

Our Mission:

To serve others in need and help one another enjoy retirement



President's Corner

Susan Zamzow

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May 2020

PAS
Pennsylvania Association of School Retirees

This past winter my husband and I did a tour of the south. He asked for a health sabbatical for the springs of 2020-21. We spent a month in Aiken, South Carolina starting in mid-December. Our children joined us there and we visited Charleston together. In January we were in Birmingham Alabama and Natchez Mississippi while February took us to Purvis, Mississippi and Montgomery, Alabama. We made a one-day side trip to New Orleans, Louisiana on February 9th. Yikes! In March, we ventured to Chattanooga and Memphis Tennessee. We cut our stay short by a week to travel home by March 22nd. We were social distancing but desired being home again. Since then we have gone to the mask phase while away from home.

I considered the trip experiences valuable partly though significant historical places we visited. My consciousness was raised during the civil rights era during the 1950s-1960s. We visited the 16th Street Baptist Church (see page 3) and Kelly Ingram Park in Birmingham Alabama. I was transported back to reading Life Magazine in 1963 and my profound sadness about four little girls losing their lives in a senseless bombing. In Montgomery, Alabama I stood alongside Rosa Parks statue as she waited for a bus (see below). We considered attending the Selma to Montgomery 55th commemoration. However, we were concerned about exposure to the covid-19 at that point. We stop at historical markers and included Indian mounds and slave trading areas. Our visit to the Lorraine Motel where Dr. Martin Luther King, Jr. was assassinated was a meaningful visit. I recalled hearing the announcement on the radio in April 1968. My best friend and I were hand delivering raffle winner names to businesses in our hometown of Wayne, Nebraska.

My older sister graduated from high school in 1965 and attended college in Lincoln, Nebraska. She was an active participant in the civil rights movement, and I thought of her often during our stops. She died of a car accident in 1968 so she is forever locked at an optimum 21 years of age.

Our lives have changed with the health emergency in our country. I

(Continued on page 3)



5 Things You CAN Do submitted by Barb Speer, RECREO Chair

(For those of us with control issues during this stressful time.)

1. **Deep Breathing** – It helps with the 'Fight or Flight' feeling and improves rest and digestion. It calms the frustration you may be feeling.
2. **Act of Kindness** – Become 'Other Oriented'. If you are making masks, clip some to someone's mailbox with a Stay Safe message. Make phone calls to people you haven't talked to in a while. Send a note or card for no reason.
3. **Focus on What You CAN Control** – Be aware of your food, activities, drink, etc. Take pride in and celebrate your positive decisions.
4. **Exercise and Sleep** – Get your morning cardio. Keep your sleep schedule. Walk, walk, walk.
5. **Actively Practice Gratitude** – Focus on blessings, not negatives. Speak of it aloud or write it down. Basically an Act of Kindness for yourself!



Thinking about gardening? Penn State Master Gardeners are ready to help

By Pam Hufnagel, CCPASR member and 2019 Master Gardener

The Coronavirus pandemic is creating a lot of uncertainty about all kinds of things, including the availability of fresh vegetables. While we shelter at home during the Coronavirus pandemic, gardening can be a good way to enjoy fresh air *and* provide a supply of fresh produce. Whether you are a gardening novice or an old hand, Penn State Master Gardeners can help you answer your gardening questions with research-based information.

For novices or experienced gardeners who would like a review of vegetable gardening, Master Gardeners are offering a free 10 week webinar series entitled Victory Garden Reinvented. Sessions are scheduled on Tuesdays from noon to 1:00 pm, from April 14 through June 16, 2020. Topics include seed starting, site selection, soils, mulching, integrated pest management, weeds, succession planting, cultural requirements, and pest problems for specific vegetables and fruits. The registration deadline is June 9. To register or view recordings of completed sessions, go to <https://extension.psu.edu/victory-garden-reinvented-webinar-series>.

The Master Gardener website (<https://extension.psu.edu/programs/master-gardener>) offers timely guidance on gardening tasks. The link for April is <https://extension.psu.edu/programs/master-gardener/news/2020/gardening-tasks-for-mid-march-and-early-april>, where you'll find tips on getting your garden ready, seed starting, pruning, and more. The Penn State Extension has online resources that address all sorts of home gardening issues at <https://extension.psu.edu/trees-lawns-and-landscaping/home-gardening>.

If you'd like to talk about your gardening questions with a Master Gardener, there's a new resource for you, Garden Hotline LIVE. This five-session series will be online from noon to 12:30 pm the first and third Fridays of each month from April 17 through June 19. To register for the live Garden Hotline LIVE webinars, visit <https://extension.psu.edu/programs/master-gardener/demonstration-gardens/garden-hotline-live>. Submit questions in advance at https://pennstate.qualtrics.com/jfe/form/SV_6fbKDzHz5bNgknj.

The regular garden hotline is also available to you. Although the Penn State Extension office in Clarion County is temporarily closed due to the pandemic, you can leave

a message at the Garden Hotline (814-223-9028) and a Master Gardener will return your call.

To help you spend your time outdoors safely, the Penn State Extension also has online publications to help you deal with ticks. The main Extension page (<https://extension.psu.edu/>) will ask what you want to learn about; type in ticks and you'll get lots of scientifically based information. Ticked off about Ticks (<https://extension.psu.edu/ticked-off-about-ticks>) provides a good overview.

There's one more resource I'd like to mention, although it does not deal directly with gardening. If there are young children in your life, you might also want to attend a poison prevention webinar on April 24, 2020. To register, visit <https://extension.psu.edu/growing-gardeners-poison-prevention-program-for-youth-webinar>.

Penn State Master Gardeners are volunteers who have completed a training course, passed an exam, completed an apprenticeship, and engage in continuing education. To learn more about becoming a Master Gardener, visit <https://extension.psu.edu/programs/master-gardener>.



Excerpt from 95 year old Former Clarion-Limestone Teacher Has Much to be Thankful for

Posted on Explore Clarion by Jill McDermott on November 28, 2019



As Strattanville resident Helen Williams prepares to celebrate Thanksgiving for the 95th time, there are many things for which she is thankful. The list is lengthy and includes the fact that she can still live by herself, that she has the comforts of home such as electricity, heat, food, and water, friends, especially those from church who come to lend a hand when needed are high on the list as is, of course, family.

Williams was the oldest of eight children. Williams began cooking when she was young to help her mother. By the time she was 12 years old, she was making pies, and, she added that “they were pretty good, too!” It may be hard to find a 12-year-old child who can make a pie now. That’s one of the reasons Williams laments the fact that home economics is no longer taught in high schools. “Everybody should know how to cook and keep house,” she emphasized. “Whether they’re a man or a woman, they should know! Most time now mothers are busy working and they don’t have time to show their children how to do those things.” She also thinks everybody should know how to sew on a button, something she sees as another lost skill.

Many area residents remember Williams as a teacher in the Clarion-Limestone school system.

She is often approached by students who say, “Don’t you remember me?” Her response is, “You look a lot different than you did in third grade!”

She loves chatting with former students. She taught third grade and later fifth and sixth grades. She often would ask students to write about what they are thankful for. She usually didn’t ask them to put their name on it, just write it down. Most students were thankful for family or other things important to children, but there is one that stands out. “One of the boys had lost his brother in a car accident during the summer,” Williams explained. “He said, ‘I’m thankful that we could view my brother when he died.’ That always struck me as something to remember when I look for something to be thankful for.”

I miss seeing many of you at our monthly meetings. It is unknown when we might resume our get togethers as we are all in the higher risk category. My biology background tells me we need a trusted vaccine before we feel safe. However, time and the virus will inform us. Since schools are closed, we decided to postpone our Educational Enhancement Grants until next spring.

I missed our fall membership meeting due to the passing of my mother-in-law. From all accounts, Dr. Anthony Vega had a wonderful presentation. We were scheduled to elect new officers. Due to a lack of volunteers that did not happen. I am willing to serve an extra year as president but please consider volunteering for any of our open leadership positions. It is rewarding to keep communications going between us and aid members and schools.

Keep strong and safe. Understand that kind thoughts are coming your way and to those you love.

Sue

Right: 16th Street Baptist Church, Birmingham, Alabama January 2020.



November 2019 Leaf Printing Cards with Gloria Saylor



Above: Kathy Dinger explores her creative side.



Left: Gloria Saylor instructs us in the process.

Below: Mary Kay Arth assists Alex Arth in his print making.



BOOKS, BOOKS, BOOKS By Barb Speer, RECREO Chair

The nicer weather is going to get up outside, but this quarantine still allows for some extra reading time. Here are several books recommended:

No Dream Is Too High - Life Lessons From a Man Who Walked on the Moon by Buzz Aldrin

Personal anecdotes of his experiences matched with 13 rules to live by.

American Dirt by Jenine Cummins

An amazing perspective on modern immigration from the south. Smart plot with authentic characters. Puts things in perspective with raw emotion.

Pachinko by Min Jin Lee

Several generations of one Korean family beginning in the early 1900s. Exile, discrimination, new challenges and homes, mixed with faith, family and identity.

The Cactus by Sarah Haywood

For fans of Eleanor Elephant. Finding love and definitely learning to embrace the unexpected when one's perfectly ordered life is upended.

The Lost Girls of Paris by Pam Jenoff

Based on true events about a network of female agents working as couriers and radio operators out of London working with the Resistance during WWII. Twisty, turny with strong characters.

Dear Edward by Ann Napolitano

A young boy is the sole survivor of an airplane crash. The stories of those lost are intertwined with his new life caught between living and merely surviving.

Little Fires Everywhere by Celeste Ng

Secrets, motherhood, the nature of art, and relationships all set in 60s perfectly manicured suburban Cleveland. Now a Hulu original series.

Inland by Tea Obreht

Two extraordinary epic journeys in drought-ridden Arizona Territory in 1893 run parallel until they collide at the end.



By Paula Bowersox, Chair

In January Clarion chapter welcomed two new members, both of whom are well-known to many of you: Norma Kooman from Clarion Limestone and Judy Wolbert from North Clarion. You may have seen Norma at a recent meeting which she attended as a guest. Judy was a prior member who decided to rejoin. Glad to have you with us, ladies!

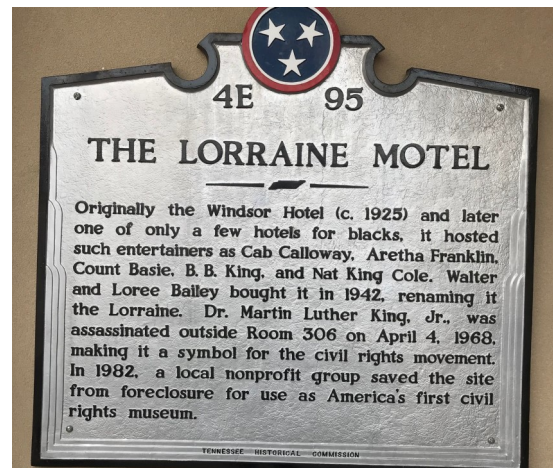
Unfortunately another well-known local retired teacher, Ben Kundick passed on January 13th. A regular sight at local sporting events, Ben grew up in New Bethlehem and went on to teach and coach at Redbank Valley for over two decades.

During this time while we are not able to hold meetings or join together for lunch, state PASR officials encourage us to remember fellow members who may be going through the COVID stay at home orders alone. A simple phone call would mean a lot to alleviate feelings of isolation.

Dues reminders will go out via mail or email in June. Though PASR may not be high on our minds right now, many operational activities must go on at both the state and local levels. Please continue to support our organization with your dues payments.



Happy 96th Birthday, Helen Williams!!



Above and Right: National Civil Rights Museum. Lorraine Motel where Dr. Martin Luther King Jr. was assassinated on April 4, 1968. Photos taken March 2020.

From the Director of Region 8

The PASR Board of Directors met on January 28 and 29. Judy Schaffer ran her first meeting as state president in an efficient manner. Most of Tuesday's meeting involved reorganization for the 2020 calendar year.

Mark McKillop gave information on staff structure updates. All of the current employees are able to step in and assist any other employee. This helps things run smoothly because nothing is left undone because of a heavy workload for one particular person. He also informed us of a need to look at upgrading the computer system in the office. A motion was passed to transition to a cloud based system.

Hamilton and Musser presented the auditor's report. We took in more money than went out during the past fiscal year. Even though we must continue to be frugal, we are improving financially.

On Wednesday Jeff Hunsicker, our lobbyist gave an update on the status of a COLA. During the past year we moved further along the path to passage than ever since the last COLA almost 20 years ago. With budget hearings starting in February, there will probably not be anything happen until spring, but there is still hope that there may be something for the Pre-Act 9 people.

The Member Benefits and Services committee presented a recommendation that the BOD approve HeatUSA and TankFarm which could possibly save on propane and heating oil costs for our members. The Board of Directors passed both recommendations. PASR will receive nothing from these companies. All of the savings will be given to the members who sign up. Check the state website under MB&S for additional information.

Because of the bylaws changes that were passed at the House of Delegates, the board passed updated policies for the L/PEC (Legislative) Committee and the Policy Committee.

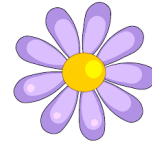
The Goals and Activities – 2020 were approved. Please check the state website for copies of these items.

There was a presentation by Diana Fessenmeyer about the SSMHF monies.

The Social Memorial Fund has more money going out than coming in.

There were many suggestions about how to improve this situation. At this point in time all chapters and members are being asked to make donations in honor or memory of members.

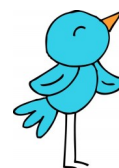
Mary K Davis



ZOOM!

Submitted by Barb Speer,
RECRCO Chair

You may have been hearing a lot about ZOOM. It's a great way to connect with family and friends and keeping the 'social distance'. I've used this site a few times. Our family and friends have played Bingo and other games using this. Hilarious! My college sorority friends are reconnecting on a weekly Happy Hour. It is very easy. If you want to set up a session, it is free for the basics and a 40 min meeting. If you need more, it's a low fee. Only one person needs the account. You set up the session by going to zoom.us and then invite whomever. When invited, you don't need an account, just click on the link and join the session. Challenge yourself and set up a small session to start, or just ask that younger person in your life to do it for you. Enjoy!!



"I planted bulbs," he said. "I do it every autumn." "What kind of bulbs?" "They're a metaphor," he answered, and then he laughed. "They're daffodils, but I think of my fall planting as being like my students." "In what way?" "I plant them in the fall, and then all winter long when it's cold and miserable and every day is a challenge, I remember that just because I can't see any growth, my flowers are all still making progress, and by the time spring gets here, they will be beautiful. I expect the same to be true of my students."

— Pamela Morsi, Daffodils in Spring

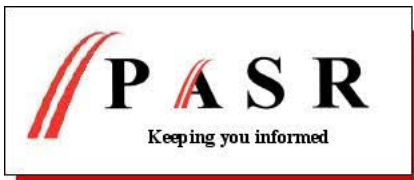
Keeping in Touch

To meet the needs of our retirees, CCPASR is continually researching the best ways to communicate announcements and important information. The email list must be modified to notify our members of timely information (**your email address will NOT be given out.**) If you would like to receive an occasional email from CCPASR, please email your address to Paula Bowersox @ pbsox@comcast.net or Sue Zamzow, suezamzow@ccpasr.com or fill out the form to your right and mail it to Paula Bowersox.

Please let leadership know of our members in need of some TLC.



*We need accurate emails to keep you better informed.
Have you sent us yours?*



Who could you invite to join our group?

Word of mouth is our best promotion.

Right: *Helleborus* (Lenten rose) was blooming mid-January 2020 in Birmingham, Alabama.

Membership Application or Renewal CLARION COUNTY PASR

Name _____

Address _____

City/State _____

Zip _____ Phone* _____ Email _____

District from which you retired _____

Year Retired _____

CCPASR ANNUAL

(July 1—June 30) \$20 _____

CCPASR Life \$100 _____

STATE PASR ANNUAL \$60 _____

STATE PASR 3-YEAR MEMBERSHIP \$150 _____

STATE PASR LIFE \$700 _____

Please mail this form with your check made payable to
CCPASR to:

Paula Bowersox
16 Horizon Heights
Clarion, PA 16214

* This information will NOT be shared with 3rd parties.





Susan Zamzow
401 Liberty Street
Clarion, PA 16214

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Open, Secretary
Open, President-Elect

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