Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll Mm Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz

The Chalkboard

The Official Newsletter of the ISTA-Retired

Volume 5, Issue 3
February/March 2017

2017 Scholarships Available for Your Grandchild

Grandchildren and/or step-grandchildren of ISTA-Retired members are eligible to receive ISTA Foundation scholarship(s) from the state ISTA-Retired District Council if they meet the requirements listed below. The application form is available at the ISTA website, ista-in.org/scholarships-awards. The completed nomination form must be submitted by a grandparent or step-grandparent who is a current member of ISTA-Retired no later than April 1. ISTA-Retired has established an additional fund that is added to the basic $700 already available and will be giving two scholarships. The total of these funds will be divided equally and awarded to two recipients.

To qualify, the nominees must have a minimum "C" average and must have attended a public high school and have graduated in December 2016, or will graduate in May/June 2017. Recipients must continue their education during the fall of 2017 in a two- or four-year accredited college or university, or continue in an accredited training program such as an apprenticeship or be enrolled in a trade school, cosmetology, etc. The nominee does not have to reside in the same geographical area as the grandparent in order to qualify.

Application forms can also be obtained from ISTA-Retired chapter presidents. Again, April 1, is the deadline for submission. Completed applications can be sent to your local ISTA-Retired chapter president or to the ISTA-Retired scholarship chair at the address listed below. Any questions may be directed to the scholarship chair listed below:

Diana Singleton, Scholarship Chair
25 East 650 North
West Lafayette, IN 47906
dmsingle@gmail.com
765-463-2210

Dates to Remember

April 8	**Outreach to Teach** Evans School, 2727 N. Evans Ave., Evansville, IN *Register to Volunteer at ista-in.org/o2t*	7:30 a.m.—4:00 p.m.
May 6	**ISTA RA** Sheraton Indianapolis Hotel at Keystone Crossing, Indianapolis, IN	31 retired delegates to participate
June 15 – 17	**ISTA Summer Conference** Sheraton Indianapolis Hotel at Keystone Crossing, Indianapolis, IN	
June 27 — July 5	**NEA-Retired Annual Mtg. & NEA RA** Boston, MA	6 retired delegates to participate

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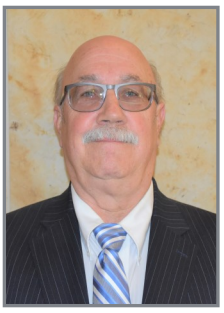
From The Chair



Rod Ellcessor, ISTA-Retired State Chair

Winter set upon us with an unusual thrust this year! The November election left us with a lot of work! Many retired members have seen all sorts of challenges over the course of their careers and lives. We remember the days before collective bargaining in 1974 and what dealing with the Trustee meant. We remember when men teachers were paid more than women teachers. I know that this still occurs for our ESP brothers and sisters and in many jobs today. We remember when a female teacher was forced to leave her jobs during a pregnancy. Ronald Reagan was elected in 1980, and the Department of Education began the course of education "Reform." We have faced dramatic changes in society through technology and the new education reform measures, especially with charter schools, vouchers, virtual education and home schooling. Those of us who have retired still have defined benefit retirement plans. However, many of our active member brothers and sisters may be facing a legislature bound for reforming those plans. And now, the selection of Betsy DeVos as the secretary of education portends the possibility of changes even more destructive to public education.

Our nation has survived many difficult obstacles, the Civil War, WWI and WWII, Nixon's resignation, Al Gore's election and the potential Constitutional Crisis, 9-11 and the ongoing attacks by terrorists. We must help our children and grandchildren overcome the negativism of the current and past decades — we cannot give up! We must continue to educate and commit to making positive social and political change.

The legislative session is ongoing as you read this. I encourage each of to participate in important session activities and thank you for your continued support of public education.

ista Retired
150 W. Market St., Suite 900
Indianapolis, IN 46204-2875
844-ASK-ISTA
ista-in.org

Rod Ellcessor, State Chair
Craig L. Blume, Statewide Coordinator
Jan Hayes, The Chalkboard Editor

Information on ISTA-Retired chapters, officers, meeting locations, and activities can be found on the ISTA website, ista-in.org. If you are not a member of a local retired chapter and would like to be, contact 844-ASK-ISTA or Retired Chair Rod Ellcessor at 317-501-9508 for specifics of the chapter nearest you.

Membership

If you know someone who worked in education and has now retired, be sure to invite them to join ISTA-Retired. ***Memberships are payable via check, electronic transfer, credit card or plain old hard cash!***

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nea Member Benefits

10 Tips for Dealing with Age-related Sleep Problems

Be mindful of these do's and don'ts and enjoy more restful slumber.

DO...

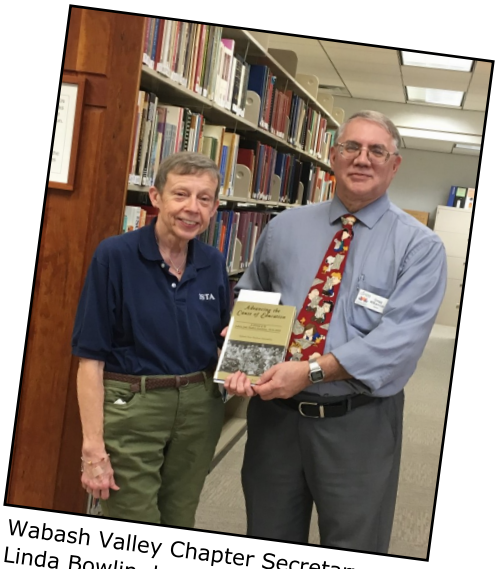
- Stick to a schedule. Try to maintain same sleep and wake times as well as meal times.
- Establish a bedtime routine. Turn to soothing activities.
- Get moving; however, just don't exercise close to bedtime.
- Let in the light. Step into the sunlight at least 15 minutes everyday.
- De-stress. Mediation and deep breathing can help your mind wind down.

See page 4 for remaining tips.

ISTA-Retired Chapters Celebrated 2016 American Education Week Across Indiana

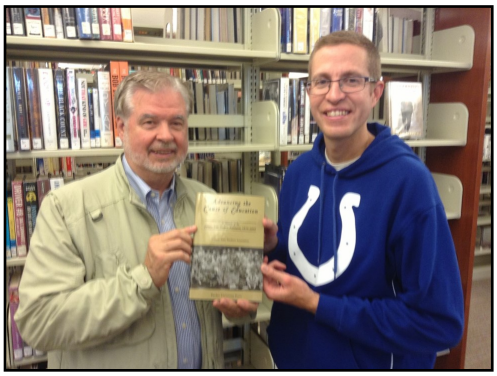
In honor of 2016 American Education Week in November, ISTA-Retired chapters proudly donated copies of the book "Advancing the Cause of Education: A History of the Indiana State Teachers Association, 1854-2004" to local libraries across the state.

Book proudly presented to the Indiana State Library by ISTA-Retired. (L-R) Greater Indianapolis Chapter President Al Wolting, Indiana State Library Director Jake Spear, ISTA Governance Committee retired representative Bob Barcus, ISTA President Teresa Meredith, and ISTA-Retired State Council Chair Rod Ellcessor.



Wabash Valley Chapter Secretary Linda Bowlin donated the book to Frankfort Community Library Director Greg Williamson. Tippecanoe, West Lafayette and Crawfordsville District Public Libraries were also presented book donations.

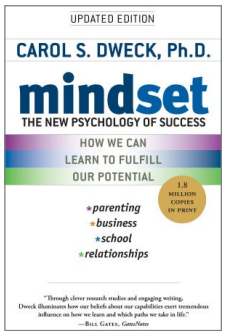
1-B Retired Chapter President Steve Tafflinger gave two books to Youth Services Assistant Erin Barton and Reference Assistant Jeanene Letcher for the Crown Point Library Indiana History Room.



Roger Sharp (L) of Hamilton County Chapter presented the book to the Noblesville Public Library.

At left, 1-F Retired Chapter member Kathy Zentz and 1-F Retired Chapter President Ginger Calhoun donated the book to the Plymouth Public Library.

Mindset: The New Psychology of Success
by Carol S. Dweck, Ph.D.



Book Review

Stanford Professor Dr. Carol Dweck's book *Mindset: The New Philosophy of Success* is a powerful, poignant and provocative discussion of purposeful communication which aids one in reaching personal potential. This book is not only entertaining but is also written in a style which may be understood by lay persons. Dweck intersperses her book with posits of other profound psychologists and infuses anecdotal stories to support her research, illustrating the differences between having a fixed mindset and a growth mindset. She introduces the reader to some intriguing scenarios to justify her varied positions regarding the "mindset" premise, asserting that mental attitude determines how an individual will interpret and respond to situations. Though different from other psychologists' works, this book is an excellent resource which may be used for coaching, learning or managerial programs.

Madeline Marcella Garvin, Fort Wayne

Continued from page 2

10 Tips for Dealing with Age-related Sleep Problems

nea Member Benefits

DON'T...

- Turn on your devices. Ditch electronics one or two hours before usual bedtime.
- Use caffeine as a crutch. Steer clear after 2 p.m. as caffeine stays in your system four to six hours.
- Eat or drink before bed. Causes awakenings and interferes with sleep.
- Take a power nap. Avoid napping and limit yourself to a 30-minute snooze before 2 p.m.
- Use your bedroom for anything other than sleep and sex. Keep out work, computers, television and other distractions as they signal the brain that it's time to wake up, not sleep.

Any medical information is for informational purposes only.

Recipe Corner

CHICKEN SUPREME

1 frying chicken
1 medium zucchini squash
1 medium onion
1 can cream of celery or cream of chicken soup
2 tablespoons oil
salt, pepper, paprika to taste

Brown the chicken in oil; drain; add the rest of the ingredients, except zucchini and simmer 45 minutes in skillet; add zucchini the last 15 minutes of cooking.

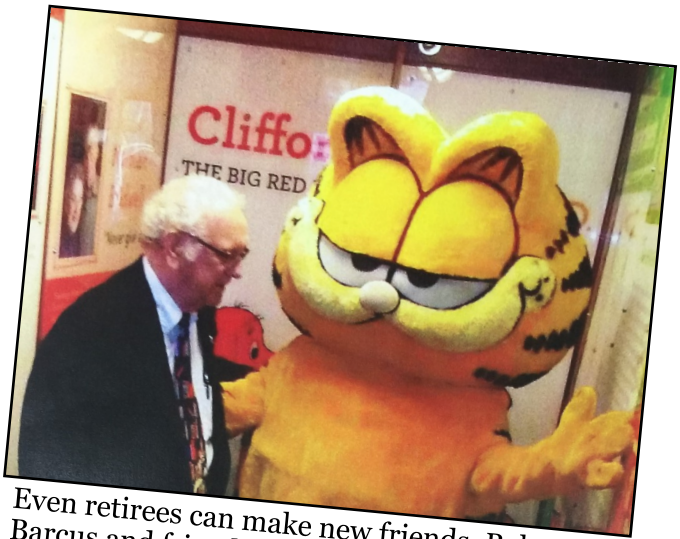
From "What's Cooking Teach?", copyright 1975
Recipe by Teresa Hensler

ISTA-Retired—Here, There and Everywhere!

Pictured are the many bags of school supplies retired chapters donated this year to student teachers. Thanks to all for your donations!

Diana Singleton (left) and Al Wolting (right), presented the ISTA-Retired's raffle prize of two bread boards, a wine holder and bread to winner Anne Reverman of Concord TA at the Good Teaching Conference March 3—4. The raffle raised $170 for the ISTA-Retired's scholarship fund.

At the recent Northern Advocacy Conference, Jan Hayes and Ginger Calhoun manned the ISTA-Retired table, raising funds for I-PACE. Lucky winners chose from a basket of school supplies, wine and chocolates, Starbucks mug and coffee or a basket of tea with cups and a pot.



Even retirees can make new friends. Bob Barcus and friend Garfield during American Education Week.

Looking Ahead
ISTA-RETIRED CALENDAR

It is advisable to call the number listed after each chapter to reserve a spot, particularly if the meeting location is at a restaurant. Some REQUIRE a reservation, especially plays and trips. All times local.

MARCH 2017

14 11 a.m., Hamilton County, The Escape Room, Fishers, 317-896-9291

15 11:30 a.m., Dunes Shore, Lunch at Pesto's restaurant, Valparaiso; 1:30 p.m. Program-Member Benefits, Jason Long, NEA, Valparaiso UniServ Office, 219-464-4053

15 11:30 a.m., Sullivan County, Cinco De Mayor, 8393 S Old 4, Carlisle, "Nature's Classroom" by Jack Gettinger, 812-243-0609

16 11:30 a.m., 1-F Retired, Christo's Banquet Ctr., Plymouth, Read Across America, Legislative Update, Cost $17, RSVP to Ginger Calhoun at 574-892-6491 or Jan Hayes at 574-867-6900

17 11:30 a.m., JAWS, Black Pine Animal Rescue, West End, 702 Monroe St., Decatur, 260-692-6726

21 11:30 a.m., St. Joseph County, Southfield Village, 6450 Miami Circle, South Bend, Woodworking Presentation by John Frazier, Lunch-$10.00, 574-231-1924

APRIL 2017

3 Noon, Posey County, Trinity United Church of Christ, Re-enactor Lois Gray, 812-401-6423

4 10 a.m., Falls of the Ohio, Culbertson Mansion, New Albany, Lunch-Destination Book Store, noon—Taco Steve's, 502-636-3257

4 11 a.m., Greater Indianapolis Chapter, The Light Café, JEL Career Ctr., 1901 E. 86th St, Indianapolis, Park in rear lot behind Career Ctr., Bring school supplies, Program follows lunch.

11 11 a.m., Blue River, Elsbury's Family Green house, 5073 State Road 9, Columbus, Gardening, 812-663-3332

13 10:30 a.m., Wabash Valley, Tippecanoe County Public Library, 627 South St., Lafayette, "The Latest in Technology" by Mark McQuinn, Lunch follows at Jane's Gourmet, 524 N. 4th St., Lafayette, 765-447-4390

18 10 a.m., East Central, "Look to the Stars" Charles W. Brown Planetarium, Ball State University, Riverside Ave., Muncie, Tonne Winery for light lunch, 11 a.m., 765-748-9801

18 11:30 a.m., St. Joseph County, Southfield Village, 6450 Miami Circle, South Bend, Legislative Roundup by David Niezgodzki, Lunch-$10, 574-231-1924

19 11:30 a.m., Lake County, TJ Maloney's Pub in Radisson Hotel, Merrillville, "Seattle Sutton Healthy Eating-Give It a Try" by Amy Moore, 219-794-4672

19 11:30 a.m., Warrick County, Linda Clark's house, Assembling teacher appreciation treats, Carry-in lunch, 812-853-2136

19 4:30 p.m., Frances Slocum Chapter, Gabriel's Pancake House, Marion, 765-664-7795

26 5 p.m., REECI, Hoosier Park, Anderson, Racing and Casino, 765-529-0735

MAY 2017

9 11 a.m., Hamilton County, Donaldson's Chocolates, Lebanon, 317-896-9291

9 11:30 a.m., CHMT, Parkview LaGrange Hospital Café, "Taking Care of Your Perennials and Flower Gardens" by Master Gardener Karen Weiland, 765-480-7746

9 12:30 p.m., Sullivan County, Joe's Italian Food, 821 N. Section St., Sullivan, "Flatboat Journey of Remembrance" by Ron Drake, 812-243-0609

11 Noon, Allen County, CHOPS, 6412 W. Jefferson, Fort Wayne, Ms. Heaton-Ouabache State Park Naturalist, Election of Officers, 260-249-8197

16 10 a.m., East Central, Levi Coffin House Tour, Liberty, National Parks Registry, meeting at New Visitors Ctr., Lunch at Amish Village, 765-748-9801

16 11:30 a.m., St. Joseph County, Southfield Village, 6450 Miami Circle, South Bend, "Play Ball" speaker from South Bend Cubs, Lunch $10, 574-231-1924

17 11:30 a.m., Dunes Shore, Lunch-Applebee's, 1:30 p.m., Tour VU Planetarium, Valparaiso, 219-464-4053

18 1:30 a.m., 1-F Retired, Boathouse Restaurant, 700 Park Ave., Winona Lake, Program at Pottery Bayou following-select pottery piece and paint a design, prices vary, RSVP to Ginger Calhoun at 574-892-6491 or Jan Hayes at 574-867-6900

19 11:30 a.m., JAWS, Millie's, 1070 North Main, Bluffton, "Forgotten Children of the World" by Matt Harten, 260-692-6726

Many programs listed are for entertainment.
Each chapter is also involved in various political, community and educational projects.

You have a story to tell!

Think of all those things that happened in the classroom when you were teaching. Share some unforgettable memories with **everyone**. Send your stories to: **Jan Hayes, The Chalkboard Editor, 8240 N 700 E, Hamlet, IN 46532, hayesjt2012@gmail.com.**