

Retirement Times

President's Message

Where has summer gone? Welcome fall and cooler temperatures. We are all anxiously anticipating the beautiful changes that will occur in the next few weeks as we get ready to enjoy the beautiful colors that come with the season.

Did you know that your membership in KCRTA provides opportunities to:

- ◆ Stay in touch with former friends and colleagues at meetings
- ◆ Keep informed of issues involving your retirement
- ◆ Enable you to keep your NEA insurance, credit cards, and other benefits
- ◆ Stay informed of ways to get involved in various associations / community activities.

KCRTA / TRTA continues to be an advocate to improve the lives of retired educators.

Jeanette Casteel, President

jacasteel1@gmail.com, (865) 705-9632



Opportunities for Service

A nominating committee has been put in place to secure nominees for new KCRTA officers. Many of you have talents which can help make our association stronger. The answer is **YES** when your call comes. You can find the list of officers and committees in the block on the right of this page. Please contact Pam Chipley, Chairman at chipleypl@tds.net to let her know where you are willing to serve.

News Flash

KCRTA Directories are no longer sent by US Mail. They are available for pick up at meetings only.

KCRTA GOES HI-TECH

The KCRTA Newsletter will soon only be available by email. To receive an electronic copy, please email newsletter editor, Leslie Casteel at lcasteel@casteelandcompany.com. If you would like a hard copy, please contact Jeanette.

We also have a new FACEBOOK page. The Page name is Knox County (TN) Retired Teachers Association. Just search FB and like the page. It will keep you informed of current events and more up to date information.

The web address is www.kcrta.net. We are currently trying to get the website up and running. Look for it soon.

Knox County Education Museum

The hours of operation are from 11:00 am—4:00 pm, Monday—Friday. The Museum is located in the Sarah Simpson Building, 801 Tipton Avenue, Room 100, Knoxville, Tennessee 37920. Donations can be made at each meeting.

Membership

KCRTA needs you and you need our voice in Nashville as well as Washington. KCRTA / TRTA continues to be an advocate to improve the lives of retired educators. If you have not already paid your membership dues, please send your check **TODAY!**

KCRTA Officers and Chairs

President: Jeanette Casteel

President—Elect: Don Loy

Past President: Elnora Williams

Secretary: Glenda Childress

Community Participation: Charlotte Linge

Hosting Chair: Lu Jones

Information & Protective Services: Pam Chipley

Legislative Chair: Betty Berry

Membership: Jim Oakes

Newsletter Editor: Leslie Casteel

Parliamentarian: Dan Williams

Publicity: Margaret Willis

Scholarship Foundation Rep.: Lexa Hooten

Web Page Chairman: Chris Vandergriff

Executive Secretary / Treasurer:

David Huntsinger

Calendar

Be sure to mark your calendar for the following dates of the Knox County Retired Teachers Association meetings:

- September 28, 2017
Bob Thomas, Knox County Schools Superintendent
- November 16, 2017
Scholarship Luncheon
- January 25, 2018
Marleitta Cooper, Docent, Sam Houston School

Meetings are held at the Foundry, 747 World's Fair Drive, at 11:15 am. Meetings are usually held on the fourth Thursday of alternate months. The Executive Board meets at 9:30 am. All members are welcome to attend.

Quote of the Month:
"Alone, we can do so little.
Together, we can do so much"
Helen Keller

**Are You a Kroger Shopper?
You can help the KCME each
time you buy groceries.**

**Log into:
Krogercommunityrewards.com with your
Kroger Plus Shopping Card
handy and follow the prompts
to register your card with
KCME number 55462. When
you use the Kroger Plus Card a
portion of your purchase is
credited to the museum. Register
today to help the KCME.**

Information & Protective Services

I really enjoy walking (NOT!). However since we live within walking distance of about 20 restaurants, my husband frequently encourages me to walk for dinner. I guess it beats cooking! Walking can often beat medication in providing relief from nagging ailments. Regular walks can strengthen the muscles that support your joints, ease stiffness and reduce pain. Taking a walk with family or friends after you eat helps your body glucose more efficiently and prevents a blood sugar spike. A regular evening stroll can help you sleep better at night. And a brisk daily walk can reduce anxiety, depression, and your blood pressure. A nature walk can improve your heart and lung function. It can also improve your memory and brain functions. So, if you are looking for something that is good for you, lace up your sneakers and get walking.

AARP Magazine (June / July 2017) by Sara Altshul

Scholarship Foundation

IN MEMORY OF

Terry Blakley
Janice Carter
Bob Dagley
Eunice Easley
Margaret Gaiter
Dr. Mary Jane Griffin
Claudette Hall
Deana Heflin
Mary Holt
Carrie Moudy-Huber

Andy Shockley
Marjorie Spears

Charlotte Welch
Lendon Welch
Chris Williams

IN HONOR OF

DONATION

Necrology

Terry Blakley
Buddy Fisher
Carolyn Mynatt
Charlotte Welch

Carol Bray
Dorothy Griffey
Dorothy Pipkin
Lendon Welch

GIVEN BY

Jaque Bradford
Nelldean Bragg
Janet Dagley
Elnora Williams
Della Oliver
Jaque Bradford
Jaque Bradford
Elnora Williams
Martha Coppock
Vicki Andres, Nancy Dietz,
Marjorie Flanagan, Vicky Hart,
Karen Hoskins, Victoria McKernan,
Yvonne Poppen,
Diane Przybyszewski, Betty Walter
Jaque Bradford
Della Oliver, Donna Parrott,
Sylvia Upton
Jaque Bradford
Jaque Bradford
Alan Cheatham

GIVEN BY

GIVEN BY

Willie Crutcher
Mary Jane Griffin
Andy Shockley