

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 13, Issue 23  
July 2024

## Jennifer McCormick endorsed by I-PACE



*Dr. Jennifer McCormick, ISTA's endorsed candidate for Governor*

I-PACE has endorsed Dr. Jennifer McCormick for Indiana Governor. Our Retired leadership is well familiar with Dr. McCormick as she presented at our ISTA-Retired Conference last December. Her positions on public education, pensions, funding for public schools, accountability, and all education and pension matters are in line with our ISTA Legislative Agenda. Dr. McCormick has chosen former State Representative Terry Goodin to serve as her running mate for Lieutenant Governor. Dr. Goodin served for twenty years as a State Representative and has an almost perfect voting record on educational policy. Dr. Goodin will have to receive a plurality of votes at the Democratic State Convention to confirm his position. If you are a Democratic convention delegate, please consider supporting Dr. McCormick's choice.

UniServ Director Rick Scalf has been temporarily assigned to coordinate the ISTA statewide plan for our members' involvement and activities in their campaign. He will be working with Retired State Coordinator Roni Embry and Retired Council Chair Rod Ellcessor concerning retired activities. We will be calling on your chapter and members to help with phone-banking and postcard writing throughout the campaign. Contact Roni Embry at [rembry@ista-in.org](mailto:rembry@ista-in.org) for information.

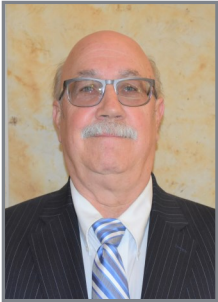
## September 4-5 ISTA-Retired Conference

We will be offering training and information at our annual Retired Conference on September 4-5, 2024. Mary Kusler will be our keynote speaker. Mary is the NEA Director of Advocacy. If you have not heard Mary speak you are in for a real treat. The conference will begin at 1:00 p.m. on Wednesday, September 4th and end on Thursday, September 5th around 2:30 p.m. Each of our twenty-five Retired Chapters may send four members to attend the conference. Contact your chapter president if interested. The deadline to register is August 12, 2024. Register at the following link: <https://ista.forms-db.com/view.php?id=206477>

## ISTA-Retired Scholarship

ISTA-Retired will award its two \$2,500 scholarships for 2024 at the July meeting of the ISTA-Retired Statewide District Council. All Active and Retired members of ISTA are encouraged yearly to nominate their children, stepchildren, grandchildren, and/or step-grandchildren for these scholarships. Questions concerning the 2025 scholarship and scholarship gifts may be directed to the Retired Scholarship Committee Chair Terry Tafflinger at [terrytafflinger@gmail.com](mailto:terrytafflinger@gmail.com).

## From the Chair



*Rod Ellcessor, ISTA-Retired State Chair*

After years of frustration and high anxiety, coordinated efforts by all retired groups have during the 2024 legislative session produced a 13th check and a process to begin the long-term need of a funding process for a yearly increase in our retirement.

Efforts were in jeopardy right up to the last days of the legislative session. A compromise was reached and the language in the passed bill is good until 2029 when we will have to work on a continuation and improvements. The Pension Management Oversight Committee (PMOC) will meet this fall to work out the final language for the legislature to use in completing the process, and the Indiana Public Retirement System (INPRS) board will have work to do to manage the process.

I want to thank you for your efforts at contacting your legislators during the session. IT MADE A DIFFERENCE!

In another matter, we collected shoes for the organization, Changing Footprints, at the ISTA Representative Assembly (RA) held in April. This is our statewide project which we began several years ago when we collected shoes at the 2002 RA. This project and our student scholarships are Retired's commitment and dedication to our Association. If you have been involved in donating shoes or contributing money for the scholarships, we thank you. If you are interested in donating to the scholarship fund, please send checks to: ISTA-Retired Scholarship, 150 W. Market St. Suite 900, Indianapolis, IN 46204.

As always, I want to thank you for your membership in ISTA-Retired.



Retired

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

Rod Ellcessor, State Chair  
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!**



### Find the right car at the right price

The NEA Auto Buying Program gives you free access to online research tools that make you a smarter car buyer and connects you with experienced Certified Dealers that are committed to price transparency and great service. Search an extensive inventory of new and quality preowned vehicles and find great deals.

See what others paid, then get your member pricing and head to the dealership for a test drive.

**Visit [neamb.com](http://neamb.com) today.**

## Membership Committee 2024 pre-retirement seminars

The Retired Membership Committee has been busy! Three pre-retirement seminars were given in March and April. The Shelbyville seminar was presented March 9 with Lafayette and Plymouth seminars presented April 6 and April 20, 2024. Each session focused on estate planning and elder law, explaining Medicare options, financial planning and Indiana Public Retirement System (INPRS). If members joined ISTA-Retired at a seminar one lucky person whose name was drawn won a free retired life membership. **Mary Jo Nieman** was the winner at Shelbyville. She teaches family and consumer science, introduction to culinary and child development classes at the Shelby Eastern Schools. **Julie Sommers** was the winner at Lafayette. She teaches 4th grade at Miller Elementary School in the Lafayette School Corporation. **Laura Livrone** is an English teacher at Concord Community Schools and was the lucky winner at Plymouth.

A special committee thanks to ISTA board member Theresa Collier who secured the Shelbyville site and Retired Council member Callie Marksbarry for the Lafayette site. In addition to helping with the location of the Lafayette site, Callie copied materials for the program that day. Also, a thank you to Wabash Valley Retired Chapter President Jeanna Jones and Callie for helping setup the room. Retired Membership Committee members are Ginger Calhoun, Jan Hayes, and Terry Tafflinger.



***Shelbyville winner Mary Jo Norman (right) received free Retired Life membership from Retired Zone Coordinator Karen Warble.***



***Plymouth winner Laura Livrone (right) received her Retired Life Membership from Membership Committee member Terry Tafflinger.***

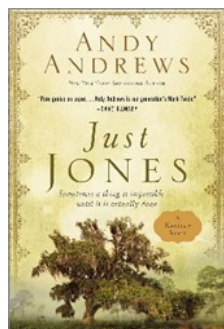
## Fun facts about garlic

Versatile and flavorful garlic is used in a variety of dishes worldwide. But how much do you know about this favorite seasoning? Check out a few fun facts about garlic.

- Garlic promotes the immune system and heart with antioxidant properties that help maintain healthy blood circulation.
- To combat garlic breath, drink lemon juice or eat a few slices of lemon.
- A mixture of crushed garlic and water spritzed on leaves and blooms in a rose garden is a great deterrent for aphids and plant lice.
- Garlic is a vegetable and considered part of the onion family.
- Most garlic produced in the U.S. is used for processing (i.e., canning, freezing, dehydration, grinding, etc.)

*Source: Farm Flavor: The Hoosier Gardner, Purdue University, U.S. Department of Agriculture*

## Just Jones by Andy Andrews



### Book Review

The author himself tells the story but plays a minor role in its telling. The focus is on Jones himself, not Mr. Jones, he'll remind you. While of the mystical nature, Jones always turns up under unusual circumstances to help and assist others: a young girl caught in a trying situation, namely in jail; a young teenager who has a creative nature but is unusually mischievous---for a reason; a pastor who has seemingly lost his vigor for leading his flock; and a woman from Texas with unique lawn

decor! Each poses an obvious problem yet here's Jones with the mysterious five and dime store where patrons gather around a table that has everyone staring at its structure and materials. The prologue holds that story. In the telling of this novel, we learn the importance of perspective, the power of connection and the ability we all have to make the impossible come true. [This author is not only a novelist, but also a speaker and consultant for some of the world's most successful teams, corporations, and organizations. He also has a weekly podcast titled The Professional Noticer.]

*Sarah Borgman, Wakarusa, Indiana*

## 1-F Retired

The 1-F Retired Chapter met in March at the Marshall County REMC building in Plymouth. Dawn Berry, Physical Therapist and Certified Lymphedema Therapist spoke about the history of physical therapy and different types of therapy available – from physical, occupational to speech. Therapy is used to treat a patient from head to toe using a variety of techniques to address the issue. She explained the goal is to educate and motivate the patient. A physical therapist student in her last year of studies accompanied her and distributed a brochure that she created to show the increase risk of falls. Use the chart below to see if you are at risk for falls.

### 30 Second Sit to Stand Test—Instructions

1. Sit in the middle of the chair.
2. Place your hands on the opposite shoulder.
3. Keep your feet flat on the floor.
4. Keep your back straight and keep your arms against your chest.
5. On “Go,” begin timing and rise to a full standing position, then sit back down again.
6. Repeat this for 30 seconds and count how many sits and stands you complete.

### Fall Cut-Off Scores

If you fall below the cut-off scores for your age and gender, then you may be at increased risk for falls.

Age	Women	Men	Age	Women	Men
60-64	15	17	80-84	12	13
65-69	15	16	86-89	11	11
70-74	14	15	90-94	9	9
75-79	13	14			



**Physical Therapist  
Dawn Berry**



## Vanderburgh County

"Baby Boomers" tour the Wartime Museum in Evansville. Vanderburgh County Retired Chapter members were given a private tour in March at the museum. The museum exhibition is a testament to the role the city of Evansville played in its contribution/effort in helping the USA achieve victory in WWII. Special thanks to Dr. Mark Browning at the museum for arranging the tour.

Former ISTA-Retired member Bob Rogers's personal WWII memorabilia (a gift from his wife Carol who was in attendance) will be on exhibit at the museum in the near future.



## 2024 ISTA-Retired Scholarship Cookie Challenge

This year's ISTA Representative Assembly delegates declared a special winner. Peanut Butter Barnacles won out over Molasses Crinkle and Monster cookies as the 2024 ISTA-Retired Scholarship Cookie of the Year in a vote at the April RA. Delegates flocked to the Retired Scholarship table to donate \$5 each to enjoy three cookies and cast their ballots for their favorite. The winning cookie was announced from the floor of the RA at the end of the day. The winning baker, Ginger Calhoun, received the



**Competing Bakers: Ginger Calhoun, Janet Hayes, and Terry Tafflinger.**



**Member Bev Barrett of Argos, IN, manned the Retired Scholarship table.**

Traveling Cookie Trophy to proudly display until next year's RA. All proceeds of the cookie sales will be added to the ISTA-Retired Scholarship Fund. Active and Retired members of ISTA are encouraged yearly to nominate their children, stepchildren, grandchildren, and/or step-grandchildren for these scholarships. Two \$2,500 scholarships will be awarded at the ISTA-Retired State District Council Meeting in July.

*Winning recipe—See page 6*

## Cookie Challenge—Winning Recipe

### Peanut Butter Barnacles

2 cups Light Karo Syrup                      2 cups white sugar  
2 cups peanut butter                        12 cups Honey Graham Cereal

1. Pour the syrup in a pot and add sugar.
2. Bring to a boil.
3. Remove from heat and add the peanut butter.
4. Pour the hot mixture over the cereal.
5. Work quickly. Plop cookie size amount of mixture on a tray.
6. Cool and keep the cookies in an air-tight container.

## A day trip favorite – New Buffalo, Michigan

In my younger days, I used to travel out of the USA, and some of these trips were quite the adventure. While I still love to travel, I am more limited in mobility, so I find day trips to be what I need and enjoy. One of my very favorite places, a real stress reliever the last six years, has been New Buffalo, Michigan, exactly one hour from home. It is located on US Highway 12, just a short distance over the IN/MI state line. The little town has seasonal shops, restaurants, and Lake Michigan within view when you turn off the highway onto the main street. While I enjoy sitting near the water and hearing the lapping of the waves, let's be honest...the local restaurants are enticing!

My favorite restaurant is Brewster's New Buffalo. Advertised as an Italian restaurant, the food is superb, but it's the ambience that draws me there. After Memorial Day they open a beautiful patio, covered in vines with a huge marble ball fountain adding delightful decoration. The patio remains open as long as the weather permits. Inside there are two fireplace rooms and a larger one for a group up to 30. It's all relaxing, comfortable, and inviting. Breakfast is 9-11:30 a.m. when lunch begins, yes, that may sound late, but this is a tourist town! I advise you to make reservations as this is a very popular site. There is a full bar and several great menu choices but hold back a little to try one of their popular desserts!

There are several other enticing restaurant choices to choose from:

- **Ghost Island**, a new bar and grille at the edge of town.
- **Redamak's**, a specialty restaurant in hamburgers and milkshakes.
- **Song's**, an Asian choice with more than ample servings.
- **Stray Dog**, an eclectic choice with rooftop seating during warm days. (This is another very popular restaurant, opening at noon, and does not take reservations.)
- **Casey's**, known for good steaks.
- **Church Beer Garden**, an old church remodeled with outdoor seating only. In the winter there are plastic "igloos" for seating.
- While one could make a meal here, the ever-popular **Oink's**, a fun spot to fill up on ice cream...don't you love the name!
- If you are traveling with children, yes, there's a **McDonald's** at the far end of town.

Several bed and breakfast spots are available as well as hotels. Check Google for assistance. The two unique local hotels, *Harbor Grand* and *Grand Marina* are pricey but lovely. Each has a special restaurant of its own, the latter right on the water. Just 10 miles on US Highway 12 is Michigan City and "The Lighthouse Outlet Mall," a great place to walk off some of that good food and look for bargains!

Above all Lake Michigan is right down the street – large beach, too many gulls and geese, but so lovely, especially at sunset. Safe travels and Bon Appetit.

## ISTA-Retired State Coordinator Report

Members have been very helpful as I continue to learn my ISTA-Retired Coordinator role. The Indiana retired delegation welcomed me at my first NEA-Retired Convention in Chicago, Illinois. Rod Ellcessor and I attended the joint president-coordinator meeting. Many of the ideas mentioned were practices that ISTA-Retired has shared through the years. The replication of your work in other states is a credit to your vitality as an organization. While there, the 2025 NEA-Retired convention planning team invited me to be a part of their efforts. I had to leave this year's convention a day early to testify on the retirement bill and work with our members. As you are aware, the first step was taken towards a solution on a long-term funding for increases to retirees' pay.

Thank you to our ISTA-Retired Legislative Committee and our members for their many years of lobbying on the Supplemental (13th) check and COLA. The committee has been actively following this issue engaging members for the past five years. The committee's efforts have included attending INPRS/PMOC meetings, working with

PMOC board members, lobbying legislators year-round, and engaging retired members so they were well informed to talk to legislators in their area.

Congratulations to the retired Membership Committee members who have been providing retirement workshops for pre-retired members. Their efforts have yielded a net gain in ISTA-Retired membership. Attendees enjoy these seminars, appreciating the valuable information presented. One clear thing is that active members are more likely to join than those who have been recently retired. This is something other states echoed at the conference in Chicago. Our Retired Membership Committee does an outstanding job of presenting information by demonstrating the value of an ISTA-Retired membership.

Should you have any questions, feel free to reach out to me at [rembry@ista-in.org](mailto:rembry@ista-in.org).

*Roni Embry*  
*ISTA-Retired State Coordinator*

## NEA-Retired Conference



*ISTA attendees Sarah Borgman and Terry Tafflinger (foreground) at the conference.*

The scholarship fund collected \$3,796.00 from passing the hat. This year NEA-Retired will be giving six scholarships, instead of five at \$3,500 each.

Participants attended various sessions to enhance their leadership and advocacy skills. Reports were given at the ISTA-Retired Statewide Council meeting. Conference speakers included NEA President Becky Pringle, NEA Vice President Princess Moss, NEA Secretary-Treasurer Noel Candelaria and former NEA President Reg Weaver.

Sarah Borgman, Ginger Calhoun, Rod Ellcessor, Jan Hayes, Roger Sharp, and Terry Tafflinger attended the NEA-Retired Conference in March at the Hyatt Regency Chicago. NEA-Retired President Anita Gibson greeted and shared her goals for the conference. Those goals were to set records for attendance, PAC donations and Jack Kinnaman Scholarship giving. The goals were met, and records were broken. Of the 289 who attended there were 70 new attendees. The NEA Fund/PAC set a new record – over \$12,000 plus.



# 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.

### JULY 2024

30 11 a.m., 1-B Retired, VNA Hospice, 501 Marquette St., Valparaiso Presentation, Lunch meeting at Pesto's, 3123 Calumet Ave, Valparaiso, (219) 241-5463.

### AUGUST 2024

8 11 a.m., 1-F Retired, 1-F Retired, Palette-An American Eatery, 2511 E. Center St., Warsaw, Program: "Beautiful – Carol King Musical" show at Wagon Wheel Theater. Cost: \$50.00 includes lunch and show ticket. Contact Ginger Calhoun (574) 952-6491 or Jan Hayes (574) 292-6624.

13 5:30 p.m., Mi Familia Restaurant, 5125 Clinton Ave., Kokomo, ISTA Officer, (765) 469-2298.

### SEPTEMBER 2024

4-5 Retired Conference, Intech, 6325 Digital Way, Indianapolis, 46278, Start time 1:00 p.m. on 9/4/2024 and ends at 2:30 p.m. on 9/5/2024.

11 11 a.m., Blue River, meet at Columbus Visitors Center, 506 5th St., Columbus, where transportation will be provided for tour of Miller House, \$30.00 per person. Lunch: Zaharakos, 329 Washington St., Columbus. Contact: Janet Anthony (317) 350-2477.

17 10 a.m., Posey County, Southern Indiana Career/Technical Center, 1901 Lynch Rd., Evansville. Tour, lunch on campus, student-run restaurant, (812) 205-7671.

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

## In Memory of . . .

Colleagues and loved ones have generously made contributions to the 2023-2024 ISTA-Retired Scholarship Fund to honor the memory of the following dearly departed:

- **Lois Brunstrup**
- **Gary Calhoun**
- **Bill Crosier**
- **Dorothy Epple**
- **Michael Hayes**
- **John Preheim**
- **Nate Schnellenberger**
- **Wilma Studt**
- **Dorothy Epple**

May their laughter, love, kindness, and strength live on forever.

*ISTA-Retired embraces these special memorials and appreciates the tribute to the students of today and tomorrow.*