



The Educator

NDRTA

A Publication of the
North Dakota Retired
Teachers Association
www.aptnnd.com/rta

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What is *The Educator*? The Educator is an educational & fact-filled publication, and another way to offer members additional information and services. Let us know what you think! Send comments, questions, interesting bits of information you would like to see in *The Educator* to: NDRTA PO Box 447 Bismarck, ND 58502-0447 or email to: rta@aptnnd.com

Thank You Minot!

Yes indeed. A big Thank You to Minot Area RTA (MARTA) for hosting an outstanding convention! NDRTA members had a great time as the convention carried out the theme "Be Sharp...Before the Harp!"

Among the highlights was a tour of Minot's New Regional Career & Technology Center at Magic City High School. Attendees then traveled by bus to "Soar Like a Lark in the Park" at the Scandinavian Heritage Park. A picnic lunch was served under the canopy followed by a stroll in the park.

NDRTA members were truly honored to have Megan Hookey, NRTA's Staying Sharp Coordinator give a 90 min. presentation on NRTA's Staying Sharp Program on Wednesday. NDRTA scholarships were awarded during Wednesday night's banquet. A "Pastatively Enriching" banquet & music by the *Treble Makers* concluded Wednesday's events.

September 7th's break-out sessions provided attendees with informational topics & wonderful speakers that included "Teaching to the Child of Poverty", "Meth...an Important Update", Minot's local winery, & Minot's Learning Brain Expo. Members received a TFFR report/update from Fay Kopp of the Teachers Fund for Retirement. The Silver Apple and Ethal Percy Andrus recipients were recognized. A "Be Bright with Deli Delight" luncheon & entertainment provided by the *DRUM Kidz* concluded the State Convention.

Most special thanks to the convention committee for all their volunteered & dedicated hours to put on these two most enjoyable days.

Again thank you MARTA!

Gray hair is God's graffiti.
-Bill Cosby

Sunflower Seeds

Research from McGill University found that exercising thirty minutes for three times a week and by eating at least 2 grams of plant sterols each day will lower cholesterol. You can find plant sterols in sterol-fortified margarine or a handful of sunflower seeds!

2006 Dr. Ethal Percy Andrus Award

NDRTA recognizes one Retired Educator each year who has demonstrated a commitment to excellence in North Dakota's Retired Teachers units and/or State organization. Their dedication to retired teachers or involvement with children and/or community has been exemplary.

This well deserved award was given to Mary Fuxa during the State Convention. Congratulations!

NDRTA is the voice of Retired Teachers in North Dakota!
NDRTA is the only organization that works exclusively for North Dakota's 5000 plus Retired teachers.

NDRTA...North Dakota Retired Teachers Association

NDRTA's purpose is to promote the personal, social and economic welfare of its members, promote participation of retirees in service to their communities and to promote improvement of education for children in North Dakota.

Age doesn't matter, unless you're a cheese.

-John Paul Getty

The 2006 Annual Silver Apple Awards were presented to the following:

Local Unit

Bismarck/Mandan
Cass County
Central Red River Valley
Dickey County
Fargo
Grand Forks
Lonetree
Minot
Missouri River Basin
Slope Area
South Central
Southwest
Stutsman County
Turtle Mountain
Valley City
Williston

2006 Recipient

Sarah Ripley
Todd Doschen
Agnes Skarperud
Betty Haussler
LaDonna Whitmore
Dale Koppelman
Marian Kramer
Geraldine Larson
Jan L. Cooper
Dee Rieker
Elaine Blinsky
Eunice Henanger
Julia Schlaht
Ruby Krause
Dennis Nathan
Ann Gudmunson



** The Silver Apple award is presented to one member from each of the local units (16 at this time). The local unit member must also be a member of the *state organization*. The recipient has given meritorious service to retired teachers or the organization's programs for teachers, children or the community.

The Travel Trophy Goes to

Yes, The Southwest Retired Teachers Association (SWRTA) claimed the trophy once again. 7 members of SWRTA attended the NDRTA 45th Annual State Convention in Minot on September 6-7, 2006 and claimed the greatest number in attendance and farthest distance from the convention site (2100 miles).

***To determine the winner of the traveling trophy, NDRTA multiplies the miles traveled by the number attending from each local unit.

The secret of staying young is to live honestly, eat slowly, and lie about your age.

-Lucille Ball

Sugar Substitutes

Which sugar substitutes are safe?

- 1) Saccharin = Daily Limit = 12 Packets
 - a) Sweet 'N Low (pink packet)
 - b) Sugar Twin
 - c) Necta Sweet
- 2) Aspartame = Daily Limit = 74 Packets or 22 cans of Diet
 - a) Nutra Sweet Pop
 - b) Equal
- 3) Sucralose = Daily Limit = 28 Packets
 - a) Splenda (yellow packet)

Wrinkles should merely indicate where smiles have been.

-Mark Twain

JOIN THE BAND!

With Our Youth Project 2006-2007 is to collect, pack and ship school supplies to children in Afghanistan. We are asking YOU to help us in fulfilling this project with pencils, pens, writing paper, spiral notebooks, glue sticks, rulers, crayons, pencil sharpeners, magic markers, binders, notebook paper, colored pencils, erasers, and scissors.

Contact your local retired teachers association for further details or contact: Iola Dubisar, With Our Youth Chairman, PO Box 159, New England, ND, 58647 or e-mail: iolad@goesp.com The project will be completed by April 30, 2007.



The aging process has you firmly in its grasp if you never get the urge to throw a snowball.

-Doug Larson

'Tis the Season to be Saving



Let your NDRTA Access Membership Card ring in some holiday cheer with **SAVINGS** on everything from clothes and electronics to flowers and home décor. Use your Membership Card and **SAVE** on all your holiday shopping and travel at places nationwide: Best Western, KB Toys, OfficeMax, Sam Goody, Target.com, Mrs. Fields, Eddie Bauer, Linen-N-Things, Naturalizer, online magazine subscriptions and so much more (over 300 national brands)! If you haven't logged in and checked out the Shopping, Services or Nation deals you'll want to see what you have been missing!

Don't forget to recommend a business. Tell us where you dream of saving money and we'll contact the business about participating in our program.

If God had to give a woman wrinkles, He might at least have put them on the soles of her feet.
-Ninon de Lenclos

MEMORIAL CEREMONY

Observed at the State Convention.

It is customary for NDRTA to remember & honor those educators who have passed into eternal life since the last convention. Mary Fuxa, State Historian conducted a beautiful memorial service for these past educators. Special consideration was given to our NDRTA treasurer, Howard Snortland, who passed away on May 1, 2006, at the age of 93.

*To see NDRTA's Necrology list from July 1, 2005 to June 30, 2006 visit our website at www.aptn.com/rta under State Convention.

Teacher..."Ohhhhh"...Jokes!

- Every Calendar's days are numbered.
- A lot of money is tainted—It tainted yours and it taint mine.
- A boiled egg in the morning is hard to beat.
- Those who get too big for their britches will be exposed in the end.
- Once you've seen one shopping center, you've seen a mall.
- Bakers trade bread recipes on a knead-to-know basis.
- Santa's helpers are subordinated clauses.
- Acupuncture is a jab well done.

NDRTA CALENDAR

60th ND Legislative Assembly

The 60th Legislative Assembly will convene in regular session Wednesday, January 3, 2007.

NDRTA Spring Workshops

(Already scheduled sites)

April 26, 2007 – Slope Area RTA/Dickinson

May 10, 2007 – Fargo/Cass County RTA

May 15, 2007 – Bismarck/Mandan RTA

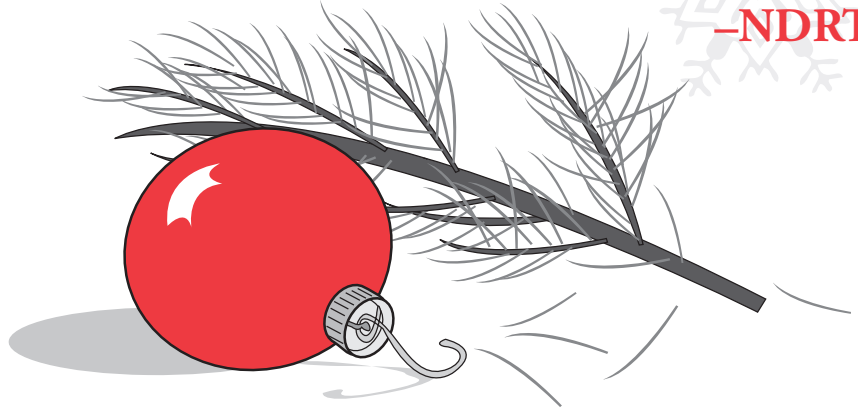
May 21, 2007 – Minot Area RTA

2007 State Convention

September 11-12, 2007 - Fargo

May your holidays be bright with happiness and your new year filled with joy. Happy Holidays!

-NDRTA



NDRTA Welcomes New State Treasurer!

The ND Retired Teachers Association is pleased to announce that Ron Torgeson of Bismarck will serve as 2006-2008 Treasurer on NDRTA's Board of Directors. Ron was newly elected by membership at the State Convention. Welcome Ron!

You don't get to choose how you're going to die. Or when. You can only decide how you're going to live. Now.

-Joan Baez, Singer

Life Spam

Life expectancy reached 75 years for men and 80 years for women this year! Gains in Life Span have slowed in the U.S.A from 10% in 2000 to a low 1.4% in 2005.

Obesity rates went from 19% to 23% in that same span of time!

The best age is the age you are.
-Maggie Kubn, Activist

What Have We Learned!

“Some mistakes are too much fun to only make once!”

Visit the ND Association of Retired Teachers website at www.aptnnd.com/rta for other 2006 State Convention material (2006 Resolutions, Minutes, Necrology List, etc.)

Let's all go to Fargo...

NDRTA Convention 2007

Cass County Area Retired Teachers Association (CCARTA) & Fargo Retired Teachers Association (FRTA) cordially invite the members of the NDRTA to the 46th Annual NDRTA Convention September 11-12, 2007, Doublewood Motel, Fargo, ND.

Vitamin D

A recent Study conducted by the University of California, San Diego found that high dosages of Vitamin D (1000 IU) per day cut the risk of colon, ovarian, and breast cancer by a huge 50%!

Old age is not a place for Sissies.

-Betty Davis, Actress

Tea vs. Cancer

A new 15 year Swedish study of Ovarian Cancer in 61,000 women found that the flavonoids in tea fights ovarian cancer. One cup per day drops risk by 24% and 2 cups of tea drops the risk by 46%!!

There are three periods in Life: Youth, Middle Age, and "how well you look."

2006 State Convention Notable Quotes:

"Great Convention – Excellent job!"

"Very Educational & Interesting Convention!"

"Place held-the people-tours-Super!"

First Place!

The U.S.A. has more obese people than any other country. The U.S.A. has 23% of the world's obese people. Second place Mexico has 5%.

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