

Retirement Times

President's Message

The Value of Friendship

As most of you know, KCRTA President-elect Mary Brockett passed away on January 16th. While some of you will remember Mary as a talented educator and others will remember her for her tireless work on behalf of educators, I will always remember Mary as one of my dearest friends. Her untimely death has left a void in my life and her absence has highlighted the importance of friendship.

As we age, the value of strong friendships increases. This statement is supported by a number of medical studies. A study published in the Journal of Neurology, Neurosurgery and Psychology concludes that aging individuals who experience loneliness are more prone to cognitive decline and 60% more likely to develop dementia. According to the World Health Organization, elderly people who live alone are more susceptible to depression and other chronic conditions. The National Institutes of Health reports that loneliness and isolation increase the occurrence of heart disease and stroke. If these statements aren't enough to cause you to pick up the phone and call a friend, a 2015 study found that a lack of social connections is worse for your health than smoking 15 cigarettes a day.

So how do you avoid isolation and loneliness? The answer is simple. Join me at the KCRTA luncheon on March 28th, at the Foundry. The luncheon begins at 11:15.

Karen Peterman, President



KCRTA Officers and Committee Chairs

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Karen Peterman

President-Elect:

Past President:

Libby Burney

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Mike Blankenship

Scholarship Foundation Rep.:

Lexa Hooten

Web Page Chairman:

Libby Burney

Executive Secretary /

Treasurer:

David Huntsinger

Historical Photos

Today's commemorative cachet shows the signatures of the first time attendees at the January 25, 2024th KCRTA luncheon.



Mike Blankenship, Parliamentarian



March Program

Join us on Thursday, March 28th at 11:15 at the Foundry and be transported to Agrabah, city of mystery and enchantment.

The Beaumont Magnet Academy theater group will be presenting a small portion of their "Aladdin" show at our March Knox County Retired Teacher's Association meeting. Cost of lunch is \$20.00 (first time guests are free).

KCRTA Membership

Interested in joining KCRTA, please contact Chris Vandergriff (chris.vandergriff@gmail.com) or Nora Messings (ndbmess@comcast.net) for assistance.

Chris Vandergriff and Nora Messing, KCRTA Membership Co-Chairs

The KCRTA Membership Committee hopes that you will take just a few moments and write down one of your special moments that you experienced during your teaching career. It might be an interaction with a student, staff or an award that you are proud of receiving, or a funny, sentimental, happy moment, a leadership moment, a friendship moment, or why you became a teacher, why it is important to be a KCRTA member, etc., etc. KCRTA members can submit as many "moments" as they would like—the more the merrier!! The Membership Committee is going to take the members' moments and publish them in our newsletter and share a few at our KCRTA luncheons. We are so excited about this project and want as many KCRTA members to participate as possible. Thank you!

Please email to Sowdermossy868@gmail.com or mail to Myra Sowder, 8045 Majors Road Corryton, TN 37721-2713

KCRTA MEMBER NAME: _____

DATE: _____

YOUR BIRTHDATE: _____

YEARS AND SCHOOLS YOU TAUGHT AT: _____

KCRTA Membership Moments

Information & Protective Services

Subject: One Healthy Step to Take Today

Maintaining a Healthy weight as we age is crucial to maintaining our independence. I will mention these few ideas in our newsletters over the next few months. Start your day with protein. Studies show that "protein timing" -eating 25 to 30 grams of protein in the morning and the same amount at lunch and dinner, helps people at midlife and beyond maintain muscle mass, which in turn reduces fat gain.

AARP April/May 2023

Pam Chipley, Information & Protective Services

KCRTA Scholarship Foundation

KCRTA Scholarship Foundation Board of Directors

Chairperson	David Huntsinger	Huntsingerd@bellsouth.net
Vice-Chairperson	Gussie Cherry	
Secretary	Libby Bumey	
Treasurer	Lexa Hooten	lexahooten@bellsouth.net
Member	Liz Honeycutt	
Member	Connie Cole	
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March 2024 Legislative News

We need to continue to pushback on 3rd grade retention and now 4th grade retention. More importantly, we need to let our legislators know that we are opposed to the expansion of Governor Lee's Education Savings Account (ESA) voucher program. This bill would take almost \$150 million out of our public school districts to pay for private school vouchers.

The following are some upcoming events you can participate in to learn more about and to protest these vouchers:

1. Plan to attend this online event Thursday March 7, at 7pm "East TN Teachers Say No to Gov. Lee's Voucher Scam". Register at: <https://bit.ly/easttnstopthescam>. This link can also be found on our facebook page.

2. Attend Civication Days at the Capitol

TEA will again host their annual CIVICATION opportunity for active and retired members this spring from March 5 to April 2. CIVICATION attendees will be provided with a continental breakfast each Tuesday morning at 7:45 followed by a legislative briefing at 8:00.

Attendees will next be bussed to the legislative session to possibly meet with their local state representative or senator and attend an education committee or subcommittee meeting before returning to TEA headquarters.

TEA will reimburse mileage for all attendees. Members traveling more than 50 miles away may choose to reserve a double-occupancy hotel room for an overnight stay (reservation requests are made through the TEA website).

TRTA members will receive a post card in the mail in mid-February with a "scan code" to register to attend a CIVICATION Day during one of the March or April dates.

3. Let your representatives know where you stand on vouchers. Here is a list of all their district numbers, telephone numbers, emails, and some personal addresses. Please feel free to call, email or send them US mail at: Their name, 770 Cordell Hull Bldg, Nashville, TN 37243

Sen Dr. Richard Briggs	Dist 7	615-741-1766	sen.richard.briggs@capitol.tn.gov
9125 Cross Park Dr, 37922			
Sen Becky Massey	Dist 6	615-741-1648	sen.becky.massey@capitol.tn.gov
6932 Westland Dr 37919			
Lt Gov Randy McNally	Dist 6	615-741-6806	l.t.gov.randy.mcnally@capitol.tn.gov
Representative Elaine Davis	Dist 18	615-741 2287	rep.elaine.davis@capitol.tn.gov
Rep Michele Carringer	Dist16	615-741-1721	rep.michele.carringer@capitol.tn.gov
5329 Beverly Oaks Dr 37918			
Rep Gloria Johnson	Dist 90	615 741 2031	rep.gloria.johnson@capitol.tn.gov
2506 Brice St 37917			
Rep Sam McKenzie	Dist 15	615-741-0768	rep.sam.mckenzie@capitol.tn.gov
411 Carta Rd 37914			
Rep Dave Wright	Dist 19	615-741-6879	rep.dave.wright@capitol.tn.gov
6930 Boruff Rd 37721			
Rep Jason Zachary	Dist14	615-741-2264	rep.jason.zachary@capitol.tn.gov
11329 Gates Mill Dr 37934			
Rep Justin Lafferty	District 89	615 741 4110	rep.justin.lafferty@capitol.tn.gov
1509 Meeting House Rd 37931			

4. And finally, VOTE!!! Especially in the local school board elections.

If you are interested in getting involved, Call or email me: 865-250-3854 jaskinne@hotmail.com

Jane Skinner, Legislative Chair

Calendar

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

- March 28, 2024
Beamont Magnet Academy theater program present Aladdin
- May 23, 2024:
- ZooKnox Volunteer Coordinator and Carter High School alum Autumn Jackson Snider
- July 25th, 2024: TBA
- September 26th, 2024: TBA
- November 21st, 2024
Scholarship Luncheon

Meetings are held on the fourth Thursday of alternate months at 11:15 at The Foundry. The Executive Board meets at 9:30 am. All members are welcome to attend.

In November the meeting is on the third Thursday. The Executive Board does not meet during November.

*Any change of address, email address, or phone number should be sent to KCRTA, 711 Hall of Fame Drive, Knoxville, TN 37917 or to Chris.vandergriff@gmail.com

*A hard copy of *Retirement Times* is available upon request. Contact Chris Vandergriff at Chris.vandergriff@gmail.com

*All the flowers of all the tomorrows are in the seeds of today.

*Spring: a lovely reminder of how beautiful change can truly be.

KCRTA Scholarship Donations

Received for January - February 2024

In Memory of

Louise Bozeman

Louise Bozeman

Mary Brockett

LaVerne Carter

Mike McMillan

Jean Chappell Miller

Jeanette Wyatt

Jeanette Wyatt

From

Chilhowee Retired Teachers

Kaye Williams, Treasurer

Emma Ruth Catlett

Nelldean Bragg

Lexa Hooten

David Huntsinger

Judy Irwin

Dr. Mary Lou Kanipe

Nancy Meyer

Karen Peterman

Sara Baskin

Emma Ruth Catlett

Janet Oakes

Nelldean Bragg

Janet Oakes

In Honor of

Donations

Emma R. Catlett

Nancy Gerhardt

Jane Parker

Necrology

Mary Rowden Brockett

LaVerne Carter

Barbara Jean Flurry

Doris "Dee" Adelia Craddock Lynch

Michael M "Mike" McMillan

Brenda Hickman McSpadden

Ella "Jean" McPhetridge Chappell Miller

Malcom "Mel" Jackson Scarbro, Jr.

James Arthur "Jim" Prince

Janette Anderson Wyatt

