

After School...

The Newsletter of Minneapolis Retired Teachers Inc.

Website

www.mrti.org

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BandanAhhh! Brings Holiday Cheer

Once again, MRTI's Program committee brought us a varied and interesting group of Fall programs, ranging from the University of Minnesota Jazz Quartet to Rick Nelson, the StarTribune Food critic. Ending 2019 on a happy note, our December meeting featured "BandanAhhh!"

Dan Perry and Judy Elan provided lively music with a holiday theme. Their band's unique name is a combination of "Dan" & "Band," with Judy being the "AHhhh!" and their music is just as intimately entwined with warm, subtle vocal harmonies and guitar accompaniment. Singing many popular Christmas tunes such as *Silver Bells*, *Have Yourself a Merry Little Christmas*, and *Holly Jolly Christmas*, they got all of us singing along with Neil Diamond's *Sweet Caroline*, John Denver's *Ain't it Good To be Back Home Again* (and singing and acting out) the *Twelve Days of Christmas*! At a time when the days can seem very dark, indeed, our December luncheon was certainly a day-brightener!

Local Property Taxes and State of Minnesota Revenues.

Weekly headlines show "*Hennepin County OK's 4.75% Property Tax Levy increase*" and "*Minneapolis increases its levy by 6.95%*". Other metro counties and cities passed similar property tax increases to meet the needs of their residents. Minnesota school districts all around the state are passing increases in school mill rates and school bond levies to support better education for our children. Farmland and vacation homes are exempted from many of these increases so the full effect of these tax increases falls on home owners and small businesses.

Minnesota state law requires projected revenue to be based on inflation estimates, but state costs must be based with no inflation estimates. Minnesota's recent projected economic forecast for 2020-2021, shows a positive, one-time balance of approximately \$1.3 billion.

The big legislative question is: should we fund our local governments and schools who provide services for their residents or should we cut income taxes?

The Minnesota legislative session which begins in February 2020 will focus on a state bonding and capital expenditures bill. Remember that in 2018, Republican Speaker of the House, Kurt Daudt diverted \$1.3 billion in general revenues to rebuild State Highway 23 with not one cent of the sales and income revenue given to local governments and schools. Will this happen again?

Please support our Committee of Thirteen with your contributions which we use to present our case for education and pensions to the Minnesota Legislature and Governor Walz.

We will be very active in the November 2020 elections.

- Ed Andersen, Louise Sundin
& Denny Lander

Pensions and Legislation Committee for
MRTI

Bill of Fare

January - John's Roast Beef, gravy, mashed potatoes, mixed veggies, cantaloupe with sherbet

February - Soup & Sandwich
Make your own sandwich; tomato basil or wild rice soup; cherry cheesecake

March - Corned beef & Cabbage
Boiled potato & carrots; baking powder biscuit; peppermint bon-bon ice cream & brownie

April - Taco Bar; strawberry shortcake

May - Hamburger on a bun; chips, cole slaw, pickles; variety pies

As always, a vegetarian option is available; just let your caller know or contact Gayle Marko. No other options are possible. Phone callers record both names and phone numbers for reservations which will be checked off at the ticket table. No-shows will be billed for the cost of the luncheon.

If you have **NOT** been called by **Monday, a week before the luncheon**, and you wish to attend, please call **Gayle Marko** to make a reservation: **952-920-1395**.

Help fund the efforts to preserve our Pensions! Contribute to the Committee of Thirteen!

Donations may be sent to:

**Committee of Thirteen
P.O.Box 8997, Minneapolis, MN 55408**

2020 Winter -Spring Program Schedule



January 21 - "Teaching in
America /Teaching in Sweden"

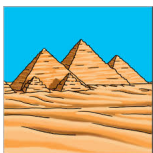
Presented by Anthony Sutton.



February 18 - "The Heart of the
Dance," presented by Andrea Miren-
da & Ember Reichgott.



March 17 - "Minnesota Olym-
pians" presented by Patrick Mader.



April 21 - "Tut, Tut - An
Egyptian Adventure" presented by
Chris Poppe



May 19 - South High Pop
Singers & Jazz Band

Directed by Laurie Meyers
& Eric Sayre

Confessions of a Silver Sneaker

by
George Schell

The headline makes this piece sound like a who-done-it story or a heist movie, but it really isn't. A Silver Sneaker is the name applied to anyone over age 55 who is enrolled in a fitness exercise class—silver for the hair color and sneaker for the type of shoes usually worn.

Most health plans have a benefit offering a fitness program like Silver Sneakers. All you have to do is register at a local gym that honors this benefit. Since I live in Eden Prairie, I take classes at the Community Center.

There were always questions in my mind after choosing an exercise class at the beginning level. After being solicited by mail and with a solid New Year's resolution I said to myself, "Let's go!" Besides that, I didn't want to become a "couch potato!"

How often does the class meet? How big is the class? Would I be the only male in the class? Would I look and feel foolish doing all the exercises? Could I do the exercises in the first place?

All my questions melted away with the first session. The class meets three days a week (MWF) and has a core of from 18 to 25 members, all seniors, and eight were men.

All of them were friendly and ready to offer advice: "Now don't do anything you don't want to or can't do. Just do what you can until you're ready to do more." Hurray! One big hurdle out of the way.

The best piece of advice? "Honey, (it's true... everyone over age 65 is a Honey!)" *cont. p. 6*

Interested in political activity?

Retired Teachers Council 59 (RTC 59)

Soup, Salad & Substance Luncheons

January 28, February 25, March 24,
April 28, May 26 - 11:30 am

MFT Local 59 Office,
67 8th Avenue NE, Mpls

2019 MRTI Scholarship Fund

Every year, the MRTI Scholarship Fund appeal comes to our members with the membership renewal information at the end of August. The 2019 - 2020 appeal was very successful. To date, 181 MRTI members have contributed over \$10,000 to help active teachers and educational assistants pursue advanced degrees and certifications. We are so grateful for your generosity!

- *Sylvia Farrells*, Scholarship Committee Chair

A

Edwin Andersen, Jeanette Andersen, Allen Anderson, Karen Anderson, Christine Anderson, Doris Arnold, Patricia Arnold

B

Kaye Barry, Anne Bartel, Aroti Bayman, Grace Belsaas, Linda Scanlon, Janet Blume, Louise Botko, Delora Brewer, Eleanor Brown, Bonnie Bruinooge, Susan Bunnell, Josephine Bunton

C

Kathleen Cahill, Carmen Campbell, Alphonsa Cannon, Darryl Carter, Violet Carter, David Christopherson, Donald Cieminski, Dorothy Colvin, Kathleen Cooper, Karen Coppicus, Barbara Covart, Carole Cranbrook, Jacquelyn Cronin, LuEllen Curran

D

Athena Dascalos, Meredith Davis, Dorothy DeFreese, Vicki Devoss, Joan Dillon, Jeanette Doolittle, Mary Karen Dorniden, Michele Dunn

E

Karen Erickson, Kristi Erickson

F

Lee Fabel, Patricia Fahey, James & Sylvia Farrells, Shirley Franklin, Nan Fraser, Carol Freeman, Geri Fridgen, Richard Friedrichsen

G

Mary Ellen Gallick, D.J. Gascoigne, Donald Genereux, Mary Ann Gilbertson, Barbara Glas, Betty Graham, Bernadette Green, Carole Gupton

H

Bev Halvorson Trowbridge, Richard Hanson, Sue Harrington,

Dale & Lynne Hendrickson, Judy Hoel, Marcia Hokenson, Sandra Hoverson, Maxine Hughes

I

Carla Iverson

J

James Jacobsen, Grace Jagers, Suzanne Jebe, Joan Jemison, Renee Jesness, Lauren Johnson, Stella Jones

K

Shirley Keating, Kathy Kegan, Cynthia Kelly, Georgia Knutson, Elmer Koch, Coleen Kosloski, Raymond Kroll, Barbara Kuenne, Kathryne Kuhns, Janet Kujat

L

Margaret LaFleur, Joanne Lambrecht, Judy Lander, Sue Larsen, Javan Larson, Carol Lauder, Mary Leoni, Harriet Lerdal, Jo Livgard, Janet Lodholz, Dan & Marsha Loewenson, Nick Lovdjieff, Britt Lundgren

M

Christine Maefsky, Arthur Maillet, Gayle Marko, Katherine May, Virginia May, Wanda McCaa, Kay McLean, Janet Meyer, Robert Monson, Bertha Montgomery, Nancy Morin, Sharon Morse

N

David Nelson, Karen Nelson, Marybeth Nelson, Cecelia Newton, Ardis Niemann Noonan, Lynn Nordgren, Sally Novotny

O

Elaine Olson, C. Jack Oman Joanne Ortendahl Lucas, Joyce Ovick Fuhrman

P

Marjorie Penner, Judith Peters, Catherine Peterson, Mary Peterson, Roberta Peterson, Joan Petroff, Virginia Pfeiffer, Pixie Pixler, Christine Poppe, Paul Potretzke, Mary Poulsen, Robert Putnam

R

Lynne Raphael, Roma Lee Rasmussen, Margaret Reed, Karl Reinhard, Corinne Retzlaff, Barbara Risken, Barbara Roach, Sara Roberson, Kathy Roberts, David Rolek, Bonnie Rowell, Donald Ryberg, Robert Ryder

S

Marlys Sanford, Maria Saviano, Catherine Scanlon, Karen Scheib, Stephen Schmidt, Pam Schreurs, Robert Shelton, Anne Shortall, Margaret Shryer, Nancy Simonetti, Donald Sovell, Gaile Sovell Kenyon, Patricia Stinson, Helen Stub, Alan Sweet

T

Hazel Tanner, Genevieve Taylor, Joan Threet, Bruce Turnbaugh

U-V

Janet Ulvin, Joseph Van Wie

W

Sonja Hansen Walker, Velma Warder, Sandra Westby, JoAnne Wilson, Roger Wold, Sheila Woodbeck, Donise Wright

Z

Doris Zachary, Patricia Zajac, Deb Zwickey

Transitioning, part 2

by Art Indelicato

Happy 2020! I hope it's off to a good start for you.

As you read this, my term as MRTI President has ended. Best wishes to new President, Barb Keunne and President-elect, Roma Lee Rasmussen.

My thanks to the MRTI Board for all their support and help. These are the people who make MRTI what it is.

Special thanks to retiring Board members Grace Jaggers, Gregory McDaniels and Mary Poulson. We are always looking for additional people to serve on committees so contact any Board members if you are interested.

I will continue to take lunch reservations, so feel free to call if there are any issues. New caller lists start in January, so you may be called by a different person.

Happy New Year!
- Gayle Marko



Barb Keunne



"Burgess has enjoyed his evening paper as long as I've known him. It's only recently he's developed that graveyard laugh."

BOOTH

So, you've decided to move, chosen your new home and begun the process of winnowing down your trove of treasures.

Remember: What you don't get rid of, you must take with you.

The problem is YOU NEED HELP! This is a foregone conclusion. Don't even think about it..."it" being, "I'll move myself." There are "moving" companies that help you move...good ones and not so good ones. It is your job to find the good ones. I'm going to make one suggestion that was made to me which turned out to be very good: "Gentle Transitions." I will talk about Gentle Transitions in the hopes that you will get expanded ideas of what a good moving company can do for you...for a reasonable fee, of course.

The Gentle Transitions person will come to visit with you and tell you everything that his/her company will do for you, when they will do it and what the price will be. She will give you little circle stickers in red, blue and green.. Put a green sticker on everything that you want to go with you to the "new" house...a red sticker on anything that you want to stay in your "old" house and a yellow sticker to donate. That's everything in the house...got it?

Right away you see that you have a lot of work to do...even if it's only putting stickers on items. What you should be doing before you even contact Gentle Transitions is go to an office supply store and get more stickers than you will get from your mover. A good store would be Office Max or similar.

ALERT: You can start taking "stuff" to Good Will or like-minded charities ASAP. In fact you should have been doing this a looooooong time ago. But, better NOW than never.

On Day 1 Gentle Transition comes in and starts packing all the green labeled items for movement to the new home. They bring in boxes, tape and lots of newspaper-type wrapping paper. Glass, pottery, ceramics, etc. all get wrapped and put in the boxes.

On Day 2 Gentle Transitions will come back with a

cont. page 6

Transitioning cont.

moving truck and move everything they packed on Day 1 and take it to the new home; unpack and put in the appropriate place at your direction. They will also remove all boxes and wrapping paper that they used.

This is a big part of the move but not all of it. What about all the yellow stickered items. YOU have to work out who removes (donates) all these items. They can go to Good Will, or other charities. But, someone has to take them and deliver them. You have to ferret out who these people are and what they charge to remove your items and dispose of them. This requires a day 3 which is another Moving day.

Believe it or not there are (usually) small businesses that will remove any and everything: old TV's you will have to pay to remove, but they will take them. The same is true with mattresses, etc. BUT, they will take everything and anything and remove it...for a price. They will donate it or take it to the dump. You can walk through your house and label the items as to where you want them to go or where they can go.

Now, you have the entire house emptied out, except for the things you want to stay. But, remember those things that you want to stay must be agreeable to the prospective buyers.

Finally, there is the cleanup of your old home. Your house is now empty and it is time to clean up all those areas that you never even considered cleaning. We had five people clean the home from top (attic) to bottom (basement). It took 15 hours. It was worth every penny. I wouldn't do it...but, you could have eaten off the basement floor.

All those tools...GONE. Cans of paint...GONE. That old black chemistry table from the North H.S. lab and that oak drafting table from Lincoln Jr. H.S. with the small drawers that you bought...GONE. Metal shelving ...GONE. Rakes, shovels, brooms, tool boxes, drills, hand and power tools, boxes of nails, screws, all the power tools...GONE. The five foot by 6 foot wall mirror that sat above the fireplace and then in the basement for 47 years...GONE. ALL taken away...sold, donated or to the dump. The house is totally empty and clean. Everything that should be removed has been removed. The rain gutters have been re-cleaned, the lawn mowed, garage floor swept, driveway swept, the entire house power washed.

The FOR SALE sign can go up. Actually, the house was sold before the sign went up. A prospective buyer heard about my house, talked to a realtor friend and came over to look when we were still cleaning out. He liked the place. After

when we were still cleaning out. He like the place. After the house was empty, he made an offer for the asking price even before it was put up for sale!

Q E D

Art Indelicato

Sept. 15, 2019



Silver sneakers, cont.

when we get to the weights, you better choose the green ones to start with." Thank you and I did! The weights come in colors each indicating size: green, three pounds; red, four; yellow, five; black, ten pounds.

The class description fits well. "Members will move through a variety of exercises designed to increase muscular strength, range of movement, and activity skills required for daily living." Sounds good on paper, but after the first class, I felt a little sore. My aching muscles said to me, "You haven't used us for some time!"

We each get a chair to sit on and to use as we exercise. For resistance we each use hand-held weights, an elastic rope with handles, and a ball. The instructor is really fit as she or he leads us for each segment during the 45 minute session.

Our class has a woman instructor who is patient and knows what she is doing. Best of all, she knows our limitations and gears the exercise sets to those limitations. Just when you think you have done enough and muscles begin to say so, she starts counting. "Almost done...now four, now three, now two, now one. Relax, take a deep breath, and have a drink of water." Just in time!

The second day is usually the hardest because the exercises are done mostly *cont. p 7*

cont. from page 1

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\$

Have you renewed your MRTI membership for 2020? It's not too late!

Your \$25 dues will provide you
with:

- the 2020 Yearbook
- the MRTI Newsletter -
3 times each year
- the opportunity to share our
monthly luncheons, excellent
programs and special events
- access to our MRTI website
- the chance to stay connected
to our wonderful profession, re-
connect with colleagues and
make new friends.

Mail your check to:

MRTI

P.O. Box 24034

Minneapolis, MN 55424-0034

\$

Silver Sneaker cont.

standing with movement a little more brisk. We are all in rows with the chairs in front of us. The room looks twice as large and the class seems double in size because of the mirrors in front and to the side of the room. I try not to look—afraid to see the pain on my face! But looking certainly helps keep the posture straight.

“And five, and four, and three, and two, and one. Sit down, relax. Swing your arms overhead—once more. Good job everyone—give yourselves a big hug and I’ll see you on Friday.”

Hard to believe the class was over already. Forty-five minutes just like that! Seems like we were just getting started with a wide variety of exercises, warming up, and now it was time to cool down. Great!

Into the third week now and I can truthfully say I really do feel better. Plus I can do the exercises more easily, have graduated to the next color in the weights and I feel ready to take a chance on the professional machines in the Center’s expanded workout area.

I didn’t think that far ahead when I started the exercise class. Such an encouraging new group of friends I have made! Now I’m glad I kept my New Year’s resolution—I definitely will not be a “couch potato!”



Giving Wisely & Avoiding Scams

It’s the season for charity, and perhaps never has our world been in greater need of our charitable response. So how does one sort out all the appeals, deciding which organizations are most effective? The list of sites below offers websites that screen charities based on various metrics and outcomes. The sites do not judge the worthiness of a charity.

The information was published in the NY Times Business section 11/23/2019 in an article entitled “Is Your Money Helping? Check the Star Ratings,”

Charity Navigator: <https://www.charitynavigator.org>:

Evaluates charities based on how much they spend on overhead and how much disclosure they offer.

Impact Matters: (<https://www.guidestar.org/profile/47-5047252>): Aims to evaluate charities on how much good is accomplished for each dollar spent

Guide Star: (<https://www.guidestar.org>): Mines tax forms for information on charities

Give Well: (<https://www.givewell.org>): Evaluates Charities on how much good an additional dollar will do

Great Nonprofits; (<https://greatnonprofits.org>): Offers a kind of hall of fame for effective charities

- Larry Risser

If you have moved within the past year, you should probably contact TRA (info@MinnesotaTRA.org or 800-657-3669) to give them your new address, insuring that you get your MRTI membership materials

Minneapolis Retired Teachers, Inc. •
P.O. Box 24034
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MRTI Newsletter January 2020
Chris Poppe, editor

Articles, opinion essays and
comments are welcome and
should be directed to:

Chris Poppe

3851 Queen Ave. N
Minneapolis, MN 55412
chpop001@gmail.com

Our meeting location

Eagles Club #34 American Legion
(On the corner of E. 25th St. & 25th Ave. S)
2507 E. 25th Street
Minneapolis, MN 55406

