

# MID-JEFFERSON COUNTY RETIRED SCHOOL PERSONNEL

## JANUARY 2019 NEWSLETTER



## DECEMBER PROGRAM Let's Play Bingo!

### OFFICERS COMMITTEE CHAIRS

**Lynne James**  
President

**Gail Krohn**  
Immediate Past President  
Publicity & Nominations  
Scholarship

**Linda Harrison**  
First Vice President  
Membership

**Linda Briggs**  
Second Vice President  
Programs/Book Project

**Donna Lumpkin**  
Secretary

**Loretta Morman**  
Treasurer

**Dixie Tucker**  
Parliamentarian

**Richard Briggs**  
Legislation

**Patricia Allen**  
Social Media

**Becky Dungan**  
Yearbook

**Lynne James**  
Newsletter  
Technology Contact

**Olive Hall & Jolene Lemaire**  
Historians

**Clara Graham**  
Foundation Representative

**Beulah Thompson**  
Community Volunteer  
Services

**Dana Wasser**  
Member Benefits

**Helen Reynolds**  
Healthy Living

**Linda Fong**  
Memorials, Get-Well, &  
Protective Services

**Rosalie Reese**  
Retirement Education

**Wanda Borne**  
Audit

**Beverly Minaldi**  
Hospitality

**Next Meeting:** Tuesday, January 8, 2019, @1:30 PM, Ritter Senior Center, 914 Boston, Nederland

**Program:** Barbara Boone of Airport Travel

**Hostesses:** Rose Reese (chair), Linda Fong, Linda Briggs, Dana Wasser, and Becky Dungan

**Agenda Items:** Election of officers for 2019-2020, selection of convention delegates, finalize scholarship ad sales, report individual volunteer hours

## *What's Next? Read on . . .*

. . . A message from MJCRSP President Lynne James



The latest issue of the *Voice* is a must read! Tim Lee's article beginning on page 1, continuing through pages 2 and 3, is packed with important and insightful information. He clearly lays out the serious situation we are in concerning our retirement fund and what it will take to make it possible for us to (*finally*) receive a cost of living increase. Not only is the article important to retirees for the sake of knowing the gravity of our current situation and what the result will be if the legislature fails to put sufficient money into our retirement fund, but it also gives each of us some very important talking points when we make contact with our legislators. Lee suggests we do that immediately, not wait until the session actually begins on January 8. He also suggests that we "tell our stories" when we make those contacts.

On the back page of the *Voice* is information about how to access your member ID card. Printing and mailing costs have increased to the point that TRTA has opted not to send ID cards through the mail, but instead encourages each of us to print our own from the TRTA website. If you have attended state convention recently, especially if you have registered online, you already have a TRTA online account. If not, you can easily create one using the information on the back page of the *Voice*, or simply use the default password. Your member ID is printed above your address on the back of the publication.

On page 12 of the *Voice* is a list of member benefits available to retirees currently enrolled as paid TRTA members. Please be aware that if you fail to pay membership dues in a timely manner, your benefits will expire. In addition, you can find additional benefits by logging in to your TRTA account at TRTA.org. Once there, click *About US* on the navigation bar and scroll to *Standing Committees*. Look for *Member Benefits*. The *Voice* is published quarterly, and some benefits are added between publications.

**Hopefully your Christmas was merry and  
the New Year is happy!**

VISIT OUR WEBSITE: [www.mjcrsp.org](http://www.mjcrsp.org) — SEE OUR VIDEO SCRAPBOOK (NEW)  
VISIT OUR FACEBOOK PAGE: [WWW.FACEBOOK.COM/MJCRSP/](http://WWW.FACEBOOK.COM/MJCRSP/)

SPECIAL THANKS to MCT Credit Union and Hebert Library for the use of their facilities in preparing our monthly newsletters.

## December meeting highlights



**Row 1:** Hostesses Linda Briggs, Rose Reese (chair), Linda Fong, and Becky Dungan; members pledge allegiance to our flags as the meeting begins; Lynne calls the meeting to order; Helen tells us to “eat dark chocolate!” **Row 2:** Linda reports on protective services; Linda, Curtis, Clara, Shelley, and Jessie enjoy refreshments; Linda reports our membership status. **Row 3:** Rose, Becky, Linda, and Lynne enjoy refreshments; Candye gets ready to call Bingo; members study their Bingo cards; Patricia and Joyce hope they win a prize. **Row 4:** Becky “Bingos” but not Linda; Jessie gets her prize; Janice has a laugh as Helen looks through the candy canes for one made of dark chocolate; Jolene helps Mary select a candy cane; Donna finally picks out her prize with Jolene’s help.

**2018 VOLUNTEER HOURS DUE BY JANUARY 8:** Please report your volunteer hours for 2018 by the end of December if possible, but no later than our January 8 meeting. Volunteer hours are vital to our standing with legislators as they demonstrate how retirees are involved in their communities and continue to contribute to the local economy.

**VOLUNTEER  
POWER!**

**Volunteer hours may be counted for any service provided without pay with a maximum of 12 hours/day. Hours spent doing volunteer work are recorded door to door and include prep time. These are the maximum number of hours allowed: only 12 hours per day, 365 days per year; only 40 hours each week; maximum 3000 hours per year. Call or email **Beulah Thompson** with the total of your volunteer hours: Call her at 409-722-2648 or email her at [beulah@gt.rr.com](mailto:beulah@gt.rr.com).**



**Begin counting volunteer hours for 2019 on January 1! Make a habit of tallying hours regularly so that your year-end records will be complete. Use a calendar, a date book, or any method that suits you!**

**CHILDREN’S BOOK PROJECT:** Join our Public Relations Committee January 15 at Groves Elementary School, 3901 Cleveland Avenue, at 1:00 in the library for our annual book donation. All fourth graders will receive a free book courtesy of MJCRSP and Philpott Motors. Linda Briggs chairs this committee.

**HELEN’S HEALTH TIP:** Chocolate can be eaten without guilt if it is dark chocolate and no more than one ounce per day. Dark chocolate contains flavanols that are good for blood pressure, cholesterol, and cognition. Dark chocolate also contains less sugar and fat than milk chocolate and white chocolate and has minerals, such as calcium, copper, iron, magnesium, phosphorus, and zinc. Therefore, enjoy guilt-free dark chocolate daily as long as only one ounce is consumed (150 calories).