



Montgomery County Retired School Personnel Fall Newsletter

Welcome Back! We are looking forward to seeing everyone and beginning an exciting new year!

The Executive Board has met twice this summer, plus each officer and chair has been working hard to make the coming year a good one for our membership. Special thanks to Mike Phythian for heading the audit committee.

Dr. Curtis Null (September 19th) and U. S. Representative Kevin Brady (October 17th) will be presenting important and informative material for all teachers.

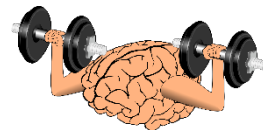
The CISD “Celebration of Schools” on August 12th was fun and a great showplace for CISD students. The teachers with their school shirts on seemed happy and eager to get started.

Mark October 9th on your calendar. This will be the District 6 Conference in Huntsville. We will be meeting and sharing ideas with the other 17 local units in our district.

Also, remember the Christmas Luncheon and the Silent Auction on December 5th. The Silent Auction benefits the Scholarship Fund and Children’s Book Fund. It’s always fun.

Enjoy your 13th check in September, knowing that your membership helped TRTA in that success. Please plan to come to our first meeting on September 19th and “kick off” the 2019-2020 year.

See ya! Karen and Annette



WHAT DO SLEEP AND EXERCISE HAVE IN COMMON?

When we don’t get enough sleep, the stress “fight or flight” hormone increases. It’s great when we need it in times of danger, but it plays havoc on our bodies when we don’t. Reducing your nighttime sleep by as little as one and a half hours for just one night could result in a reduction of daytime alertness by as much as 32%. Although many factors influence our sleep, exercise in any form whether sitting and doing chair exercises or walking whenever we can (even during commercials) reduces stress. It has been estimated that stress causes 60% more harm to our bodies than other factors. Exercise also increases the oxygen levels in our bodies including our brains to help us with those pesky “senior moments”. So, let’s breathe more deeply, move a little more, sleep restfully and improve the quality of our daily lives!

Carolyn Brown, Healthy Living

Meetings for 2019-2020

September 19 - Superintendent Dr. Curtis Null looks to 2019-2020 for CISD

October 17 – US Representative Kevin Brady & District Director Heather Washburn

November 21 – Lyndsey Norwood – Humana’s little known benefits

December 5 – 11:00 am Christmas luncheon & silent auction at First Baptist Church

January 16 – Lawyer James “Randy” Beck – Importance of legal documents

February 20 – Sheila Greaver – Panther Inspiration Ranch equine therapy

March 19 – Marilyn Kasmiersky – Family Promise of Montgomery County

April 16 – Assistance League Fashion Show – Pat Edwards

May 21 – 11:00 am Scholarship & Book Project Awards luncheon at First Baptist

Meet & Greet begins at 9:00 am & meetings begin at 9:30 am at the CISD Board Room.

Refreshments & door prizes are provided.

December & May luncheons are at 11:00 am at First Baptist Conroe.

From the Scholarship Committee:

Our two 2019 scholarship recipients are enrolled and have begun their first semesters. We are expecting great things from these two young ladies. So it’s time to begin thinking about funding for next year.

Please keep scholarships in mind as you determine how you’d like to honor members past and present this year. Also, don’t forget our silent auction in December. If you have anything to donate and need someone in South County to pick it up, just let me know and I’d be happy to do that. Those of you in North County can contact Carolyn Garrett. We’re looking forward to another exciting year. Let me know if you need anything, or have any suggestions.

From Foundations:

Don’t forget the TRTA Foundation program that assists new teachers and current teachers with classroom assistance, as well as assists members with emergency financial issues. November is Foundation month. Stay tuned for more information or google TRTF. Not only does our chapter contribute to this fund, but individual contributions are welcome as well.

--Sherry Sunderman



CHILDREN'S BOOK PROJECT

I have met with administrative personnel at Sam Houston Elementary that their library will be the recipient of our monetary donation this year. The committee members will read to classrooms on September 18th to participate in the READ for a BETTER LIFE. The book box will be passed at the first meeting to continue contributions to the book project.

--Carolyn Garrett, Chairman

Members: Leslie Joslin, Jane Rachal, Charlotte Rice, Sharon Walters

From the Social and Hospitality Committee

We want to THANK each of YOU for volunteering to help! We have a few slots available if you would like to sign up:

REFRESHMENTS,,,Cheryl [Fullen..dcfullen@hotmail.com](mailto:Fullen.dcfullen@hotmail.com)

November 21....1 needed

January 16.....1 needed

March 19.....2 needed

April 16.....5 needed

GREETERS....Jane Baugh and Elaine Finstad

No one else needed

DOOR PRIZE..Shirley Adams

No one else needed

You will be contacted by one of the above ladies to remind you of your month to help.

Again THANK YOU! We are looking forward to an awesome 2020-2021!!

--Cheryl Fullen

Bylaws Committee

At the August Executive Board meeting, the following amendments and additions to the bylaws were recommended. These will be presented to the membership at the September meeting and voted on in October.

ARTICLE X FINANCE

SECTION 3 Both Treasurer and President sign signature cards with the understanding that the bank will honor checks written by either the Treasurer or the President.

AMEND TO READ:

All elected officers must sign the bank signature card. All checks require two signatures. Any check will be honored by the bank with two of the officers' signatures.

ADDITION:

SECTION 10. The Executive Board approves the budget prior to the first regular meeting.

SECTION 11. The budget is presented at the first regular meeting by the Treasurer. No vote is required by the membership.

ARTICLE XI DUTIES OF OFFICERS

SECTION 3 DUTIES OF THE SECOND VICE PRESIDENT SHALL BE:

ADDITION:

E. Plan and conduct a memorial service to honor our deceased members biannually during the May regular meeting in the odd years.

SECTION 6 DUTIES OF THE EDITOR SHALL BE:

B. Publish and distribute the MCRSP Newsletter monthly.

AMEND TO READ:

Publish and distribute two newsletters, once in the fall and once in the spring.

SECTION 7. DUTIES OF THE HISTORIAN SHALL BE:

A. Keep an update written account of MCRSP accomplishments and activities which should be added to the written history.

B. Keep a pictorial scrapbook which tells the story of what goes on in MCRSP.

AMEND TO READ:

A. Maintain MCRSP FACEBOOK page

B. Submit pictures and information to the district historian to be included in the state memory book.

ARTICLE XII COMMITTEE RESPONSIBILITIES

ADDITION:

SECTION 12 Nominating Committee

C. Plan and conduct an installation of officers biannually during the May regular meeting in the even years.

--Sharon Walters, Chairman

Members: Doris Phelps, Cindy Sellars

MCRSP Treasury

The Audit Committee, led by Mike Phythian, approved our financial report for the 2018 – 2019 fiscal year with no corrections!

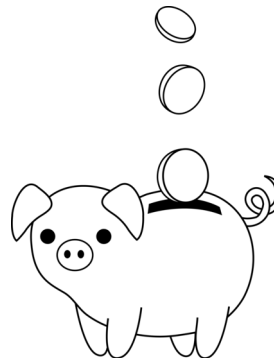


Taking advantage of having financial experts in one room, the Finance Committee developed the proposed MCRSP budget for 2019 – 2020. This committee's members include Mike Phythian, Kay Kane, Annette Ferrell, Karen Baughman and Beth Ricciardi. The proposal was adopted by the Executive Board on August 8, 2019. Thank you to all these members for their efforts in this task.

Our current MCRSP 2019 – 2020 Budget is available in the Yearbook.

LEGISLATIVE ISSUES

Under Senate Bill 12 as enacted by the 85^h Texas Legislature, all TRS annuitants are entitled to a 13th check. This payment is scheduled to be issued in mid-September 2019. This support for the approximate 440,000 retired educators is appreciated as assistance in coping with our living expenses. Enjoy this success!



Take some time to celebrate the victory spearheaded by members of TRTA. These 100,000 retired educators deserve thanks for their tireless efforts and effective communications with our legislators.

Take some time to educate others about the proactive advocacy provided by Texas Retired Teachers Association and Montgomery County Retired School Personnel. Encourage everyone to join in the fight!



Montgomery County Retired School Personnel
MEMBERSHIP FORM

Member name _____

TRTA ID # _____

Mailing address _____

E-Mail address _____

Home Phone _____ Cell Phone _____

Membership Type:

- Renewal Life Diamond Plus Bank Draft New
 Associate

FEE OPTIONS:

Option #1: For Renewals or New Members

MCRSP(local) plus TRTA (State) DUES: \$ 50

**Option #2: ONLY For Life, Diamond Plus, Bank Draft
Members**

MCRSP(local) DUES only: \$ 15

Please make a check payable to: **TRTA - MCRSP**

- Check # _____ Cash

Bring this form with payment to next meeting or mail to:

MCRSP
PO Box 963
Conroe, Texas 77305-0963

MCRSP meetings are held the third Thursday of each month, September – May, at the CISD Board Room from 9:00 – 11:00 am. December and May luncheons are held at locations and times to be determined.