does not include members who are members of the state only)
- ❖ **TRS** pension fund tops \$200 billion for the first time;
another reason we continue the fight for a **COLA** (cost of living adjustment)
- ❖ **2022 Election** will be critical for educators, so it's very important to **VOTE**
- ❖ **MJCRSP** officers for 2022—2023: President **Charlie Jehlen**; 1st Vice President **Rebecca Dungan**;
2nd Vice President **Cathy Purgahn**; Secretary **Donna Lumpkin**; Treasurer **Wanda Borne**
- ❖ **MJCRSP / TRTA 5 State Delegates**:
Richard & Linda Briggs, Mary Sue Carter, Lynne James, and Donna Lumpkin.

HELEN'S HEALTH TIP

During the hectic times we face today, managing stress is a must.
Diaphragmatic, or belly, breathing is a calming technique that can be done anywhere.

Exercise done regularly (such as walking, taking the stairs, or doing yoga)
can also have positive effects on stress.

Being grateful for the good things in our lives and
not focusing on mainly the negative is another way to calm stress.

Techniques such as these that can be used often are excellent ways to reduce or eliminate stress.

