April 2023

Utah Retired School Employees Association

BULLETIN

President's Message



Dr. Larry Dean

Greetings to all of our current and future URSEA members. As a Board, we look forward to serving all of you for many years to come. This organization labors hard to protect the retirement, benefits, and rights our members have worked an entire career to procure. Did I mention, that all of our Board works for our membership at zero compensation?

It is my feeling that most all educators have this same particular gene built into their individual DNA. (Selfless service for the benefit of all those they serve). Think back in your own life and I'm sure that you will recall an individual in public education that has had a great impact on your own life.

When I was a young boy, I would look for four leaf clovers in the grass in our yard. St. Patrick's Day was always a fun and mesmerizing holiday to participate in. Everyone at school would wear a spot of green. Classmates would check you out to see if you were participating also. When I was a classroom teacher and an administrator, I would always look for a green tie or shirt to wear to school.

This time of year always makes me feel fortunate and "lucky" in a way. Especially this year in particular with the additional rain and snow that we have received. Soon, the warmer weather will arrive and we will be able to plant our flowers, fresh vegetables, have family barbeques etc. We truly are the luckiest and most fortunate people on the planet Earth. We live in country that allows us to pursue our dreams and facilitates our success through a free and public education system.

Is there any better feeling that watching "Old Glory" ripple in the breeze? No matter where you travel, our colors are always displayed. To see them displayed always makes me feel proud and lucky to be a citizen of this great country, The United States of America.

Regards,
Dr. Larry Dean
URSEA President



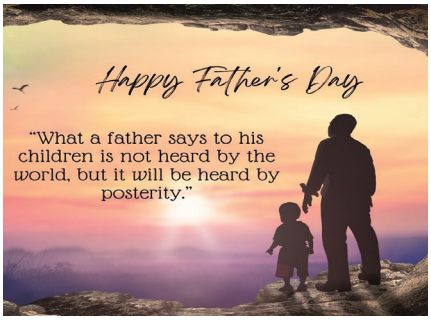
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FROM THE DESK OF THE EXECUTIVE DIRECTOR



Arthur Cox

It has been a long and cold winter. But, we need the moisture so we should not complain. Whoever did the rain dance we thank you very much. March comes in like a lion but goes out like a pussycat. Spring is here and we hope all of our members are healthy and thinking about vacations, gardens and family get-to-gethers.

Your URSEA board has been working on a number of important events for 2023. First, we are finishing our plans for the May 12th Leadership Conference to be held for all of our local regional leaders. This year will be very different. Instead of having the regional leaders coming to Salt Lake City the URSEA board members will be coming to you. We will hold three meetings at three different locations close to those member locations. We hope this will encourage more local members to come and to participate in these important meetings. More specific information will be sent to all the local leadership.

We hope to finally hold our annual Members Conference this October 13th. For the last two years the Memberships Conference has been postponed because of the covid epidemic. We think we will be able to finally put together this fun and important event for all members.

Finally, we are beginning to get information out to every school in the State of Utah to announce that our scholarship applications are being sent out to the schools. There will be eight scholarships worth $1250.00 each for educators that will be returning to colleges or universities to further their education to specifically help our kids in the schools of Utah.

We at the URSEA Executive Board need your help. We are looking for members who want to volunteer a few hours each month to serve on our Executive Board. Our meetings are fun and very important to our members. We have various position openings. Please contact Dr. Larry Dean or Arthur Cox to let them know of your interest.

Another reminder to members to help recruit your fellow educators to join URSEA. You can join with an Annual membership of $15.00 per year or a Continuous Membership of $12.00 per year taken out of your monthly retirement check of $1.00 per month. The application for membership and the type of dues payments is found in this bulletin. Also, you will find in this bulletin information how you can help with the URSEA scholarships. You can donate to the scholarship fund. Each year we have had a number of URSEA members donate to the fund. We would hope all members will feel free to donate as little or as much to the fund as they can afford.

If you have any questions or ideas concerning URSEA please contact Dr. Larry Dean, President, at drlarrydean28@gmail.com or Arthur Cox, Executive Director, at acecox49@gmail.com.

THERE'S ALWAYS ANOTHER VIEWPOINT

We all need to always remember that there is always another way to look at things. One day a lady was talking to me about how unhappy she was with the way our legislature was handling an issue. I suggested that she contact her legislators and tell them her concern. She scoffed at that suggestion, saying, "Why would I do that? They never pay attention to what we say. Why don't they?"

So I told her about what I feel is a flaw in our election system that our forefathers may not have, or may have, felt is a flaw. Some countries in our world finance elections with public dollars, and some, like ours, leave the financing to the candidates. A candidate in a country that finances the elections needs only to try to do things such that the voters support him/her. A candidate in a country that leaves election costs to the candidates must either have a lot of money or a lot of financial support from others (I didn't know how much money it cost to be competitive in an election until I ran for a state office several years ago). And if a member of Congress wants to be re-elected, he must not do things while in office that will cause his/her financial supporters to withdraw their financial support. In America, if candidates are fairly competitive in the way they address issues, the candidate who has the most financial support will win the election a strong majority of the time.

Obviously, there are people in our country who like the way our elections are financed. But I feel it would be better if a candidate needed only to do what he felt is best for the constituents involved and not have to worry about how the next campaign is going to be financed. That is why it is so important that as many people as possible get to know candidates and make sure they take the time to vote.

Another time I was at a little league basketball game, where a teenager was refereeing. He was the only ref. He made a couple questionable calls, but overall he was doing a pretty good job. I was disturbed by the way some of the spectators were complaining about him. I told one of the complainers that I thought the referee was doing his best. And the complainer just acted insulted that I would even say that. But my guess is that there was only one referee on the court because there were not enough available referees to put two on each basketball court. And because there were not enough referees to put two on each court, the league was probably forced to use some lesser qualified referees to do some of the games.



Those who run basketball leagues at all levels actually have several options about referees: 1- play games using only highly qualified referees; 2- play games using the best referees available; 3- play games without referees if none are available; 4- cancel games if no qualified referees are available. Obviously option 2 is the only logical choice.

It is true that some referees don't try to do their best, who do it just to earn some extra money. But most are trying to do their best, and some who could become good referees quit before that happens, because of the vocal complainers they have to listen to. It would be fun to require any vocal complainer at a little league game to leave the sidelines, or volunteer to train to be a referee and do penance by refereeing a specified number of little league games.

Just my viewpoints.

Fred Ash, URSEA Legislative Chair

STATE OF THE UNITS

Mary Ann Bundy

We appreciate all you stalwart Units who have continued to meet throughout these last few months of our snowy and cold winter. Having lunch together with friends must be the draw.

ALPINE RSEA On February 6th, members enjoyed lunch and good legislative updates from Fred Ash, guest speaker from the URSEA Board. The next quarterly meeting will be May 1st at 1:00, at the Orem Golden Coral on University Parkway.

BOX ELDER RSEA President Calvin Hunsaker is watching for warmer weather to schedule the next meeting at Maddox Restaurant for the end of April or first of May. It will be good to get together with friends. Watch for the invitation.

CACHE VALLEY RSEA Only 10 members were able to meet for lunch and fun at the Logan Golf Club house for the March St Patrick theme activity. Cold weather doesn't deter the tough folks around the valley. Members will have an egg-swap April 3rd and be entertained by USU music instructor, Melissa Otni, performing some opera favorites. On May 6th members will share a memory or story about their mothers. The closing luncheon will be the salad lunch - June 5th in the Johnson's nice back yard. July and August is reserved for Family vacations.

CARBON/EMERY COUNTY RSEA Small groups of retired friends have been meeting this winter at the bowling alley, water aerobics, doctors' offices, rehab facilities and even for lunches at the Grub Box in Ferron or in Helper or Price.

COLOR COUNTRY We are saddened to announce the death of Paul Brooks, long-time friend and treasurer of the group. We send our sympathy to his wife and family. Everyone will miss his quick wit; about a month before cancer struck him, he was joking about having regular lunch meetings after attending funerals with retired friends..

DAVIS RSEA Members will reconvene after our winter break by meeting in April and May for two interesting activities. We'll tour one of Davis County's seven High School "Student Centers". We'll visit the one at Layton HS. Each center serves over 60 students daily- with food, laundry, showers, warm coats and blankets, etc. And they have a place to study and get tutoring so they can graduate. We'll also be going to the Layton Heritage Museum for a demonstration on weaving (Navajo and traditional). Then we'll enjoy the exhibits. Watch for further information on dates and times.

GREATER SALT LAKE/WASATCH FRONT Come to lunch with friends the first Tuesday each month at 1:00 pm at the Midvale Golden Coral. The Book Club meets the 3rd Tues at 10:00 am and will be discussing "The Dictionary of Lost Words." Members pass out Food Bank bags at the local elementary after book club.

OGDEN RSEA Meetings are held the last Monday of all odd months at noon at the Prairie Schooner. March has traditional shamrock plants for door prizes. In May we'll be saluting members of the military. Door prizes are always a big hit for members to win at each meeting. Collection begins for the Christmas Box in Ogden.

WEBER RSEA RSEA Larry Blanch or Kay Wecker will have a fun story or thought for the members at their Prairie Schooner lunch gathering the 3rd Monday each month at noon.

No News from Tooele or Uintah/Duchesne RSEA

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Scholarship News

Spring is in the near future! We are starting to think about our scholarship program. We will be getting out our letters soon.

Volunteers are needed to help us with this project. Please consider helping us. Contact Sarah and let her know!

Thanks to all of those contributing to our Scholarship Fund to help teachers that are currently teaching.

Thanks URSEA Members!

Sarah Voigt, Scholarship Chair

Contact me: slvoigt17@gmail.com



Help Support The URSEA Teacher Scholarship Fund!

YOU CAN HELP TEACHERS ADVANCE THEIR EDUCATION

If you would like to donate to the URSEA TEACHER SCHOLARSHIP FUND please fill out the information below, with your donation and mail it to URSEA TEACHER SCHOLARSHIP FUND, Arthur Cox, Executive Director, 8931 Shady Meadow Drive, Sandy Utah, 84093 or to Sarah Voigt, President, 401 East 500 North, Kaysville, Utah,84037

URSEA TEACHER SCHOLARSHIP FUND

Name_____

Address_____

Would you like your name listed as a donor?_____

Would you rather remain anonymous_____

Amount of Donation Check_____

Make check payable to The URSEA Scholarship Fund. This donation will only be used to promote URSEA scholarships for Utah Teachers that are going to advance their education.

HEALTH HINTS FROM HAYES



Spring is upon us !!

Here are 6 ways to reap the health benefits of a spring tune-up:

Get out in the garden. Gardening is an activity that promotes overall health and quality of life, physical strength, fitness & flexibility, cognitive ability.

Soak up warm sunshine safely. Spending time outdoors in warm, sunny spring weather improves mood and cognition, moderate exposure to sunlight for older adults, who are at risk for low vitamin D. Don't forget the sunscreen!

Walk outdoors in nature each day. People who exercised outdoors in natural settings reported feeling revitalized and energetic, and experienced less tension,confusion,anger and depression.

Lighten up your diet with spring seasonal foods. Many fresh, locally grown veggies and fruits such as asparagus, cucumbers, mushrooms, radishes, peppers, sweetpotatoes, rubarb and strawberries. Eating 7 to 10 servings of veggies and fruit each day may help to reduce the risk of chronic diseases.



Take care of seasonal allergies. Spring is the worst season for allergies. If pollen is a trigger, keep doors and windows closed. Invest in a good hepa filter, which can be found in just about any local store. They significantly reduce indoor air pollution.

Drink more water when exercising. Older adults who drink plenty of water after being physically active outdoors avoid dehydration and reap more cognitive health benefits.

Spring will be a welcome change from a long cold winter. So lets all get out there and have some fun!!

Nancy Hayes

PLEASE HELP URSEA GO GREEN

Many members have asked the URSEA Executive Board if there are ways that we can save on the use of paper products both in our Quarterly Newsletter and in our important information fliers that we mail out. Yes, we can promote URSEA going green. If you will provide us with your email address we will send you our Quarterly Newsletter and all important mailings to you by email. This will help us save paper products, get the information to you faster and save a considerable cost in printing and mailing. Each Quarterly Newsletter printed and mailed cost URSEA around $6000.00 each quarter. If you would like us to email you URSEA quarterly bulletin and any other important retirement issues please provide us with your information below and mail it to us. If we do not receive a request to provide information to you by email we will assume that you want to continue receiving information by letters and hard copies.

If you want all information sent to you by email fill out the information below and mail it to Arthur Cox, Executive Director, 8931 Shady Meadow Drive, Sandy,Utah 84093 or Sarah Voigt, Past President, 401 East 500 North, Kaysville, Utah 84037.

Name_____

Address_____

Email Address_____



DON'T SHUN THESE 7 FOODS: THEIR BAD REPUTATIONS ARE OUT OF DATE

BY KIM PAINTER, AARP

Do you fear the fat in avocados? The carbs in popcorn? The cholesterol in egg yolks?

If so, you may be missing out on some nutritional winners that, for one reason or another, have iffy, outdated images. Despite encouraging research and, in some cases, updated guidelines from health agencies and medical groups, certain healthy foods and beverages still have bad reputations with too many consumers, nutrition experts say.

Here's what you need to know about some perfectly nice foods that might be on your naughty list.

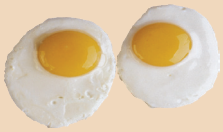
1. Eggs

Eggs are high in cholesterol, with about 200 mg in every yolk. Health groups, including the American Heart Association, long recommended eating no more than three or so a week for that reason. But it turns out that the cholesterol in our diets is only weakly related to the harmful, artery-clogging cholesterol in our bloodstreams. So, recommendations have changed.

Since 2015, the federal government's Dietary Guidelines for Americans have set no specific cholesterol limit. The guidelines say eggs can be part of a healthy diet. More recently, in proposed new rules, the Food and Drug Administration said eggs can be labeled a heathy food. The heart association now says that an egg a day is fine for most people and that older adults with normal blood cholesterol and a heart-healthy diet can safely eat up to two. People with high cholesterol should be more cautious about consuming cholesterol, the group says.

"The egg is a packed nutritional powerhouse," says Angel Planells, a registered dietitian in Seattle and spokesperson for the Academy of Nutrition and Dietetics. The nutrients in eggs include plenty of protein and vitamin D, he says.

Egg yolks also are an especially rich source of the "brain nutrient" choline,
says Dawn Jackson Blatner, a Chicago registered dietitian and author of Superfood Swap.



2. Avocados

While it might seem that avocados are now a well-known superfood, Blatner says she still hears from people concerned about their fat content. And avocados do have a lot of fat: 22 grams in a medium one, according to the Harvard T.H. Chan School of Public Health. But "this is healthy fat … the types of fats that help to lower your heart risk," says Lena Beal, a registered dietitian in Atlanta and spokesperson for the Academy of Nutrition and Dietetics. Beal says she urges clients to "go for the guacamole."

A classic healthy recipe could include just avocados, cilantro, lime, salt and a little (sugar-free) salsa, if you like it a little spicy. Some people include onion and jalapeños. Make it your own but skip the sour cream, spice packets and processed versions full of additives.



In addition to healthy unsaturated fats, avocados are surprisingly rich in fiber, Blatner says: "Avocados are so smooth and creamy," she says, but they can have 14 grams of fiber. Even half an avocado has more fiber than an apple, she says. U.S. dietary guidelines say someone eating 2,000 calories a day should aim for 28 daily grams of fiber.

3. Popcorn

People often assume that popcorn belongs in the same category as pretzels and crackers, which are rarely made from whole grains, Blatner says. But popcorn "actually is this fun food that people already enjoy that happens to naturally be a whole grain," she says.

Beal says popcorn "has wonderful fiber in it." The healthiest popcorn is a batch you pop at home, with an air popper

or a little vegetable oil, Beal and Blatner say. A tub of heavily buttered stuff from a movie theater is a completely different matter. That movie theater tub can contain up to 1,090 calories and 2,650 milligrams of sodium, according to the heart association.



Beal adds that it's important to read labels when buying bags of grocery store popcorn: Some types are too high in sugar or salt for people with health conditions such as diabetes and high blood pressure, she says.

4. Coffee

A few decades ago, coffee was listed as a "possible carcinogen" by the World Health Organization. That changed when newer studies showed coffee actually reduced certain cancer risks and was probably wrongly maligned because so many coffee drinkers also smoked, according to Harvard's public health website. Today, there's a "flow of pro-coffee research," suggesting the brew lowers risks of diabetes and heart disease, as well as cancer, Blatner says. Coffee might also lower risks of depression and suicide, Harvard says.



One big reason coffee might boost health is that it contains high levels of antioxidants, substances that prevent or delay cell damage.

Of course, caffeinated coffee also is a stimulant, known for increasing alertness, attention and mood — as long as you don't overdo it or drink it too late in the day, when it can interfere with sleep, Blatner says. And be aware that too much coffee also can raise blood pressure and lead to anxiety and heart palpitations, the heart association says. Coffee is healthiest with "zero or minimal" adds-ons, such as cream and sugar, Blatner adds.



5. Frozen veggies

Decades of reminders that "fresh is best" have steered too many consumers away from minimally processed frozen fruits and vegetables "picked at the peak of freshness" and full of nutrients, Planells says. "You can have multiple servings of veggies with a microwave in a matter of minutes," he says.

Blatner says that frozen fruits and veggies are ideal backups for days when you run out of fresh produce: "The frozen spinach can be in your omelet. The frozen cauliflower rice can be in your lunch bowl. The broccoli can be your side dish, the frozen berries can go in your smoothies."

6. Nuts

Like avocados, nuts are fatty foods. But most nuts, including walnuts, almonds, pistachios, hazelnuts and pecans, are highest in monounsaturated and polyunsaturated fats, which are good for your heart, Beal says. They also provide lots of vitamins, minerals, protein and fiber, she says. Macadamias and cashews are higher in saturated fat, she says, so should be more occasional treats. Just watch your portions: An ounce of nuts has 160 to 200 calories, Beal says.



The FDA says nuts and seeds could be labeled healthy, regardless of saturated fat level, under its new rules.

7. Full-fat salad dressing

If you are still squeezing lemon juice on a bowl of greens and other veggies, you may not have heard the news: The nutrients in raw vegetables are better absorbed when your meal includes some fat. Avocados, nuts and seeds on a salad can help, Blatner says, but so can a dressing made with a healthy olive or avocado oil. "You don't need to use fat-free salad dressing anymore," she says.



In fact, Beal says, bottled dressings with reduced fat often have extra sugar or salt to add flavor, making them less healthy choices.

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REPORT YOUR VOLUNTEER HOURS

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in".
~Author Unknown

Margaret Jones,
Volunteer Chairperson
margjones1@gmail.com
Please put "Volunteer hours" in the subject



2023 URSEA Volunteer Hours

Name: _____
Address: _____
City, State & Zip:_____
Email: _____ Phone: _____
Local RSEA: _____

I plan to volunteer approx._____ hours in 2023.
All hours for 2023 must be submitted no later than Dec. 31, 2023.
Email information either monthly or a grand yearly total to Maggie Jones at: margjones1@gmail.com
Or send this form to Maggie in the mail:
4825 W. 4000 S., West Haven, UT 84401

PLEASE Join or RENEW YOUR MEMBERSHIP TODAY

Note: If you are currently a CM or Continuing Member by having $1 a month deduction, you need not reapply. (If you are not sure, check the deductions on your retirement check. It is also noted on the last page of the Bulletin.)

Membership in URSEA is an investment in your retirement future! Your membership makes a difference in many ways. Please join the thousands of other Utah school retirees who have already become members by completing the enclosed application and returning it to the address indicated. To learn more about the Utah Retired School Employees Association, please visit our web page at www.ursea.org

URSEA has a group benefit package that gives our members sole access to a variety of insurances, travel perks, and computer discounts. Many of our members are using these benefits to enhance their retirement and make their retirement checks go just a little further.

The Utah Retired School Employees Association will be only as strong as the dedication and unity of its members. If you have any questions regarding the URSEA or this letter, please contact the URSEA Office at 1-801-561-4528

Your Local Unit and State Associations are working together for you. For more information on your area's local unit, please check our web page at www.ursea.org under the link, local units.

Please help us!! We are receiving checks for membership renewal from members that are also having $1 per month taken out of their retirement check.
Look at your name and address on this bulletin. Above your name is printed "RENEWAL DATE". If the letters CM appear next to that date, do not send a check to renew your membership. CM means that your membership automatically renews with the $1 per month from your Utah State retirement.

THANKS FOR BEING A MEMBER!!

UTAH RETIRED SCHOOL EMPLOYEES ASSOCIATION

Membership and Enrollment Form

(PLEASE PRINT ALL INFORMATION)

Name_____Date of Birth_____Date of Retirement_____

Address_____City_____State_____Zip_____

Telephone_____E-Mail_____Social Security # xxx-xx-_____
LAST FOUR DIGITS ONLY (MANDATORY FOR CM)

Male ☐ Female ☐

☐ **CM Member**: I authorize the Utah Retired School Employees Association to deduct from my retirement check the dues of $1 per month and any future increases as voted by the membership. I understand this authorization makes me a Continuing Member of URSEA and may be canceled only with written authorization from me to the Utah State Retirement Office.

☐ **Annual Member**: I prefer to pay by check. Enclosed is my check for $15 to cover the annual dues of URSEA for the year (Sept. 1. through Aug. 31) Make check payable to: URSEA

☐ **Associate Member**: Enclosed is my check for $15 to cover the annual dues of URSEA for the year (Sept. 1, through Aug. 31). Make payable to URSEA. : "This is an active employee or someone having an interest in education".

SIGNATURE_____DATE_____DISTRICT RETIRED FROM_____

Please mail form to

URSEA c/o Larry Millward, Treasurer, 105 East 350 South, Kaysville, UT 84037

URSEA
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Sandy, Utah 84093

