Independent Telecommunications Pioneer Association







Issue 23-03

March 2023

Founded 1920

ANNUAL ITPA NATIONAL ASSEMBLY TO BE HELD IN HINESVILLE, GA APRIL 21–24



The ITPA's **31st Annual Assembly** will be held in picturesque Hinesville, GA this year. This will be a particularly exciting assembly and one we hope you won't miss.

Hinesville is the home of both our national office and the ITPA Telephone Museum. If you've never had the opportunity to visit the museum, it is a special treat.

This year's assembly will convene on April 21st at the **Hampton Inn Hinesville** and will conclude on April 24th. The Hampton Inn is located at 1148 E Ogle-thorpe Hwy.

Assembly registration is \$130 per person for members and guests. The Hampton Inn is offering a special room rate of \$129 per night plus tax to assembly attendees.

An assembly registration form is located at the end of this magazine. Please take special note that to reserve your room at the special rate, an e-mail should be sent to 1st Vice President JoAnn Esposito at **espo-girl56@yahoo.com** or you can call the hotel directly at 912-877-4090.

Friday's agenda will include a meet and greet dinner, followed by our opening ceremony. Saturday will include an exciting (optional) side trip to historic Savannah, Georgia. An Old Town Trolley Tour in Savannah is available for just \$40 per person, and includes transportation. You must sign up for the tour when you return the registration form. (Tour fee is not refundable.) The Savannah trolley tour is a hop-on/hop-off tour including 15 stops, more than 100 points of interest, and a 90minute live narrated tour. There will be plenty of opportunity to find a great restaurant while you're there (meals are on your own).

The annual business meeting will be held on Sunday, April 23rd, followed by a Hall of Fame luncheon to honor this year's inductees. A dinner will be hosted Sunday evening, followed by installation of officers and entertainment.



The weekend will provide numerous opportunities to connect with old friends and to make new friends. In addition, after visiting our very own ITPA Telephone Museum, you might find time to explore the **Old Liberty County Jail** built in 1892. The 14,000 sq. ft.

Fort Stewart 3rd Infantry Division Museum is a short drive from the Hampton Inn.

Whatever your preferred cuisine, you can find it in or near Hinesville. Many restaurants are in close proximity to the hotel. Check out our February special edition for more details on dining options.

1st Vice President JoAnn Esposito and her assembly committee are working hard to make this year's convention meaningful and enjoyable for everyone. Please join her and ITPA Pioneers from across the nation. Send your registration form in soon and reserve your room by March 15th to take advantage of our guaranteed room rate!



Hinesville/Liberty County— A Scenic Destination



Waylon McKinnon Dirt Road

Photo by Rhonda Colbert Merfeld

Sunset by Leah Poole



Historic Baptism Trail (photo by Ralph Daniel)



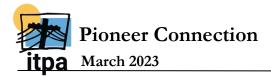
St.. Catherine's Island (Photo by Leah Poole)



Beautiful Liberty County Coast



Jerico River (Photo by Billy Harrell)



Amazon published the following letter on January 18, 2023.

Dear Customer:

In 2013, we launched AmazonSmile to make it easier for customers to support their favorite charities. However, after almost a decade, the program has not grown to create the impact that we had originally hoped. With so many eligible organizations-more than 1 million globally-our ability to have an impact was often spread too thin.

We are writing to let you know that we plan to wind down AmazonSmile by February 20, 2023. We will continue to pursue and invest in other areas where we've seen we can make meaningful change-from building affordable housing to providing access to computer science education for students in underserved communities to using our logistics infrastructure and technology to assist broad communities impacted by natural disasters.

To help charities that have been a part of the AmazonSmile program with this transition, we will be providing them with a one-time donation equivalent to three months of what they earned in 2022 through the program, and they will also be able to accrue additional donations until the program officially closes in February. Once AmazonSmile closes, charities will still be able to seek support from Amazon customers by creating their own wish lists.

As a company, we will continue supporting a wide range of other programs that help thousands of charities and communities across the U.S. For instance:

Housing Equity Fund: We're investing \$2 billion to build and preserve affordable housing in our hometown communities. In just two years, we've provided funding to create more than 14,000 affordable homes-and we expect to build at least 6,000 more in the coming months. These units will host more than 18,000 moderate- to low-income families, many of them with children. In one year alone, our investments have been able to increase the affordable housing stock in communities like Bellevue, Washington and Arlington, Virginia by at least 20%.

Amazon Future Engineer: We've funded computer science curriculum for more than 600,000 students across over 5.000 schools—all in underserved communities. We have plans to reach an additional 1 million students this year. We've also provided immediate assistance to 55,000 students in our hometown communities by giving them warm clothes for the winter, food, and school supplies.



Community Delivery Program: We've partnered with food banks in 35 U.S. cities to deliver more than 23 million meals, using our logistics infrastructure to help families in need access healthy food-and we plan to deliver 12 million more meals this year alone. In addition to our delivery services, we've also donated 30 million meals in communities across the country.

Amazon Disaster Relief: We're using our logistics capabilities, inventory, and cloud technology to provide fast aid to communities affected by natural disasters. For example, we've created a Disaster Relief Hub in Atlanta with more than 1 million relief items ready for deployment, our Disaster Relief team has responded to more than 95 natural disasters, and we've donated more than 20 million relief products to nonprofits assisting communities on the ground.

Community giving: We support hundreds of local nonprofits doing meaningful work in cities where our employees and their families live. For example, each year we donate hundreds of millions of dollars to organizations working to build stronger communities, from youth sport leagues, to local community colleges, to shelters for families experiencing homelessness.

We'll continue working to make a difference in many ways, and our long-term commitment to our communities remains the same—we're determined to do every day better for our customers, our employees, and the world at large.

Thank you for being an Amazon customer.

Source: Amazon closing AmazonSmile to focus its philanthropic giving to programs with greater impact (aboutamazon.com)





Take a Book...Share a Book at ITPA's Little Free Library



Tucked into a corner of the ITPA Telephone Museum carport, visitors will find the ITPA's "Little Free Library." The library is a payphone inspired kiosk. The payphone used to make the little library was donated by the Comporium Pioneers of Rock Hill, SC.

Independent Telecommunication

The ITPA's "Little Free Library" is a self -serve 'take a book, return a book' kiosk. Museum and Bryant Commons Park visitors are welcome to enjoy books from and donate to the little library.



"Little Free Library" patrons sometimes find a spot on the bank of the pond at Bryant Commons Park to read and let their imaginations take over.



ITPA board members recently donated books and related items for the ITPA's "Little Free Library" when they traveled to Hinesville for a meeting. If you would like to contribute to our little library, books can be mailed to the ITPA at 438 W. Oglethorpe Hwy. Hinesville, GA 31313.

The ITPA Little Free Library is registered with littlefreelibrary.org, a nonprofit organization whose mission is to build community, inspire readers, and expand book access. More than 150.000 little free libraries are registered across 115 countries. If you aren't close enough to visit our little library, look for one near you at

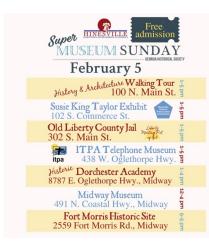


https://littlefreelibrary.org/map/

Why Book Access Matters: More than 30 million adults in the U.S. can not read or write above a 3rd grade level. Studies have repeatedly demonstrated that getting books to young children is impactful in improving literacy. The more books in or near the home, the more likely a child will learn and love to read. Sadly, two out of three children living in poverty have no books to call their own. Little Free Library book-sharing boxes play an essential role by providing access 24x7 in locations where books are scarce. Through Little Free Library book exchanges, millions of books are exchanged annually, profoundly increasing access to books for readers of all ages and backgrounds.



ITPA Telephone Museum Participates in Super Museum Sunday on February 5th



The Hinesville Telephone Company was founded in 1911 when Barney Parker and his brother Lonnie Parker installed their switchboard in an office on the second floor of a building constructed in 1910 by Joseph B. Way on court-house square.

Patrons who visited the ITPA Telephone Museum during Hinesville's *Super Museum Sunday* were able to explore Hinesville Telephone Company's history and much more.

They had the opportunity to learn, for example, that ITPA Telephone Hall of Famer Glenn E. Bryant purchased Hinesville Telephone Company in 1946. By that time, the company was serving 70 business, 157 residents and 24 pay stations over 50 miles of open aerial wire through two common battery switchboards. (Read "Did you know..." article to learn more.)

Super Museum Sunday was held on Sunday, February 5th, and the ITPA Telephone Museum was one of seven featured museums across Liberty County. Super Museum Sunday is part of the Georgia History Festival's statewide initiative to encourage exploration of the state's rich history and culture. During these events, historic sites, house museums, art museums, and other points of interest throughout Georgia are open at no charge to the public. ITPA Executive Director Alissa Moss welcomed 83 visitors to the ITPA Telephone Museum during the event. Visitors enjoyed the vast collection of telephones and telephone equipment, hands on displays, and demonstrations of how the switchboard operated.



All participating museums featured promotional materials encouraging visitors to attend the other participating sites.



Participating museums in downtown Hinesville offered the opportunity for a nice afternoon stroll. The Old Liberty County Jail, the Susie King Taylor Exhibit and the History and Architecture Walking Tour of Downtown Hinesville are all within one mile of the Telephone Museum.

Other historical and cultural sites open across Liberty County included the Fort Morris Historic Site, Dorchester Academy, and the Midway Museum.



In total, nearly 400 guests attended the 4-hour Super Museum Sunday event. Thanks to Executive Director, Alissa Moss for her role in making this event a huge success.

Thanks also to the organizers of the event for including our Telephone Museum on the tour.





Did you know.....



Independent Telephone Pioneer Association Telephone Hall of Famer Glenn E. Bryant began a long and successful entrepreneurial career in in 1946 when he purchased Hinesville Telephone Company.

At the time, the company served 70 business customers, 157 residents and 24 pay stations over 50 miles of open aerial wire, through two common battery switchboards.

Bryant was an early visionary who sought to serve his customers better by taking advantage of emerging technologies. He steadily upgraded the company's network and by 1950 the company was utilizing eight toll boards and was classified as a toll center. A year later he purchased nearby Coastal Telephone in Richmond, GA, which at the time served 50 subscribers. He consolidated the two companies in 1953 and they became what is now Coastal Utilities.

Always looking for emerging technologies to better serve his customers Bryant was among the first to computerize with IBM mainframes. Under his leadership, Coastal Utilities earned national media attention in 1977 when it began offering calls through a computer-controlled digital class 5 office. Bryant, who still served as the company's president and chairman, cut over the Stromberg-Carlson CENTURY switch, which would serve 582 customers. At the time, Bryant was quoted as saying: "We are proud to be the starting point for this step into the future."

Through Bryant's leadership, Coastal Utilities had been firmly established as a model telco. Bryant achieved another first by providing voice and data service to Saint Catherine's Island via a power line carrier system. Soon afterwards, the company had fiber optic lines and began wide-area paging partnering with Southern Bell.

Bryant welcomed cellular service in 1988 and by 1990 the company was totally digital. In addition, EAS (exchange area service) was implemented in 1990 and customers were able to place calls to some other exchanges without incurring toll charges. Shortly afterwards, the company was able to support E911 for its subscribers. Bryant welcomed cellular service in 1988 and by 1990 the company was totally digital. In addition, EAS (exchange area service) was implemented in 1990 and customers were able to place calls to some other exchanges without incurring toll charges. Shortly afterwards, the company was able to support E911 for its subscribers.

Bryant stepped down as president of Coastal Utilities in 1982 and his son Danny Bryant took over that role. Bryant remained heavily involved in the company's operations until his death at age 83.

Coastal Utilities, Inc. is still an operational ILEC (Independent Local Exchange Carrier). The company serves the Hinesville, Midway, Richmond Hill exchanges as well as Hunter Army Airfield.

Coastal Utilities, Inc. was purchased by Madison Communications in 2000 and by CenturyTel in 2007. After a 2008 merger with Embarq, CenturyTel became CenturyLink. adopted the name Lumen recently, and shortly thereafter Coastal Utilities as well as other CenturyLink ILECs across 20 additional states.

In addition to Bryant's outstanding telephony contributions, he was heavily involved with civic, philanthropic and political activities. He served as chairman of The Coastal Bank, was on Liberty County commissions and boards, and the Georgia State Industrial Council. Bryant received the Silver Beaver Award for distinguished service to the Boy Scouts of America. He also served as mayor of Hinesville and was later elected to the Georgia state senate.

Bryant's distinguished telephone career and public service regionally was recognized in 1984 with his induction into the ITPA's Peach State Chapter Hall of Fame. He was later inducted into the national ITPA Hall of Fame in 2014.

In further honor of Bryant's many contributions, the playing surface of Georgia Southern University's football field was named after him.

Arguably, Bryant's longest lasting legacy may be Bryant Commons. The 150-acre site on which the Bryant family home was located, was donated by the Bryant Foundation for development as a natural "passive park" for the benefit and enjoyment of the public.

The ITPA National Office and Telephone Museum has occupied the former family home of Glenn and Trudie Bryant since 2001, when it was relocated from Washington, D.C.



National Office News

Liberty Regional Medical Center and Women Heart Hinesville



Liberty Regional Medical Center held an event on Saturday, February 11, 2023 at Bryant Commons Park to celebrate the launch of an initiative to improve the heart health of

mothers who recently gave birth. The event, which included a health fair, was to have been held on back lawn and patio of the ITPA Telephone Museum, but inclement weather forced a change in venue to a covered area in the park. The museum opened for the event, and many of the 150 event attendees toured the museum.



Model A Car Club

Fifteen members of the *Model A Car Club* from Savannah visited the ITPA Telephone Museum on February 2nd. The group was fascinated by our little gem of a museum. When they saw the vintage telephones on display, some of the visitors reminisced about the old days, and they took turns sharing their old telephone numbers. Several of the visitors laughed and talked about their "party line" experiences.

ITPA Executive Director Alissa Moss recommended the Liberty County Historical Jail to the group and suggested they dine at the Zum Rosenhof German Restaurant in Downtown Hinesville. The group was able to experience some of the culture and historical sites that make Downtown Hinesville a special place to visit.



The group didn't drive their Model A's due to the distance, but several of the visitors drove vintage models.



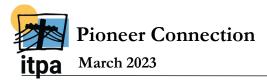
Darien Telephone Company (aka Darien Communications) is a longtime supporter of the ITPA. Several months ago, company representatives brought a group of newly hired employees to acquaint them with the history of telecommunications.

Judy Dodd, Marketing Manager for Darien Telephone Company, stopped by our national office recently with a special request. The company has joined the Liberty County Chamber of Commerce and will soon be hosting a Business After Hours event. They want to hold the event at our telephone museum so that attendees can experience the history of telecommunications. We look forward to this event, and to furthering our partnership with a company that continues to support pioneering and the preservation of telecommunications history.

Darien Telephone Company is a family owned, independent communications company. Founded in 1911 in Darien, GA, the telephone company has expanded its services over the years and is now the provider of equipment for residential and business telephone systems, long distance service, internet access, networking services, cable TV service and directory advertising.

Darien Telephone Company and Coast Electric Cooperative have partnered together to provide high-speed internet to 16,000 homes and business in rural Liberty, Bryan and Long counties. With a capital investment of nearly \$40 million, the partners will build a fiber network to be leased to the cooperative's broadband affiliate, Coastal Fiber, Inc.. Coastal Fiber, Inc. will provide retail broadband service, pending regulatory approval. The project will begin immediately with plans to complete the first phase in four years, and to begin connecting customers immediately.





Florida's Big Bend Pioneer Club

Big Bend Pioneers and friends gathered in January for an afternoon of fun, food and fellowship at the club secretary's home. The Big Bend Pioneers also recently donated \$200 to Little Sunshine Pantries, a local non-profit organization that provides supplemental groceries to families who are experiencing food insecurities. Little Sunshine "little food Pantries has free "pantries" set up across the city. Made of repurposed and cheerfully painted used newspaper boxes, the pantries contain non-perishable food items that are available to community citizens as needed. The Big Bend donation will help restock little pantries such as the one shown below.



Club/Chapter News

Carotel Pioneer Club

The Carotel Club sponsored its the first club project of the year centered around Valentine's Day. Club members and volunteers reached out to others and shared a little Valentine love with cards, letters, visits and small gifts. All our members and volunteers knew someone who was sick, lonely, grieving, or just needed a little pick-me-up.



One volunteer sent a letter to an aging relative whose spouse has struggled with health issues recently. The relative called to express her gratitude and joy, and told him "it turned on the tears." Margaret Mead once said. "Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has." We're not saying that this card writing campaign changed the world, or even that it changed a But it may just have life. changed a day in the life of those who received them.

Tar Heel Chapter's Annual Winter Gathering

Fifteen Tar Heel Chapter members and guests attended the Chapter's annual winter meeting in Myrtle Beach, SC on Feb. 10-12. Officers and directors held a business meeting on Saturday, and the group dined together on Saturday evening. On Sunday everyone prepared their signature dishes to share with the group during Sunday's Super Bowl party.



Pill Bottle Collection Update



THANK YOU to the many Pioneers and clubs that collected pill bottles to support the Palmetto Chapter pill bottle project. Several individuals and clubs participated in this project, and your support has been much appreciated.

Several people have asked if we are still collecting pill bottles. While our project has concluded, individuals can still work directly with <u>Matthew 25 Ministries</u> to donate empty and cleaned pill bottles.

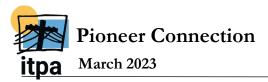
Matthew 25 Ministries is located just minutes from Cincinnati at 11060 Kenwood Road, Blue Ash, OH 45242. Pill bottles can be dropped off or mailed to Matthew 25 Ministries.

Before donating, please read the <u>guide-</u> lines for preparing your donated bottles. Pill bottles must have an all plastic lid and labels should be completely removed, with no remaining glue or residue. The bottles should be washed in very hot water with dish soap, rinsed and dried thoroughly. Recap your dried bottles with clean lids.

Before delivering, please place your bottles in large zip lock bags marked "Clean Bottles." The bags should be labeled because the bottles will be blended with other medical supplies.

Learn more about this and other Micah 25 Ministries projects at <u>https://</u> <u>m25m.org</u>. You can also call (513) 793-6256 or send an e-mail to: <u>info@m25m.org</u>.

Micah 25 Ministries Information provided by Darlene Roll, Region 2 VP



Club/Chapter News (Cont'd)

Buckeye State Chapter

Last fall, ITPA President Daniel Barnhart told Buckeye State Chapter (Ohio) member, Darlene Roll, about a project that Comporium Pioneer Club member Tiffany Staton is undertaking. Tiffany collects ties to make pillows and other items that she would sell to raise money for mission trips she participates in around the world. Darlene sent a request for ties to Buckeye Chapter members State and friends, and the ties started arriving. Darlene received dozens of packages and boxes that were delivered to Tiffany with best wishes and thanks for the work she's doing.



Darlene, who serves as Region VP for Region 2 clubs and chapters, said "Learning about projects from other chapters and clubs can sometimes bring about a partnership between groups or individuals or provide a new project for a club. It is all about "Catching the Pioneering Spirit" wherever you can!"———

At the January 21, 2023, Buckeye State Chapter meeting, members discussed donations that were made in late 2022 to help feed the hungry throughout Ohio. Thanks to projects at the chapter's fall gettogether and on-going "Pennies for Pioneers" financial donations, the chapter was able to provide money to Salvation Army units in Lorain, Mansfield, Newark, Warren, and Wooster as well as to Our Daily Bread in Bellefontaine (where no Salvation Army unit exists). A donation to the Alzheimer's Association (to be used for research) was also made.

Mid-Ohio Club— Serving Where You Can

Contrary to what its name implies, the Mid-Ohio Club expands beyond the central portion of Ohio. Since some of our club members live in other parts of the state, club members reach out to help individuals and communities in their respective communities, wherever they are located, and they help however they can. Some members deal with health issues that limit their ability to travel, but members band together to make a difference in their communities. Projects supported this past year by Mid-Ohio Club members included donations to the Salvation Army and various food pantries. They also participated in school supply collections, donated books for book sales, helped pack weekend meal bags collected eyeglasses that and were donated to Lions Clubs for repurposing. Club members even provided a helping hand to one another and family members who were dealing with health issues.

NEAREA Pioneer Club

NEAREA will host its 57th Annual Banquet at on October 7th. The \$25 per person registration fee must be received by Tanya Christ no later than September 24th. Club members and guests are welcome to attend.

A Social gathering will begin at 1PM, followed by a superb lunch buffet. A blind auction will be held to support the club's ongoing projects.

Attendees are asked to bring a wrapped gift (at least \$4 value). The club's College Assistance Award recipient will be announced during the banquet.

North Star Chapter-Minnesota

After a busy 2022, North Star Chapter Pioneers are already eagerly anticipating a productive 2023. North Star Chapter members volunteered 161 hours to the Chapter's annual fall fund raiser. From those funds, the chapter donated \$500 each to Children's Cancer Research Fund, Feed My Starving Children, Red Cross (in memory of Shirley Greve), American Cancer Society (in memory of Norm Sween), Toys for Tots (in memory of Robert Bale), Alzheimer's (in memory of Gilroy Arvig) and to the food shelf (in memory of Don Nelson). North Star Chapter Pioneers also donated office equipment valued at more than \$1,600 to various Alzheimer's administrative offices in Minnesota and North Dakota.

The following officers were elected during the chapter's annual meeting in November: President - Ralph Meuwissen, Vice President - Roger Sauerbrey, Secretary/Treasurer -Karol Nielsen, Directors - John Bergmann, Shirley Carlson, Faye Ernst, and Dave Flies.

On a Personal Note

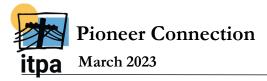
To each of you who participated in the memorial tribute for my beloved Curt by placing the concrete paver in the Veterans Memorial Walk at Bryant Commons Park, I want you to know how deeply I appreciate your thoughts and love.

Curt loved this ITPA family and always looked forward to seeing everyone.

Again, many thanks and I will remember you in my heart and prayers.

Sincerely,

Hannah Lancaster



Save these dates!

April 21-24

ITPA/s National Spring Assembly, Hinesville, GA. Please register soon! (Registration form on Page 17)

- Deadline to make hotel reservations extended to-March 15, 2023
- Deadline to register for Assembly- March 17, 2023

Aug. 25-26

Tar Heel Chapter Annual Assembly at the Aberdeen Hampton Inn, Aberdeen, NC Details coming soon.

Oct. 7

NEAREA Telecom Pioneer Club's Annual Banguet at The Inne at the Abingtons, North Abington Township, PA 1PM—Social

1:30 PM—Buffet Lunch

\$25 registration fee must be received by September 24th. Checks should be payable to Nearea and sent to Tanya Christ at 147 Christ Lane, Factoryville, PA 18419

Oct. 20-21

Buckeye State Chapter Fall Get-Together, Sugarcreek Dutch Host Inn, Sugarcreek, OH Friday PM Meet and greet Saturday AM business meeting Saturday PM dinner banquet, awards, raffles Details coming soon

Oct. 27-28

Carotel Club Annual Convention at The Inn at Pine Knoll Shores, Pine Knoll Shores, NC Details coming soon

Last Wed. of Every Month

NEAREA Telecom Pioneers gather for breakfast (Dutch treat) every month from 8:30 am-10am at Lakeside Skillet, Harvey's Lake, PA. Come for breakfast or just to visit.

If you'd like to have your club/chapter information included in future issues, please send an email with details to our national office.

Guideline Manual News

Our Pioneer Guideline Manual has been updated. Over the months, some of our procedures have slightly changed and we want our club and chapter leaders and members to have the "best in practices" information available.

To review our updated Guideline Manual, visit the ITPA National web site (www.nationalitpa.com) and select the "Member Resources" drop-down menu. Look for "Club & Chapter Resources." Select that option and scroll through the list of forms on the right hand side. You will find the link to the Guideline Manual at the bottom of the list.

No matter what topic you are researching, you can find useful information and publications here. Should you have any questions, please reach out to one of our national board members.

2022-2023 ITPA Officers, Directors and **Committee Chairs**

Executive Board:

President	Daniel Barnhardt
1st Vice President	JoAnn Esposito
Secretary	Cindy Downing
Treasurer & Asst. Secretary	Jo Myers
Assistant Treasurer	James White
Immediate Past President	Gregg Klatsky

Region Vice Presidents:

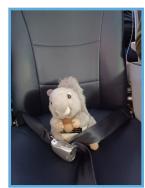
Region 1	Bill Barber
Region 2	Darlene Roll
Region 3	Leon Yard
Region 4	Nancy Schnitzer

Committee Chairs:

Assembly JoAnn Esposito Awards Ann Beck **Bylaws** Ronnie Cashwell Charitable Foundation President Darlene Roll Historical Foundation President Ronnie Cashwell **Historical Committee** Morrie Sachsenmaier Investments Gregg Klatsky Nancy Schnitzer Leadership Development Vacant Membership Nominating Committee Gregg Klatsky **Public Relations** Darlene Terry Alissa Moss National Local Affairs Liaison Director at Large Hannah Lancaster Director at Large Nancy Hyatt



On the Road and In the Air... He's here and there and everywhere!



Hello Pioneers,

Rocky your mascot here. I've had quite a busy year since I assumed the esteemed role of mascot last April. I'm traveling again (photos later), but as my time as your mascot draws near its end, I want to take a moment to say hello.

I'm sure that wherever you were on **January 21st**, you celebrated **Squirrel Appreciation Day**. I sure had a fine time as the center of attention. (Yes, it's a real [unofficial] holiday...fact check me...started by North Carolina wildlife rehabilitator Christy McKeown in 2001, as a way to encourage people to put out seeds and nuts for us cute rodents.)

I'll bet there's lots more you didn't know about me. You do know of course that I'm an avid traveler and a dedicated Pioneer, but did you know....

I belong to the Sciuridae family. There are 285 species of squirrels worldwide (but you'd be hard pressed to have found a better squirrel to serve as your mascot).

Squirrels are found on every continent except Antarctica and Australia. The largest squirrels, found in India, can grow up to 3 feet long!

I was born blind and I was only 1 inch long..talk about helpless! I stayed with my mom for about 12 weeks before going out on my own.

I'll bet you also didn't know that my nose is so powerful I can sniff out where I buried my winter stash of nuts under almost a foot of snow.

No jokes about this next fact folks, because I'm a bit self-conscious about it. My front teeth will never stop growing. I'm not the only one, though. This is common for many other rodents as well – in fact "rodent" comes from Latin "rodere", meaning "to gnaw". This is very important because biting on nuts and other objects wears down my teeth, which are necessary for my diet.

I can leap 10 times my body length. We squirrels have long, muscular hind legs paired with short front legs made for gripping, that allows me to make deathdefying jumps. Padding on my feet also helps to cushion my landings. Another super hero fact about me...I can fall from about 98 feet high without being harmed. While I don't prefer that mode of travel, I can use my tail for both balance and as a parachute! It fluffs out as I fall, catching air, slowing my fall, and allowing me to hopefully grab onto another tree or a branch. My cousins, the flying squirrels even have the ability to glide from tree to tree.

You know I'm fast, but did you know I can run up to 20 miles per hour. Granted, I don't like to do this. I prefer a slower pace of about 10 miles per hour. But when I have to crank it up, I can...just not for an especially long time. Normally, before I'll resort to that speed, I'll give my assailant the old zigzag move or run up a tree.

Did you know I plant forests? We squirrels have accidentally contributed hundreds of trees to our nation's forests. We'll bury a cache and sometimes it just won't get found, leading to a new sapling and helping spread trees seeds across acres. It's estimated that 30% of their stored nuts are never found and eventually turn into healthy trees. We squirrels also help trees thrive by eating fungi that help trees and dispersing the spores in their scat. Of course, I haven't done as much on that front as I should have this past year...I've been busy doing important Pioneer things.

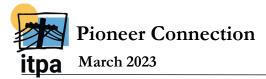
If you weren't already properly impressed, did you know that I and other squirrels actually inspired the future of robotics. Robotic engineers would like to make robots that can think as quickly and move with as much agility as squirrels do. Robotic engineers are studying squirrels' quick decision-making skills and agility. In fact, researchers from the University of California created an obstacle course and lured wild squirrels with nuts to leap from different types of perches. They found that squirrels quickly learned to adjust to the springiness of various perches. Those squirrels' ability to learn and implement new ways to reach a reward is something robots don't have yet.





The operator at our ITPA Telephone Museum is busy working the switchboard where she can be found most days when you tour the museum. These two pictures are alike, except they're not. Can you find the differences? Call the ITPA national office and list the differences you find, and you might win a prize! The first two callers who find the most differences will win a gift card. Ready, set, go!





President's Ponderings

My fellow Pioneers,

Greetings to all. I hope your year is off to a great start. Now that the bitter winds of winter are giving way to spring blooms, we know that spring is right around the corner, as is our annual ITPA spring assembly. It is my hope that I will see you, my fellow Pioneers, there. This year's assembly will be hosted at the ITPA National Office in Hinesville, Georgia. The assembly committee has been working and planning to make this a great gathering.

As my year of serving as the ITPA National President nears its end, memories of this past year will live within me forever. This has been a year that started in Washington, DC where my assembly was held. Thank you all who attended, and a special thanks to my assembly team. I cannot say thanks enough for all the arduous work that they put into our 2022 assembly.

After my time as your ITPA president began in Washington, DC in April 2022, my year encompassed a wide range of trips and ITPA events. In May 2022, I attended Comporium's Fire House run with ITPA Historical President Ronnie Cashwell and the ITPA Executive Director, Alissa Moss.

In August 2022 I traveled to Aberdeen, NC for the Tarheel Chapter's annual assembly. It was great to see everyone again, hang out with the group, and spend some time with outgoing chapter president Jim Jolly. The weekend theme was Jungle Jim's Wild Animal Kingdom. Our national ITPA board was also represented at that assembly by Region 3, Regional Vice President Leon Yard and Alissa Moss.

October 2022 was a busy time for club and chapter meetings. I attended Nearea Telecom's 51st Annual Banquet in North Abington Township, Pennsylvania. The dinner was delicious, and I enjoyed taking part in the club's auction and raffles. This was my second time in attending this event.

I also attended the Buckeye Chapter's annual banquet in Sugarcreek, Ohio. I participated in the club's meetings and was honored to present Sue Lehmkuhle and Kathlene Anerino with the John Knox Johnston Award for their outstanding Pioneering service.

I've been hoping to catch a glance of my friend Rocky (my squirrel mascot) whom I've only seen in photos since our last spring assembly. I understand his travels have taken him to Alaska, Las Vegas, Grand Canyon, Hoover Dam, England, Ireland, Germany, Mexico and several other destinations. I hope we'll be reunited at our upcoming assembly.

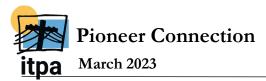
Thanks to all the Pioneers who have faithfully served your communities this year. I sincerely hope to see you at this year's assembly.

Respectfully,

Daniel

Daniel Barnhardt | National ITPA President





Eat Without Guilt...AND Without Gaining Weight!

It's still early in the new year. And some of you may actually still be on that "diet" that was a part of your New Year's Resolutions. And some of you MIGHT be a little hungry...grumpy even! Well, don't give up yet!

Here's a list of foods you can eat without gaining weight! And according to AARP, some of these foods are so light in calories and fat that you can eat them with (relative) abandon!



At the top of the list are pretty much all non-starchy vegetables. Alexis Supan, outpatient dietitian with the Cleveland Clinic Center for Integrative & Lifestyle Medi-



cine says "Mostly any vegetable besides potato, corn and peas, you can eat endlessly."

So...make it an all you can eat buffet when you choose the chopped broccoli (a cup only has 30 calories) or that grilled portobello mushroom (also 30 calories), and each has less than 1 gram of fat. If those options seem a little calorie

rich, you can cut those calories in half and eat two cups of lettuce instead (16 calories).

Love tomatoes? Don't' feel bad about eating the whole thing...it's only 22 calories. Cauliflower, kale, carrots and sprouts also have similarly few calories and are dense with nutrients. All these vegetables are also high in fiber. Fiber is good for you in more ways than the obvious. It also helps keep blood sugar levels stable, and a constant blood sugar level means you're less likely to have a sudden craving for junk food.

Okay, so not everyone loves vegetables. In fact, some of you might be wondering when you last ate a vegetable. If that's the case, all you can eat might be much more than you actually want. But there are some ways to spice up the vegetables that might otherwise be too boring or bland. Roasting vegetables in olive oil spray, and adding garlic and other herbs and spices can really bring out the flavor of fresh vegetables.

Instead of dipping those vegetables, try a salsa instead. Dips are generally high in fat. Or, make your own healthy high-protein dip by blending a ranch flavor packet into plain Greek yogurt.



Be careful about adding "all you can eat" fruits to your diet. Some foods, such as grapes and oranges are "high sugar" foods. Keep most serving sizes of fruits to a cup and a half per day.

Some fruits are high in fiber and low on the glycemic index, and you can eat more of them because they won't boost your blood sugar too much. So help yourself to fruits such as strawberries, blueberries, blackberries, kiwi and grapefruit. Just be careful before eating grapefruit to be sure that it doesn't interact negatively with any of your medications. (And don't add sweeteners.)

Generally, eating the right kinds of foods will tend to curb your hunger and help you avoid food cravings. Adding healthy proteins such as fish, chicken, tofu or beans will round out your healthy meal.

Don't forget to add healthy fats from nuts and olive oil, as well as whole grains such as brown rice or quinoa (people really do eat quinoa). These will also help you feel fuller longer.



Need a healthy snack option between meals? An apple with a tablespoon of peanut or almond butter maybe? Or a handful of nuts or cup of plain air-popped popcorn. A cup of plain airpopped popcorn or a half-cup of cottage cheese are both healthy snack options. A hard-boiled egg is also an excellent option.

Don't forget that tall glass of water or maybe even a cup of bone broth (which provides protein in the form of collagen) if you find yourself getting a bit too munchy and hungry before your next meal.

Read the entire AARP article ("Foods you Can Eat Without Gaining Weight") at: <u>https://www.aarp.org/</u><u>health/healthy-living/info-2023/foods-you-can-eat-without-</u><u>gaining-weight.html?cmp=EMC-DSM-NLC-OTH-WBLTR-</u>1532702-1785504-7016707-NA-02042023-Webletter-MS1-NA-NA-TM60-Health&encparam=hAVoiXNJihy06XsmHMAIOi%</u> 2fVI9I2Xj8PF5HJUw70WfQ%3d

Bon Appetit!



Recipe Exchange

Cream of Wild Rice Soup

Submitted by Darlene Terry, Recipe from Kelly Newton



Soup has long been used as comfort food. When a loved one is sick, you make soup. On a cold winter's night, you make soup. When you're feeling a little down, you make soup.

Soup's even better when you're on the receiving end, as I was recently when I first tasted this cream of wild rice soup. I was hoping to attend a fundraiser with a neighbor, but I had to cancel because an overnight sore, scratchy throat was followed by a stuffy head and a fever the next day. When I cancelled, my friend not only brought over a COVID-19 test, but she also brought a heaping helping of this cream of wild rice soup.

I wasn't able to fully enjoy the flavor on Day 1 (even though I was COVID-negative) but she brought enough for a second bowl, and OH MY GOODNESS was it delicious!

This recipe is now one of my favorites. I hope you'll enjoy it as much as I do!

Ingredients:

- 1 onion, chopped
- 2 carrots, diced
- 2 celery stalks, chopped
- 1/4 stick margarine
- 1/2 cup flour
- 4 14-oz. cans chicken broth
- 3 cups cooked wild rice
- 1 cup cooked, cubed chicken
- 1 cup fat-free evaporated milk
- Chives (to taste)
- Salt (to taste)
- Garlic (to taste)
- Pepper (to taste)

Directions:

Sauté onions, carrots, celery in margarine. Stir in flour. Gradually add broth, stirring slowly. Stir in rice, chicken, seasonings.

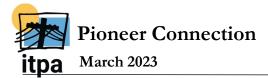
Bring to a boil and cook 5-10 minutes until thickened. Stir in milk and heat for 3-5 minutes longer.

Kelly usually doubles the vegetables in this recipe, and it makes a deliciously thick soup.

7 Tips for A Successful Soup from America's Test Kitchen

- Use a sturdy pot! A heavy pot with a thick will transfer the heat evenly and prevent scorching,. A scorched soup will taste burnt.
- Sauté the Aromatics. Sautéing aromatic vegetables such as onions and garlic over medium heat softens their texture and tames harsh flavors, and causes more-complex flavors in the process.
- Use a good stock. Soup takes on the flavor of what you put it into. In minimally seasoned soups, the broth takes center stage. If you don't use a well seasoned home made broth, use a good store-bought broth.
- Cut vegetables to the right size and cut them evenly to ensure they're all perfectly cooked. Most soups call for chunks of vegetables. When vegetables are not cut evenly, they won't cook evenly. Some pieces will be underdone and crunchy while others will be mushy.
- Add vegetables in stages. Most soups contain a variety of vegetables that require different cooking times. Add vegetables
 that require longer to cook first. Dense vegetables, such as potatoes and winter squash, can be cooked longer than a more
 delicate vegetable such as asparagus or spinach.
- Simmer down. The difference between a simmer and a boil is important. A simmer is a restrained boil where fewer bubbles break the surface. When simmered, foods are heated more gently and evenly. Boiling can toughen meat and cause vegetables to break apart or fray at the edges.
- Add most seasonings just before serving. The saltiness of a soup's ingredients varies, so it's best to taste and adjust the seasonings just before ladling the soup into bowls for serving, so that your soup isn't too salty or over-seasoned.

Source: https://www.americastestkitchen.com/articles/6226-7-tips-for-successful-soup-making



Easter Treats

Bunny Bait

Submitted by: Karol Nielsen , Minnesota.—North Star Chapter

Ingredients:

- 2 cups pretzels*
- 2 cups Chex cereal*
- 1 bag popped white popcorn
- 1 pkg Almond Bark white melting chocolate
- 1 bag of festive M&Ms
- 1 container sprinkles
- Dry roasted peanuts (optional)

* or use 4 cups Chex Mix that has pretzels in it

Directions:

Spread pretzels, popcorn and Chex Mix on a foil covered baking sheet and drizzle white chocolate over the mixture. Gently stir to coat evenly.

Add sprinkles but don't stir (or the sprinkles will be coated with chocolate and they'll turn white).

Let harden on cookie sheets and then break apart and add M&Ms to finished mixture.

Put in clear bags to give away as favors or serve in clear glass bowl.



Chocolate Peanut Butter Eggs



Ingredients:

- 1 lb. powdered sugar
- 1 cup creamy peanut butter
- 1/4 cup unsalted butter, softened
- 1 Tbsp milk
- 1 oz. (8 squares) semisweet chocolate, cut into 1/2" chunks
- 1 Tbsp shortening

Directions:

Beat confectioners' sugar, peanut butter, and butter in a large mixing bowl until well blended; mixing in milk if needed for moisture.

Divide mixture in half and form into two large eggs. Place eggs onto on a wax paper-lined plate and freeze until firm, about 1 hour. (You can make smaller eggs if desired.)

Stir frequently, scraping down the sides with a rubber spatula to avoid scorching, until chocolate is melted (about 5 minutes).

Remove eggs from the freezer. Carefully stick a longtined fork in the top of an egg; gently dip it in melted chocolate until covered, then return it to the waxed paper. Repeat to dip remaining egg. Decorate as desired. Pioneer Connection

na March 2023

Hinesville, GA April 21-24, 2023

ITPA 31st ANNUAL ASSEMBLY

Member Name		_ Name of Guest
Daytime Phone Number	E-Mail	
Chapter/Club Affiliation		
First-time Assembly attendee? Yes	No (G	rant Application available by contacting national office)

Registration fee includes the following meals and activities:

- Friday : Meet and Greet Dinner/Opening Ceremony
- Saturday: Savannah Tours (Meals on your own)
- Sunday: Business Meeting/Hall of Fame Luncheon/ Awards ceremony Evening: Dinner/Installation of Officers/Entertainment

Saturday afternoon/evening activities (No refunds will be issued and you will not be able to sign up at assembly)

□ Savannah Old Town Trolley Tour

The extraordinary architecture, lush botanicals, and captivating stories of this historic, coastal city make for an unforgettable vacation experience. For more than 30 years, Old Town Trolley Tours has provided sightseeing tours highlighting the best attractions in Savannah. Hop aboard one of our trolleys and you'll experience Transportainment, a delightful combination of transportation and entertainment. Our friendly conductors will narrate the tour with a fascinating and fun mix of trivia and humorous stories. It will be our pleasure to guide you through "Georgia's First City" on one of our orange and green trolleys. This is a hop on, hop off all day tour including 15 stops, 100 points of interest, and a 90 minute live narrated tour. Transportation to Savannah provided.

 \Box I will need transportation for the tour.

 $\hfill\square$ I do not want to take a tour.

<u>Registration fee:</u> Payment for registration must accompany this form. Check the appropriate options below.

Grand Total Enclosed		\$
	Savannah Old Town Trolley Tour	\$40 x number of participants
	Guest	\$130
	ITPA Member	\$130

Please send registration form and check payable to ITPA to: ITPA, 438 W. Oglethorpe Hwy, Hinesville, GA 31313

Hotel Accommodations: Hampton Inn Hinesville, 1148 E Oglethorpe Hwy, Hinesville, GA 31313 Room Rate- \$129 per night plus tax

For reservations email JoAnn Esposito- espogirl56@yahoo.com or call the hotel directly at 912-877-4090 (Be sure to ask for one of the rooms being held for JoAnn and the ITPA Pioneers.

Deadline to make hotel reservations has been extended to- March 15, 2023 Deadline to register for Assembly- March 17, 2023

<u>Cancellation Policy:</u> Cancellations received <u>after April 1, 2023</u> are non-refundable.





C:| 352-502-9321

espogirl56@yahoo.com

https://www.nationalitpa.com/

From ITPA 1st Vice President JoAnn Esposito:

I retired recently after 40 years in the telecommunications industry and I'm looking forward to serving as president of one the finest volunteer organizations serving communities throughout the United States.

I'm particularly excited about our upcoming 31st ITPA Annual Assembly, which will be held from April 21 - April 24. I selected Hinesville, GA as the location for this year's annual assembly. Hinesville is the home of our National Office and Museum. Fort Stewart (Army Airfield and base) is also located near our museum.

The ITPA National Assembly provides a time for ITPA Chapters and Clubs to share their community service projects, honor those who have contributed to the industry during our Hall of Fame Luncheon and celebrate the preservation of Telephony and going forward telecommunications.

During the Assembly, I will be inducted for the second time as ITPA National President. The weekend will be filled with fun and games as well as meetings and get togethers. Planning for the weekend events is well underway and I need your help.

If your chapter and/or club can donate items for our goody bags, I will be personally grateful. Items such as pens, small note pads, snacks etc. will be appreciated. Any other small items will also be greatly appreciated. You can bring your goody bag donations to the assembly or you can send them to your RVP or to me at: JoAnn Esposito 7 Silver Terrace Ocala, FL 34472

As with all past assemblies, we are also in need of sponsors. There are several sponsorship levels and <u>all donations are tax deductible</u>. These donations are tax deductible, sponsorships by businesses and individuals are much appreciated.

If you have any questions, please do not hesitate to contact me.

Sincerely, JoAnn Esposito 1st Vice President, ITPA



Please list sponsor name as: _____

Please check the appropriate sponsorship level:

Diamond	\$2,500.00 Top Banquet Sponsor
Platinum	\$1,000.00 Banquet Sponsor
Gold	\$750.00 Meet and Greet Sponsor
Silver	\$500.00 Hospitality Room Sponsor
Bronze	\$250.00 Snack Break Sponsor

Please mail send completed sponsorship form and tax deduction donation to: **ITPA**

438 West Oglethorpe Hwy Hinesville, GA 31313

Thank you for your support!