

THE TATTLER

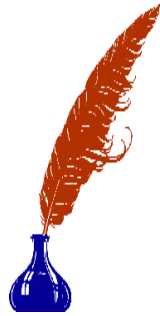


THE MICHIGAN ASSOCIATION OF RETIRED SCHOOL PERSONNEL CLARE COUNTY CHAPTER NEWSLETTER

July 8, 2025

FROM THE PRESIDENT'S DESK

Last month's 35th Anniversary Celebration was a direct reflection of this chapter's incredible teamwork. Whether volunteering, speaking, singing, or attending, thanks to ALL who made it happen. We created a lovely memory, and that's what *family* is all about.



For the past few years, we have been raising money to support our community's students and educational employees. Your generosity is well noted.

Last year, we decided as a group to put a hold on our Witbeck's Fundraiser. We decided instead to collect money before each meeting. This fall, we will review how the monies are faring, and make donation decisions then.

In our chapter's by-laws, under Article II, Section A, PURPOSE, #2 states:

"Support Quality Education."

Your cash or check helps us do that, especially in our beloved Clare County.

Please consider donating.

Respectfully submitted,

Terry Petrongelli
President
MARSP Clare County Chapter

KEEP CALM AND CARRY ON

*How a backpack
beats a roller bag...*



Ever since the roller bag was patented in 1970, one truism seemed to apply to air travel: Why carry when you can pull? But I rethought this notion on a recent trip in which my discount fare excluded overhead bin privileges. Now I know: A small backpack is the way to go.

Light packing. Knowing I would carry this stuff, I brought essentials only.

No double-bagging. My backpack has a space for my laptop, so my messenger bag stayed at home. Security was a breeze.

No fumbling. Roller bags can be awkward on escalators, sidewalks, and busses.

No gate check. No airline agent will slap a tag on your backpack and make you wait for it on the jet bridge.

Jim Lenahan
AARP the Magazine
April/May 2025



MAKE CONTACT TO YOUR ELECTED OFFICIALS

It's important to
BUILD RELATIONSHIPS
with policymakers outside
of legislative crises.
Introducing yourself is just

the first step.

Personal connections influence
policymakers' awareness and investment in
matters impacting public school retirees.
Local member engagement reinforces
MARSP's efforts in Lansing.

Here is a draft you could use to get
started by phone, mail or email:

Hello, I'm [Your Name] from [Your City].

***I served as [Role in Public Education
System], and I'm a proud member of
MARSP—the Michigan Association of
Retired School Personnel.***

***Founded in 1951, MARSP is the largest
organization dedicated to protecting
and enhancing retirement income and
healthcare benefits for all of
Michigan's public school employees. As
a non-partisan group, we focus on
policies that impact retired school
personnel and uphold the integrity of
the Michigan Public School Employees
Retirement System.***

***[Insert a brief personal story or
reason why MARSP's mission matters
to you.]***

***I urge your support and action to
secure the long-term financial health
of our retirement system.***

***Thank you for your commitment to
serving our community and addressing
the issues affecting retirees like me.***

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WAYS TO STRETCH YOUR FOOD DOLLAR



1. Schedule smaller, strategic trips

Buying all your groceries in one fell swoop seems efficient, but it'll cost you. "People have good intentions, but don't use everything they buy," says Amanda Li, registered dietitian and founder of nutrition coaching practice Wellness Simplified. Small, frequent trips to the store forces you to use what you have, and only make trips when you need to replenish supplies. Many people buy duplicate ingredients, which is why Li recommends making a grocery list ahead of time. She estimates making several trips to the grocery store-and taking stock of what you already have can save you \$20.00 per week.

2. Eat seasonally

It's not your imagination: The price of fresh fruits and vegetables fluctuates throughout the year. Nutrition coach and author Maria Marlowe says produce is more expensive when it's out of season, and estimates eating seasonally can shave 30 percent off your total. So what's in season? Take a hint from Mother Nature. Juicy fruits that cool you down-think berries and melons-are popular in the summer, while winter brings an abundance of beets and sweet potatoes. If you're craving a strawberry smoothie in the middle of winter, Marlowe says frozen produce is about 25 percent cheaper and usually more nutritious than the fresh variety, as it was frozen at peak ripeness.

3. Buy in bulk

The next time you need nuts or grains, head to the bulk food aisle. Marlowe estimates you can save up to 50 percent on your nonperishables-and keeps your food waste to a minimum. Though buying bulk is usually cost-effective, Marlowe recommends checking the unit price for good measure. "You can find it right by the label on the shelf," she says, "It tells you the cost per pound or ounce, so you can find the best price." "About 70 percent of the seafood in the store is frozen. Stores often defrost fish and lay it out over ice, so you're paying more money for fish that will go bad faster."

Clare County Senior Services

Mar 4, 2020

Nutrition Education 2023 and Prior

WWW.ANDERSTOONS.COM



"I miss the days when tech support was a new bulb for the overhead."

WITTY AND WISE SILLY SIGNS

Here are a few
of our recent favorite
signboards:



**AGE IS NOT A NUMBER
IT'S CLEARLY A WORD**

**TO THE THIEF
WHO STOLE MY GLASSES
I WILL FIND YOU
I HAVE CONTACTS**

**THEY SAID
TO FOLLOW MY DREAMS
SO I WENT BACK TO BED**

**SOMEONE STOLE MY COFFEE CUP
I'M HEADED
TO THE POLICE STATION
TO LOOK AT MUG SHOTS**

**WHEN DOES A JOKE
BECOME A DAD JOKE?
WHEN IT BECOMES
APPARENT**

AARP Bulletin
May/June 2025

POWERLIFTING TO DEBUT AT US SENIOR GAMES WHERE 82-YEAR OLD GRANDMOTHER TOPS THE AGE RANKING

At 82 years old, Faith O'Reilly is lifting her best life.

The Coloradoan is currently the oldest enlisted female participant in powerlifting at the 2025 National Senior Games, which will feature O'Reilly's forte for the first time in its history.

GoodNewsNetwork has regularly reported on the life stories of silver lifters and the perseverance they demonstrate with an activity most assume to be limited to one's youth.

That was when O'Reilly took up powerlifting—in law school at the University of Iowa.

"I was watching it and thought, 'Well, I can do that,'" she said of that first experience, reflecting a can-do attitude she maintained all her life.

That confidence blossomed into a capability that saw her win multiple Iowa state championships as she lifted the double burden of weights and school—graduating and going on to teach undergraduate level legal studies and paralegal work in the criminal justice field.



After retiring and moving to a tiny Colorado town called Saguache from her native Iowa, she took up powerlifting again in 2007 and would recommend it to anyone.

"It's overall good for you physically, and as you age you can have problems with bone density and losing muscle tone," she [said according to an article](#) for the National Senior Games

Association, where she took a gold medal in the 2023 women's triathlon relay for the 75 and older bracket in Pittsburgh, which she did with her younger sister and close friend as a team.

"It's really fun to see and interact with other people who are enjoying being more fit than the rest of our age group," she says.

"You know, the oldest person who competed in Pittsburgh was 103, so that gives me a goal."

Andy Corbley
goodnewsnetwork.org
Jun 18, 2025