

MONTGOMERY COUNTY RETIRED SCHOOL PERSONNEL
September 2020 Newsletter

Wow—2020! What a Year!

It has been a little chaotic, but teachers are flexible and can adjust. It's not always easy, but we can do it. We have two special groups of members to recognize. First, our officers and chairs who have served the last two years. They were great! Second, our officers and chairs who will serve for the next two years. They have been working hard to assume their positions and make necessary arrangements. When we get together again in January, proper recognition will be given. MCRSP has conducted one zoom meeting on August 13th with the Executive Board and to all our delight and surprise, it went well. We will continue throughout the fall with zoom meetings on September 17th, October 22nd, and possibly one in November and December. We have also participated in two zoom meetings with District 6 Presidents. The membership will be kept informed by emails of zoom minutes, text messages, phone calls, etc. This will be different, but all TRTA meetings have been canceled until January. If you have any questions or information that we need to be aware of, please notify us. We want to stay connected. We need your help. Please stay safe and hopefully we will see each other in January.

Karen and Annette, Co-Presidents

Programs for 2020- 2021

Jan. 21 - Marilyn Kasmiersky; Family Promise Ex. Director

Feb. 18 - Pat Edwards; Assistance League Fashion Show

March 15 - Lunch/Social at restaurant to be determined

April 15 - Sally DeStefano; Human Trafficking

May 20 - Scholarship & Children's Book Project Luncheon

Meetings are held at the CISD Board Room at 9:30 with Meet and Greet and refreshments at 9:00.

SCHOLARSHIP



Our two scholarship recipients are enrolled in their college classes. Mary Nunez and Alyssa Brown are both from Caney Creek High School. Because of the pandemic, we did not receive any complete applications from Conroe High. Our committee decided to go ahead and reward both scholarships to the two lovely young women from CCHS. Hopefully, we'll be able to introduce them to the chapter later in the spring.

Sherry

Treasurer

A big thank you to Beth Ricciardi for all of her continued help in learning the Treasurer's duties.

Balances for August 31, 2020 in each account are as follows:

Membership \$8,321.29

Scholarship \$1895.85

Children's Books \$2,255.14

Please let Donna or Karen know if you need to be reimbursed for any expenditures this fiscal year.

Looking forward to when we can meet in person again.

Donna Reed/Karen Haase

MCRSP is accepting donations for our 2021 Scholarship fund and Book Project Fund. Send your check made out to MCRSP to P.O. Box 963, Conroe, TX 77305.

Thanks to all who have contributed donations to our projects.

Healthy snacks for kids program

Blessings MCRSP members. The 'healthy food snacks at Austin Elem. School' have not started back up yet. However, we have 'left over resources to begin' whenever we 'get the word' from the counselors. Should any members or supporters of this program wish to participate, it's my suggestion that checks be sent to MCRSP with a note that the donation is for healthy snacks for kids. I'll notify y'all as soon as we begin, again, 'feeding the hungry'. God bless y'all richly for supporting this program in the past & prayerfully considering supporting in the future.

Rose Marie Carter



Community Participation

While you are bored, twiddling your thumbs, and wondering how to bring a little normalcy to your life, reach out and make some phone calls. Guess what - that counts as Community Participation (volunteer hours).

Guess what else - that neighbor you checked on or brought groceries to or that zoom meeting or choir rehearsal or dog watching or kid watching or etc etc etc you've done ALLLLL count as volunteer hours which helps MCRSP show legislation the contribution of retired teachers which helps encourage them to vote for our benefits so keep track of those hours, record them, and send them to us so we can total them for MCRSP!

Looking forward to seeing those numbers G-R-O-W!

Co-Community Participation Chairs

Norma Herndon - herndon3239@comcast.net

Nelwyn Hardy - meyerfarm@comcast.net

Membership News for 2020-21

And...We Have a Winner! Congratulations to Gale Drummond, winner of a \$25 gift card for renewing her membership with MCRSP by May. Thank you, Gale and all who paid by May!

Current Membership is 138 with 6 new-to-MCRSP members. Our goal continues to be 200 members for this new year. The Membership Committee has been personally contacting people to renew. Thank you to LINDA WRIGHT for her assistance. If you know someone who has yet to renew, please contact them with a friendly reminder.

Each One Bring One is an incentive program sponsored by TRTA for local chapters. When you recruit a new member into TRTA, your name will be entered into a drawing for \$100! Who can't find a way to spend that! A recruit is defined as a person who has never before joined TRTA or who has not been a member in the last 3 years. When they join, encourage them to join MCRSP also. The drawing will be held at the District Spring Leadership Conference.

Associate members are not annuitants but are supporters of education. They usually are spouses, family members, and current educators who have not yet retired. These can also be recruited for membership in TRTA and MCRSP. If they are new members, you qualify for the \$100 drawing. They receive ALL our publications from the TRTA, as well as our local unit newsletters and legislative updates.

Membership Dues continue to be \$35 for TRTA and \$15 for MCRSP. Membership forms can be obtained by contacting Carol Hoffland at 936.588.1777 or Gay Jackson at 936.870.8220 or e-mail mcarsp.conroe@gmail.com.

We are looking forward to a great year!

Gay Jackson and Carol Hoffland



Healthy Living



Change

Yes, our world has changed. The era of “social distancing” has been our companion for months and we wonder if our world will ever return to normal. We can be thankful that our State deems more activities as “essential” but we still face the constant awareness of the changes in our way of life.

Research has proven that Social isolation and lack of touch causes chronic health consequences. They call this touch deprivation. The following hormones directly impact our health and well-being:

1. Dopamine gives us pleasure, satisfaction and motivation.
2. Serotonin gives us our general feeling of well-being and happiness.
3. Oxytonin helps us build bonds with people.
4. Cortisol negatively impacts our health increasing stress.

These hormones are released during physical hugging, handshakes, pats on the back or even a hand on our shoulder for comfort in times of need. So, what are we supposed to do in this era of do not touch and be sure to “social distance” at least six feet away? If you are unable to enjoy the close interaction or presence of family or friends in a way that keeps you encouraged, give some of these things a try for yourself and others.

1. Words of Encouragement. Pick up the phone, send a card or write a letter.
2. Smile and Laugh. Read funny or inspirational stories, watch movies, and reflect on positive memories.
3. Get outside. If you can walk, do so. Sit on the porch or in your yard. Watch nature and enjoy creation.
4. Cry. Don't suppress your emotions.
5. Give of your time or give and make gifts.
6. Make a thankful list and read it every day.
7. Get creative. Write, paint, journal, play an instrument, sing.
8. Meditate and Pray.
9. Get your hair done if you can.
10. Take a hint from children. Get a stuffed animal. Yes, I said it. If petting an animal helps, hugging or petting a stuffed animal has been shown to help as well.

So, may your days be filled with hope as we face this unknown future together!

Carolyn Brown, Healthy Living Chair





I'm sure all of us feel that this upcoming presidential election is an important one that we don't want to miss. Here are some important dates for us all to remember, as we are just ten weeks away from Election day on Tuesday, November 3.

- October 5, 2020 - Last Day to Register to Vote**
- October 23, 2020 -Vote by mail application due**
- October 13-30, 2020 -Early Voting**
- November 3, 2020 - ELECTION DAY !**

Two of the four TRTA 6 Senators face a contested race:
Creighton in SD 4 and Kolkhorst in SD 18
Five of the the ten TRTA 6 Representatives face a contested race:
Bell in HD 3, Raney in HD 14, Toth in HD 15, Wilson in HD 20, and Ashby in HD 57.

TRTA is considering/planning 2 possible strategies to assure interaction with our candidates:

1. Questionnaire to be sent to every candidate to focus on our specific needs during the next legislative session.
Hopefully by Sept. 20th, we will be able to forward these responses through our local unit Presidents.
2. Possibly plan a series of ZOOM meetings featuring candidates, limited to 100 participants, with a goal of 50 participating.

IF you are interested, let me know and we can provide a guesstimate for those planning this as we've been asked to send Beth Riccaiardi a response ASAP.

Thank you,
Margaret Goldfinch
Legislative Committee

Hopefully we will be meeting in January 2021!! Below you will find our meeting sign up from January to May. Thanks to those who have signed up to help make our meetings so enjoyable. PLEASE contact me if you need to change the date you signed up for. **AND TO HELP FILL IN THE MONTHS BELOW**

January 21 meeting

Refreshments – 5 volunteers needed

Door Prizes –Gayle Drummond, Doris Phelps, Donna Reed

Greeters – Cassy McLaren, Carol Hoffland

Devotional/Pledge – 1 volunteer needed

February 18 meeting

Refreshments – 3 volunteers needed

Riki Dewey, Annette Ferrell

Door Prizes – Gayle Drummond, Carolyn Garrett,
Barbara Blanton

Greeters – Jane Baugh, Elaine Finstad

Devotional/Pledge 1 volunteer needed

April 15 meeting

Refreshments – 5 volunteers needed

Door Prizes – Annette Ferrell, Carolyn Garrett, Gayle Drummond

Greeters – Carol Hoffland, Carolyn Garrett

Devotional/Pledge – 1 volunteer needed

May 20 luncheon

Greeters – 1 volunteer needed Cheryl Fullen

Devotional/Pledge – 1 volunteer needed

THANKS

CONTACT...Cheryl Fullen

dcfullen@hotmail.com

936-524-3568

Member Benefits

As a TRTA member, did you know you had TONS of benefits/discounts from travel to restaurants to medical to retail to more more more! Log onto www.trta.org to discover ways to save save save! And not to be a downer, but it has recently been discovered TRS has a death benefit based on years of service and retirement so check it out and make your family aware. If you have questions or discover something way cool, share with the rest of us.

Take care.

Co-Member Benefits Chairs

Norma Herndon - herndon3239@comcast.net

Nelwyn Hardy - meyerfarm@comcast.net

Children's Book Fund News

The presentation of funds to the Sam Houston principal and librarian will be made to the school in September.

Carolyn Garrett

For more information, check us out on Facebook or go to our website at TRTA.



Montgomery County Retired School Personnel
2020-2021 MEMBERSHIP FORM

Member name _____

TRTA ID # _____

Mailing address _____

E-Mail address _____

Phone _____

Membership Type: (Check one)

- Renewal Life Diamond Plus Bank Draft New

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

P O 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 at First Baptist Church Conroe.