

Pioneer



Connection

Issue 23-05

May 2023

Founded 1920

Oh, what a night...



The ITPA's 31st annual spring assembly convened on Friday, April 21st against the backdrop of picturesque Bryant Commons Park in Hinesville, GA. Held on the grounds of the ITPA's national office and museum, the assembly kicked off with a meet 'n greet at the ITPA national office and museum, followed by an evening under the stars.

The dinner menu was a delicious low country boil, and the desserts were spectacular. And there was no shortage of food!



Old friends reunited and reminisced.

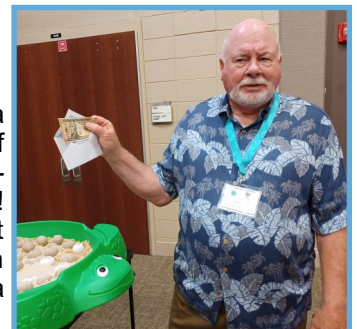


Myrtle isn't just any turtle. She's a green sea turtle! Green sea turtles are the largest hard shelled sea turtles. They can hold their breath under water for five hours, and they think jellyfish are delicious!

After Myrtle's introduction, our Pioneers and guests began what would be a weekend long hunt for turtle eggs. Green sea turtles can lay up to 110 eggs per nest. Rest assured, no baby sea turtles were harmed when our Pioneers went hunting for eggs.



New friends were made, as veteran assembly attendees welcomed eleven first timers.



They were rewarded with a cute little sea turtle replica of Myrtle and a number that corresponded to a cash prize! Myrtle's version of the last assembly's Pioneer Punch was great fun. Oh, what a night!





2023-2024 ITPA Officers and Board Members

During the annual assembly business meeting, ITPA chapter and club delegates voted unanimously to accept the nominated officers and directors at large for 2023-2024.



2022-2023 ITPA President Daniel Barnhardt (far left) introduces the 2023-2024 officers and directors at large, through Pioneer activities. Pictured left to right: Darlene Roll, Greg Klatsky, Cindy Downing, Leon Yard, JoAnn Esposito, James White, Nancy Schnitzer, Jo Myers and Hannah Lancaster. Not pictured: Nancy Ilyatt and Alli Phillips.

While you likely know these dedicated ITPA pioneers, they've provided a little information that you might not know about them. But this stuff is just too good to share all at once, so we'll save some of these details for our next issue!

President: JoAnn Esposito

Retired from: CenturyLink
Favorite destination: New Zealand
No. of countries/states visited: 4 countries, 23 states
Bucket List: Take a Viking Cruise
Favorite quote: Get it done!

1st Vice President and Assembly Chair: Leon Yard

Works for: Comporium Communications
Number of states I've lived in: 2
Little known fact about me: I have a half brother
Bucket List: Spend a week in Hawaii
Favorite quote: You reap what you sow

Secretary: Cindy Downing

Works for: Comporium Communications
Favorite destination: Ireland and Savannah, GA
No. of countries /states visited: 4 countries and 41 states
Little known fact about me: I was an Army Brat; lived in Germany and Italy
If I could do it over, my profession would be: Flight Attendant
Favorite quote: You make a living by what you get. You make a life by what you give. ~Winston Churchill

Treasurer, Immediate Past President/Nominating Chair:

Daniel Barnhardt
Works at: Comporium Communications
Favorite destination: Puerto Morelos, Mexico
Bucket List: Complete the Appalachian Trail hike I started in 2010
A place I dream of visiting: Iceland
If I could do it over, my profession would be: I wouldn't change a thing!
My favorite quote: "The mountains are calling and I must go." John Muir

Assistant Treasurer/Investment Chair: James White

Retired from: Windstream 2012
Favorite destination: Scotland (to play golf)
No. states visited: 40 (give or take) plus Puerto Rico
Bucket List: To play Augusta National for the 5th time
A place I dream of visiting (besides Scotland): Ireland
My favorite quote: Don't spend much time living in the past. Spend your time living for the future.

Region 1 VP: Gregg Klatsky

Works at: Private telecom consultant
Favorite destination: Hawaii.
No. of countries/states visited: 6 countries, 41 states.
Little known fact about me: I was on a tinker toy box (see photo right). people have been wanting to see this for years!
Bucket list: Skydiving.
Favorite quote: "If you tell the truth you don't have to remember anything." Mark Twain



Region 2 VP and Charitable Foundation President:

Darlene Roll
Retired from: United Telephone/Sprint
Favorite state visited: Alaska
States visited: All 50 plus Puerto Rico & Virgin Islands
Favorite quote: Proverbs 3:5-6: Trust in the Lord with all your heart and lean not on your own understanding. In all ways, acknowledge Him, and He will set your paths straight.



2023-2024 ITPA Officers and Board Members Cont'd

Region 3 VP: Alli Phillips
 Works for: Fail Telecommunication Corp
 Favorite destination: France Number of states I've lived in: 3
 No. of countries or states visited: I have been to more countries than states! I love Europe. Every chance we get for vacation, we try to head over the pond!
 If I could do it over, my profession would be: Architectural Engineering
 A place I dream of visiting: Antarctica

Region 4 VP/Leadership Development Chair: Nancy Schnitzer
 Visited 45 states and 11 countries and lived in 3 states
 Little known fact about me: My dad was a Pioneer for more than 35 years through the Bell Pioneers
 Bucket list: visit every continent
 A place I dream of visiting: Norway
 Favorite quote: "In the end, it's not the years in your life that count. It's the life in your years." Abraham Lincoln

Historical Foundation President and By-laws Chair/ National Local Affairs Liaison: Ronnie Cashwell
 What you see is what you get. BUT...check our next issue to see if there's more to his story!

Awards Committee Chair: Ann Beck
 Check our next issue and Ann might just share with us her story about some little green men!

Membership Chair: Jay Vanlandingham
 Jay's new to our team and we heartily welcome him! But you'll have to check our next issue to get to know him better!

Public Relations Chair: Darlene Terry
 Retired from: Lumen
 Favorite destination: Bermuda....or maybe my front porch watching the ocean
 Bucket list: Cage dive with a great white shark
 If I could do it over, my profession would be: Marine Biologist
 Favorite quote: Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has. Margaret Mead

Historical Committee Chair: Morrie Sachsenmaier
 Retired from: GTE/Verizon
 Favorite destination: Leavenworth, Washington
 No. of states I've lived in: 7
 Little known fact about me: In the 60's I worked on Atlas & Titan missile sites
 If I could have a re-do, my would be: NOT A THING
 Bucket list: Live to be 90
 A place I dream of visiting is: Germany
 Favorite quote: Just do it!

Director at large: Hannah Lancaster
 To know her is to love her. Check our next issue if you want to know more!

Director at large: Nancy Hyatt
 Retired from: Sprint 1994
 Favorite designation: Hawaii
 No. of states visited: 35
 Bucket List: Travel more place I dream of visiting: Alaska
 Favorite quote: Do unto others as you would have them do unto you.

Director at large: Jo Myers
 Jo's an open book...or is she! Check our July magazine to see!

Thank you to these dedicated Pioneers who have served and are willing to serve the ITPA and the communities we support.





Greetings from ITPA's New National President

Farewell from ITPA's 2022-2023 National President

Hello fellow Pioneers,

My name is JoAnn Esposito. I was installed in April at the 31st Annual ITPA Assembly as the president for 2023-2024. This is my second term as ITPA National President. My first term was in 2018-2019.

In 2020, when Covid-19 struck our nation, volunteering and holding face-to-face meetings came to a screeching halt. It was hard not seeing fellow pioneers and volunteers. Well, we are back and need to get on track with community services, projects, and fund-raisers.

This year, our motto is "Get out of your shell and VOLUNTEER." Let's get back into the communities and show them that ITPA Pioneer volunteers are willing to help with any project. Visit community centers, boys and girl clubs and explain we are here to help.

My plan is to visit clubs around the nation and see what a wonderful job the clubs are doing. Please send me information on when you are having annual meetings and I'll try to be there. October is getting booked on my calendar. I'll be visiting Ohio and North Carolina.

It was great seeing everyone at the Assembly in Hinesville, GA. I hope all traveled home safely.

Let me know what I can do for you and your clubs, and have a safe and wonderful year!

Yours in Pioneering,

JoAnn

VOLUNTEER



Farewell to all!



Reunited, and it feels so good....Daniel was finally reunited with his mascot, Rocky the Squirrel during the 2023 spring assembly.

As my 2022-2023 year of serving as the ITPA National President ends, memories of the past year will live within me forever. My presidency began in Washington, DC where my assembly was held. Thank you all who attended my assembly and a special thanks to my team. I cannot say thanks enough for all the arduous work that they put into the 2022 assembly.

From Washington, DC, my tenure as president included a wide range of trips and ITPA events thought the year. In May 2022, I attended Comporium's Fire House run with Ronnie Cashwell, ITPA's Historical Foundation President, and with ITPA's Executive Director Alissa Moss.

My next trip was to Aberdeen, NC for the Tarheel Chapter's annual assembly in August. It was great to see everyone again and hang out with the group for the outgoing President Jim Jolly. National ITPA representatives Leon Yard, Region 3 Vice President and Alissa Moss from our national office also attended. The weekend's theme was Jungle Jim's Wild Animal Kingdom.

October 2022 was a busy time for club and chapter meetings. I attended Nearea Telecom's 51st Annual Banquet in North Abington Township, PA. As always, 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 Sugar creek OH. I was honored to participate in the club's meetings and to present Sue Lehmkuhle and Kathleen Anerino with the John Knox Johnston Award for their outstanding Pioneering service.

I worked with Comporium Pioneers on several projects that included raising money during the Superbowl for the Haven's men shelter. This shelter is a structured facility and designed to get the men back on their feet again, working and no longer homeless.

Another worthy project that I took part of was the Soldier Lunch for the Lancaster, SC Armory Unit. This was the first time I had been able to help at this armory. This was great to work with other Pioneers, and other volunteers in the area to provide lunch for the soldiers and their families. We cooked 600 hot dogs with all the fixings for this event.

Thanks to the Executive Board, Board members and committee chairs. We accomplished a lot of work for ITPA this past year. Thanks to every pioneer member that served in their communities and hope to see you at our 2024 spring assembly.

Sincerely,

Daniel

Daniel Barnhardt | National ITPA President 2022-2023



31st Annual Assembly—Scattered pictures of the smiles we left behind



So it's the laughter we will remember...whenever we remember





Save the dates!

May 19-June 5

ITPA office is closed. Alissa Moss will be on vacation and will not be checking emails or accepting calls.

May 25-June 10

Daniel Barnhardt, Treasurer will be on vacation and will not process reimbursement checks during this period.

June 1-June 8

ITPA President JoAnn Esposito will be on vacation and will be unavailable during this period.

July 15 (tentative)

Buckeye State Chapter Meeting at 10am in Buehler's, Ashland.

Aug. 25-26

Tar Heel Chapter Annual Assembly at the Aberdeen Hampton Inn, Aberdeen, NC

Hotel booking link: <https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=SNPNCHX&groupCode=CHHITP&arrivaldate=2023-08-25&departuredate=2023-08-27&cid=OM,W.W.HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT>

If you call to make reservations (910-693-4330) rather than book online, ask for the Tar Heel ITPA meeting rate.

Oct. 7

NEAREA Telecom Pioneer Club's Annual Banquet 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

December 12

Otto Wettstein, Jr. Pioneer Club Christmas Luncheon for Retirees and Members

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.

ITPA Supports Diabetes Association of America

The silent auction held during the annual spring assembly raised \$1,044. A sincere thank you to everyone who donated an item for our auction. 2022-23 President Daniel Barnhardt raised \$813 to ransom mascot Rocky the Squirrel, and 50/50 raffles held throughout the annual assembly raised \$424. An additional donation of \$40 was received and the winner of our Texas Hold 'em tournament donated his \$25 winnings, netting a grand total of \$2,346 that will be donated to the charity of choice of incoming President JoAnn Esposito. A donation will be presented to the Diabetes Association of America by the ITPA Charitable Foundation.

In the past 20 years, the number of adults diagnosed with diabetes has more than doubled, as the American population has aged and become more overweight or obese. One in Americans, about 37.3 million, have diabetes, and one in 5 people don't even know they have it. More than one in 3 American adults have prediabetes and of those, more than 8 in 10 adults don't even know they are prediabetic. Diabetes is the eighth leading cause of death in the United States (and may be underreported). Medical costs for people with diabetes are twice as high as for people who don't have diabetes. If diabetes hasn't affected us personally, it has certainly affected someone close to us.

Helping with the Fight Against Alzheimer's



Charitable Foundation Officers and Directors presented a \$1,000 donation to the Alzheimer's Association on April 23rd. Stephen Holland accepted the donation on behalf of the Alzheimer's Association. Stephen, who works on for the Alzheimer's Association in the Coastal Georgia Service Area, was a guest speaker at the ITPA's 31st annual spring assembly. He shared updates and challenges in research and studies dedicated to slowing the progression of and finding a cure for Alzheimer's.

Club/Chapter News

Mid-South Chapter

After months of planning, the Mid-South Chapter hosted one of its most successful fundraisers in recent years, raising nearly \$16,000!



On February 11, more than 30 hunters attended the First Annual Mid-South ITPA Pheasant Shoot at Great Southern Outdoors in Union Springs, AL.



The Mid-South Chapter of the ITPA thanks the sponsors and participants for making the first annual Pheasant Shoot such a great success, despite the cold and rainy weather. More photos and a complete listing of sponsors can be found on our website at www.midsouthitpa.org/pheasant-shoot



Tar Heel Chapter/Carotel Club Scholarships

Scholarship applications are being accepted now for the 2023 Tar Heel Chapter Scholarship and Carotel's *Elizabeth Bland Memorial Scholarship*. Applicants for both scholarships must be enrolled in a graduate or undergraduate program in any field at an accredited college or university and must have maintained a 3.0 GPA for the most recent completed year (high school or college.)

Students applying for the Tar Heel Chapter scholarship must submit their completed application to the scholarship committee chairman by **May 30**. To be eligible for this scholarship, applicants must be sponsored by a Tar Heel Chapter Pioneer or a member of a club in the Tar Heel Chapter in good standing with the ITPA (2023 member dues paid, if applicable).

Carotel Pioneer Club members and families of club members are eligible to apply for the 2023 *Elizabeth Bland Memorial Scholarship*. Carotel members must be current on their annual membership dues in order to apply or to sponsor an applicant. Completed applications must be sent to the scholarship committee chairperson with a **postmark date no later than August 1, 2023**.

Students who meet the eligibility criteria may contact Alissa Moss, ITPA Executive Director Alissa Moss for an applications.

Comporium Pioneer Club

The Comporium Pioneer Club received notice that the Lancaster National Guard unit would be deployed, and the club was asked if lunch could be provided for the unit's Family Day. This would entail planning for 300 soldiers, spouses, and kids.

The club readily agreed to help and provided a meal of hot dogs, chips, baked beans, slaw and everything that goes with it.



Pioneers were asked to donate drinks and to ask local businesses for donations of other items on the list. Twenty-two Pioneers participated in the project with 112 service hours.



The Soldiers and their families were grateful for the love and support shown by the Pioneers.





Annual Project Awards

The ITPA Awards Committee met in March to review projects and awards applications for the 2022 calendar year submitted by clubs and chapters from across the country. Project applications are grouped based on club size and each class is judged by project category.

Class A Clubs = 1 to 30 members
Class B Clubs = 31 to 100 members
Class C Clubs = 101+ members.

Project Categories:

COMMUNITY ENHANCEMENT CATEGORY—includes projects that help the entire community, not just one group or individual. Public education, community awareness, health fairs and health screenings are examples of projects that fall into this category as well as various fund-raising events such as Relay for Life or Alzheimer's Walks.

HUMAN SERVICES CATEGORY—includes service projects which provide a tangible service in the form of products or devices. It could also include building or work performed on an existing structure or device. This could include the provision of clothing or food, building reconstruction, or any project where a physical product exists. Financial support is also appropriate, as long as the fund-raising efforts are documented. The donation of items such as food, clothing, vehicles, or toys would come under this category.

LIFE ENRICHMENT CATEGORY—includes projects that entertain or provide the element of "human touch" or one-on-one interaction.

SPIRIT OF SERVICE CATEGORY—includes projects that publicly promote the value of telecommunications.

NATIONAL PROJECT CATEGORY—includes projects designed to foster a sense of unity throughout the organization, providing all clubs and chapters an opportunity to support common charitable goals. This category recognizes innovative and special efforts to support national projects. While monetary contributions are important, greater emphasis is placed on ingenuity and participation. National projects include those which support Alzheimer's, blood drives, disaster relief efforts, education and troop support.

PIONEER CHOICE CATEGORY—projects that are unique and do not fit into one of the five categories but are worthy of recognition.

Clubs may also qualify for the **FOUNDERS AWARD**, which is presented to the Chapter or Club achieving the best overall performance during the Pioneer year.

To be eligible for the Founders Award, the Chapter or Club must have an entry in each of the five community service categories and must also have conducted a membership campaign and sponsored a fellowship event or social activity during the year.

All clubs and chapters are encouraged to submit at least one project application each year. These submissions are about more than winning an award. They provide tangible evidence that our clubs and chapters across the United States are still embracing mission of the ITPA, which is community service!



2023 Community Service Award Winners

COMMUNITY ENHANCEMENT AWARDS

The **Buckeye Chapter** received the Class B 1st Place Award for its project "Walking to Raise Awareness." Buckeye Pioneers participated in two walks to raise awareness and to raise funds. The first was the Walk to End Alzheimer's., which funds Alzheimer's research. The second, held in Waynesfield OH, raised funds for the Ohio Lion's Pediatric Cancer Foundation. Sometimes, the best way for a small group to make a meaningful difference is to come along side an established organization who is already meeting that need. By participating in and donating to The Alzheimer's walk and the walk for the Ohio Lion's Pediatric Cancer Foundation, Buckeye Pioneers helped promote awareness of the needs that these organizations are trying to meet, and they helped raise much needed funds to help ensure these organizations can continue their vital work to find cures.

The **Comporium Pioneer Club** received the Class C 1st Place Award for its participation in the National Alliance on Mental Illness 2023 walk. Comporium pioneers sold raffle tickets, raised money through pledges, and participated in the walk itself. Their efforts resulted in a total of \$1750 being donated to the National Alliance on Mental Illness in 2022. This is another excellent example of how a small group of dedicated people can band together and partner with others to make a big difference.



HUMAN SERVICES AWARDS

Florida's **Big Bend Club** received a Class A 2nd Place Award for its project "A Little Goes a Long Way."

The Big Bend Pioneers partnered to donate \$200 to *Little Sunshine Pantries*, a local non-profit organization that provides supplemental groceries to families who are experiencing food insecurities. *Little Sunshine Pantries* has free "little food "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 helped restock little pantries across the city.

The **Palmetto Club** received the Class A 1st Place Award for its pill bottle project. Club members donated and solicited empty plastic pill bottles which were donated to Matthew 25 Ministries for distribution to medical care providers in impoverished countries. The Palmetto Club asked a neighboring Club, Comporium, to assist in the gathering effort, and when other clubs learned of the project, they began collecting pill bottles also. The club send thousands of bottles to Matthew 25 Ministries that will make a huge global impact.

The **Buckeye Chapter** received the Class B 3rd Place Award for its project "Filling Food Insufficiency Needs in Ohio." Through various fund-raising efforts, the Buckeye Chapter raised \$600 that was donated to various non-profit organizations that are helping families with food insufficiencies.

HUMAN SERVICES AWARDS Cont'd

The **North Star Chapter** received the Class B 2nd Place Award for its ongoing book sales project through which the club raises money to support several charitable causes. Last year, with money raised through the book sales, the North Star Chapter donated a total of \$3,500 to American Cancer Society, American Red Cross, Feed My Starving Children, Bountiful Basket Food Shelf, Children's Cancer Research Fund and Toys for Tots.

The **Carotel Club** received the Class B 1st Place Award for its project "Honoring Our Protectors." Club members and volunteers recognized and rewarded more than 150 first responders and other care-givers in several eastern North Carolina communities. Individuals recognized included fire and rescue/EMS personnel, healthcare workers, law enforcement personnel and animal shelter employees and volunteers. Volunteers donated and delivered bagels, wrote thank you cards, provided Starbucks gift cards, gave specialized Christmas ornaments, candies, and key chains, and provided monetary donations.

The **Comporium Pioneer Club received** the Class C 1st Place Award for its ongoing project to provide holiday meals to families facing food insufficiencies. For 15 years, Comporium has provided a Christmas dinner for those in need. This past year, ten families received holiday meals on December 24th that were delivered in brightly wrapped boxes, and Christmas cards created by children of the volunteers were also included. The club also delivered three boxes of food to SC National Guard soldiers. All leftover food was given to the local SC National Guard Army Food Pantry.

2023 Community Service Award Winners Cont'd

LIFE ENRICHMENT AWARDS

The Comporium Pioneer Cub received the Class C 1st Place for its "End-of-Year School Year Bash" held at York Intermediate Boys and Girls Club.

A lot of planning, preparation and purchases preceded the event, and on the day of the bash, eleven Pioneers took the afternoon off to help.

The team grilled and served up hotdogs with all the fixin's, to sixty-three 5th and 6th graders and the club's staff.



The team also entertained the kids with lots of games and prizes. Comporium sponsored a Kona Ice truck later in the afternoon and the snow cones were a big hit with all the kids. The children enjoyed the event so much that some didn't want to leave when their parents arrived to pick them up. The kids were sent home with treat bags full of goodies and the teachers took home leftovers for their dinner meal.

SPIRIT OF SERVICE AWARD

The **Comporium Pioneer Club** received the 1st Place Award in this category for its project, "Family Day at the Comporium Museum." The event was patterned after the movie "Night at the Museum" and it showcased both old technology and advancements in telecommunications. Employees and their families were invited to attend, and Pioneers were recruited to host stations specific to their subject matter expertise. This event embodied the Spirit of Service award category.

NATIONAL PROJECT AWARDS

The **North Star Club** received the Class B 1st Place Award for its support for the Alzheimer's Foundation. The club has supported the Alzheimer's Foundation for 32 years, during which time it has donated more than \$62,000. In 2022, as part of a book sale project, the club again donated \$500.

The **Comporium Pioneer Club** received the Class C 1st Place Award for its participation in the Early Learning Partnership (ELP). The club held a fundraiser to purchase books designed to prepare children for school. The club far exceeded its goal of 200 books and was able to purchase 285 books by raising \$954 which was matched by both Comporium Communications and the club.

PIONEER CHOICE AWARDS

The **Mid-Ohio Pioneer Club** received the Class A 2nd Place Award for its "Mid-Ohio Branches" Project. Using the concept of branches, the club encouraged members and volunteers who were unable to meet collectively to work within their communities to support several ongoing projects which included eyeglasses drives, book drives and providing meals in local parks.

The **Tar Heel Chapter** received the Class A 1st Place Award for its project, "Paying it Forward Times Two." This project benefited the Sandhills Branch Food Pantry and the Life Center Collection of Davidson County. The Chapter collected and donated 120 lbs. of food to the pantry and provided items to the Life Center Collection to help provide high-quality care, support, relief, respite, and counsel for older and impaired adults.

PIONEER CHOICE AWARDS Cont'd

The **Buckeye Chapter** received the Class B 2nd Place Award for its project "Tied Together." Answering the need of another chapter member's need for supplies, the Buckeye Chapter collected hundreds of ties that are used to make quilts, pillows, and other items that are then sold to raise money for missions work.

The **Carotel Pioneer Club** received the Class B 1st Place Award for its project "Feeding Hungry Souls and Nourishing Spirits." Club members collected and donated non-perishable foods and toiletries which were sent to Martha's Mission Cupboard and the Ronald McDonald House of Eastern NC to help citizens in the communities surrounding the location of the club's annual convention. The club donated 154 lbs. of food to Martha's Mission Cupboard and provided toiletry items and non-perishable food items to the Ronald McDonald House.

The **Comporium Pioneer Club** received the Class C 1st Place Award for its support of Haven Men's Shelter and its annual "Tackling Homelessness" Superbowl party. Comporium club members provided footballs for centerpieces and club volunteers set up for a Haven Men's Shelter fund raising event. They also served and cleaned up afterwards in addition to providing a master of ceremonies for the event. The evening was such a success that the shelter's director has asked the Comporium Pioneers to help with the organization's next event.





Comporium Pioneer Club Earns Founders Award

Congratulations to the Comporium Pioneer Club, this year's Founder's Award recipient. The Founder's Award is presented to the club or chapter with the best overall performance during the preceding year.

Eligible clubs must submit an award application in each project category, must also have conducted a membership campaign and must have hosted a social event. Comporium did all this and more. Way to go Comporium Pioneers!



Above: Region 3 VP Leon Yard (back) announces Founders Award recipient. Kyle Anderson (front left) accepts the award on behalf of the Comporium Pioneer Club from Daniel Barnhardt, 2022-2023 ITPA President.

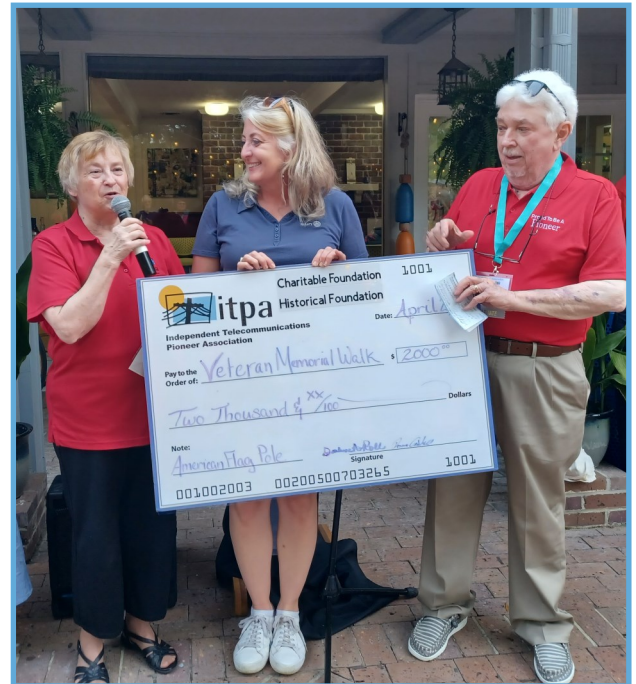
The Comporium Pioneer Club was established in 1971. Comporium Pioneers celebrated the club's 50th anniversary in 2021 with a party. The gathering was particularly meaningful to the club, because it was the first in-person gathering after COVID-19 shelter-in-place restrictions were lifted.

Comporium Pioneers meet as a club during the Christmas season each year to elect officers for the upcoming year and they share a holiday meal together.

The club has produced six national ITPA presidents, and one of those presidents has served twice. Comporium is the only remaining club in South Carolina.

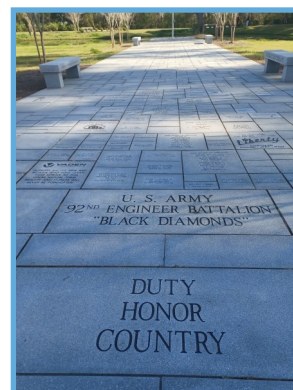
ITPA Supports Veterans' Memorial Walk Fund

The ITPA Charitable Foundation and Historical Foundation partnered to present a \$2,000 donation to the Veterans' Memorial Walk Fund during the annual spring assembly.



Above: Michelle Rickettson, Vice Chair of the Veterans' Memorial Walk Fund, accepts donation presented by Darlene Roll, Charitable Foundation president (left) and Ronnie Cashwell, Historical Foundation president (right).

This donation will help purchase a 50 ft. flag pole on which the Star Spangled Banner will be displayed at the Veterans' Memorial Walk at Bryant Commons Park in Hinesville, Georgia. The U.S. flag will be flanked by service flags, and a new Space Force flag will be displayed.



The Veterans' Memorial Walk is situated beside the ITPA's National Office and Telephone Museum near the heart of downtown Hinesville. This paved walkway offers civilians and military personnel alike a peaceful place to reflect and remember those who have bravely served our country.

2023 Telephone Hall of Fame Inductee Hannah Askins Lancaster

Hannah Askins Lancaster was formally inducted into the Telephone Hall of Fame on April 23rd during the 31st Annual National Assembly in Hinesville, GA.



Left to right: Ronnie Cashwell and Morrie Sachsenmaier recognize Hall of Fame Inductee Hannah Lancaster

Mrs. Lancaster was born into the telecommunications industry. Her parents, Harold and Pansy Askins, had purchased a small telephone company in Chesnee, SC in 1932, and ran the company from their home. Little Hannah grew up playing behind the operator's switchboard. She recalls sitting on the operator's lap and connecting calls on the switchboard, serving as the company's unofficial junior operator.

Mrs. Lancaster graduated from Chesnee High School and attended both Lander College and Limestone College in the mid-1950s. In 1957, after marrying Curtis B. Lancaster, she began her long and illustrious career at Chesnee Telephone.

In 1965, Mrs. Lancaster's father passed away and her mother became President. After her mother's death in 1992, Mrs. Lancaster became President of Chesnee Telephone Co and under her leadership the company continued to thrive. The company's outside plant was improved and new technologies were implemented. Fiber optic lines and remote switches were installed in rural areas to protect Chesnee from isolation due to accidental cable cuts. In the 1990s, additional services such as cable TV and wireless and internet services were added to the company's portfolio, along with more technology upgrades.

During the decades that followed, many technology upgrades and new services were offered to a growing customer base under Mrs. Lancaster's leadership, and she remained vitally involved in the day-to-day activities of the company until her retirement. Despite their hectic work schedules during that era, Mr. and Mrs. Lancaster attended many ITPA chapter meetings, state and national assemblies to support the work and mission of ITPA.

A member of the National ITPA since 1975, Mrs. Lancaster has served on numerous ITPA committees, and she also served as Vice-President, Regional Vice-President, and President of the ITPA. She is still an active Pioneer and has an affiliation with two state ITPA chapters – Comporium (SC) and Tar Heel (NC). Mrs. Lancaster's additional memberships have included the United States Telecom Association (USTA), the American Legion Auxiliary Unit 48 in Chesnee, SC and the South Carolina Telecommunications and Broadband Association (SCTBA). She was inducted into the SCTBA Hall of Fame in 2016.

Mrs. Lancaster has long been a dedicated community servant. She often found a way to serve the telephone company she loved, the church she was devoted to and her community she was dedicated to. She found ways to intertwine those for the best outcome for all. For example, when Chesnee Telephone Company hosted meetings that were too large for the company's conference room, she would hold meetings in her church's larger conference area and would compensate the church for the use of the facilities. She likely could have brokered a deal to have used the church facilities at no charge, but she was intentional in helping both her church and her company.

On one occasion, after the company's camera man, Andrew Kincannon, filmed a community softball event, he showed Mr. Lancaster the video. The teams were playing a double header on an old field with no lights. As the sky darkened, a batter hit a line drive straight to third base. The third base player couldn't see the ball and had to duck rather than attempt what would have been an easy catch during daylight.

After watching the video, Mr. Lancaster guided Andrew to Mrs. Lancaster and they replayed the video. No words were spoken afterwards. She simply nodded to Mr. Curt, and he called the company's pole supplier on speakerphone. When the supplier asked for a project number, Mrs. Lancaster then spoke and said, "It's **my** project number." The supplier's next question was, "How soon do you need this order?" In two weeks, that ball field was lighted. At the time, few people knew the extent of Mrs. Lancaster's contribution to that project.

Andrew said of Mrs. Lancaster, "Mrs. Hannah is not one for glory. All she's about is getting it done, and getting it done right to the best of her abilities. Mrs. Hannah is nothing but love. At the same time, she's not a marshmallow. She didn't tolerate sub-standard performance, and employees who performed poorly were invited to seek other employment. She was also a visionary. Under her leadership, Chesnee was offering cable TV way before cable TV was the going thing. She was the first rural cable provider to air a "local events" channel. Sometimes called 'Grandma TV,' the channel aired local middle and high school games, art shows, city council and school board meetings, and many other community related events. When she sold Chesnee and retired, that local channel was the third most watched channel behind ESPN and CNN."

Andrew also shared about how 'Mrs. Hannah' saved the Chesnee post office. "The U.S. Postal Service was at one point closing some small post offices when mail volume dropped below a certain level. At the time, Chesnee's bills were printed in Rock Hill, SC. To keep Chesnee's post office alive and well, Mrs. Hannah would have their bills picked up from the printer, or the printer would sometimes deliver them to her, and she would have the bills mailed through Chesnee's post office where they rightfully should have originated from anyway. To this day, Mrs. Hannah has a box at the Chesnee post office."

Mrs. Lancaster retired in 2017 with 60 years of dedicated service to the company and to her community. Mr. and Mrs. Lancaster were happily married for 65 years before his death in 2022. Their three children, along with their grandchildren, are among their greatest accomplishments.

2023 Telephone Hall of Fame Inductee Janice Adams O'Brien

Janice Eloise Adams O'Brien was posthumously inducted to the Telephone Hall of Fame on April 23, 2023 during the ITPA's 31st Annual National Assembly in Hinesville, GA. Jim O'Brien, owner and CEO of Glenwood Telephone Company, attended the Telephone Hall of Fame luncheon and accepted the honor on his mother's behalf.



Left to right: Ronnie Cashwell and Morrie Sachsenmaier with Jim O'Brien, son of Janice O'Brien.

A native of Glenwood, GA, Janice Eloise Adams was born in 1945, and she literally grew up in the telephone company. Her parents, L.B. and Eloise, ran the switchboard for Glenwood Telephone Company from the front room of their home.

As a young child, Mrs. O'Brien was exposed daily to the workings of the plug board, the operator's role, maintenance, and what was happening in the local area. These experiences helped prepare her for the much larger roles she would later hold in the company, after she completed her education at the University of Georgia.

When her father passed away in 1982, her mother having earlier deceased, Mrs. O'Brien became the owner and CEO of Glenwood Telephone Company at the age of 37.

The company's office, having been previously relocated from the home, was moved back to the Adams home in 1989 under Mrs. O'Brien's leadership. She had 13 miles of fiber optic cable added in 1989 under a capital improvement initiative, and in 1990 the company ushered in the era of digital switching by replacing its XY switch with a Siemens DCO.

In 1994, Mrs. O'Brien accepted the role of President of the Georgia Telecommunications Association.

Among Mrs. O'Brien's most notable accomplishments was that she helped author and the 1995 Telecommunications and Development Act passed in Georgia.

Meanwhile, Glenwood Telephone Company prospered and improved under Mrs. O'Brien's leadership and technological upgrades continued into the next century. In 1996, toll-free calling was implemented by the company to Mount Vernon and Vidalia, Ga. In 1998, the company opened a new business office and in 2000 an internet service provider division of the company was established.

Mrs. O'Brien was a visionary who understood the importance of the internet to the future of communications. In 2004, her company received a grant through the USDA/RUS Community Connectivity Broadband Grant program which jump-started the availability of DSL services in the company's serving area. The EWSD was replaced with Metaswitch in 2010 to further facilitate technological improvements. In 2019, Mrs. O'Brien began the engineering and design work necessary for Fiber to the Home (FTTH) services and the company broke ground for that enhancement in 2020.

Complementing her accomplishments in the telecom industry, Mrs. O'Brien was on the Wheeler County Chamber of Commerce board and was a dedicated advocate for economic development in Wheeler County and Region 9 of Georgia.

Mrs. O'Brien was nominated by former Speaker of the House, Glen Richardson, to the Heart of Georgia Regional Commission and she served as a Trustee of Brewton Parker College. Mrs. O'Brien was genuinely interested in supporting the area's residents and she always looked for opportunities to improve the economic conditions in what was one of the poorest areas in Georgia.

Upon Mrs. O'Brien's death in 2021, Glenwood Telephone Company's ownership was passed to her son, Jim O'Brien. Under his capable leadership, the company has continued to thrive and provide excellent telecommunications and internet service to its customers. Glenwood Telephone Company, now a third generation-owned and operated company, is the smallest independent local exchange carrier in Georgia.

Jim O'Brien reflected on his mother's leadership of the company and of her role in the community.

"Mom was a force to be reckoned with. She was a micro-manager, insisting on involvement at every level of the company. Her leadership style was perfect for our little telephone company, and it prospered during her tenure. Mom was deeply dedicated to her family, to Glenwood Telephone Company and to our community. She could often be found sitting at the drive through window where she greeted and chatted with customers who were also friends. Truth be told, mom loved to participate in the small-town gossip, and her time spent at that drive through window with customers gave her plenty of opportunities to get caught up on the latest. But more than that, mom loved bringing the community together. She enjoyed hosting parties and she often hosted chamber of commerce events and other community gatherings."



"Mom dearly loved the telephone industry, and she loved what she often referred to as 'the best little telephone company in Georgia.' Mom believed her father questioned her

ability to run the business independently, and when her opportunity came to do so, she was more than ready to prove herself. And did she ever. Mom was still involved in the day-to-day operations of the business until COVID-19 restrictions were enacted. By then, she had begun having some health challenges and she reluctantly worked from home more often, and perhaps just as reluctantly she began passing some leadership opportunities to me. Glenwood Telephone Company is, and always has been, an Adams family business. I'm appreciative of the faith my mom demonstrated in me, and I'm proud to be a steward of her family's legacy."

Jim said about his mother's induction into the Telephone Hall of Fame, "I loved my mom deeply and this whole experience has been a wonderful way to memorialize her. I thank you for this honor and tribute on my mom's behalf."

And then there were three....

With the recent induction of Hannah Lancaster and Janice O'Brien into the ITPA Telephone Hall of Fame, the national ITPA has now honored three women in the telecommunications field.



Mayme Workman was posthumously inducted into the Hall of Fame in 1965 and for nearly 60 years she remained the only woman inductee.

Workman was born in Springfield, Illinois in 1892. She began her telecommunications career in 1907 with Interstate Telephone Company.

In 1909, Workman joined Central Union Telephone Company (Bell) and she accepted a position as traffic supervisor with Illinois Telephone Association in 1929. From 1947 until she retired in 1961, Workman was executive secretary and treasurer of the ITPA.

More than 800 technical and inspirational articles written by Workman were published during her career as ITPA Executive Secretary and Treasurer. She served as traffic editor for the trade journal for 29 years, and she made presentations at national conventions for 33 years. Her "operator's corner" was considered "the bible" from 1932 to 1961.

Workman's biography appeared in "Who is Who in the Midwest" and in the first edition of "Who's Who of American Women."

Mayme Workman was truly a pioneer. She was a trail blazer as well as an ITPA member. She boldly went where others feared to tread. She was more than a personality, more than a person - she was an institution. Deceased 1961

Looking back...2nd Hall of Fame Inductee Ed Blakeslee

Ed Blakeslee graduated from Stanford University in 1923 with a Masters Degree in electrical engineering, and afterwards he worked in the Engineering Department of Pacific Telephone & Telegraph Company. He later worked with service investigations, rates and tariffs, and property valuations The at the California Public Utilities Commission.

In 1930, Blakeslee accepted a position at Commonwealth Telephone Company in Madison, Wisconsin and he was appointed as Vice President in 1936.

He also served as a director of the Wisconsin State Independent Telephone Association for five years and served as President for two years.

In 1944, Blakeslee became President of the newly established East Central Group of the companies of GTE which operated in Michigan, Indiana and Kentucky. In 1947, he became President of GTE California and in 1958 he became Chairman of the Board and Chief Executive Officer.

Blakeslee was active in the US ITA where he served as a director for 15 years. He served as vice president for two years and as President in 1952-1953.

Blakeslee gained wide-spread recognition and distinction in the industry for his work as Chairman of the Toll Compensation Committee of US ITA, guiding the Independent industry's negotiations with the Bell System companies on the division of Toll Revenues.

In the many locations in which he lived and worked, he was very active in civic clubs and activities. Blakeslee died on March 23, 1962.

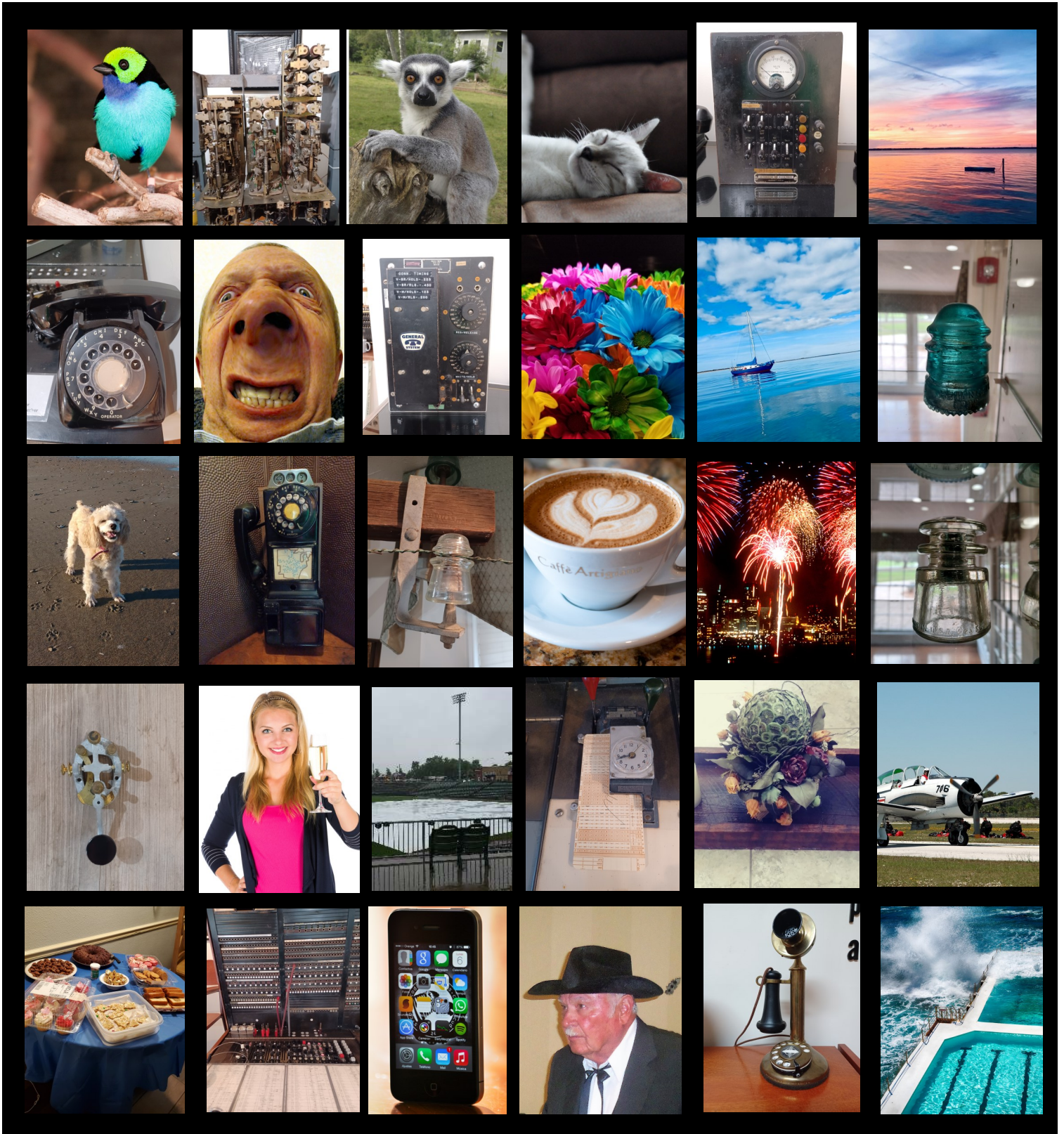
Blakeslee was one of several ITPA Telephone Hall of Fame inductees in 1965.

About the ITPA Telephone Hall of Fame

The Telephone Hall of Fame was founded in 1965 by a group of Pioneers to recognize individuals in the industry who have made significant contributions contribute not only to their company, but to the telecommunications industry at large. The accomplishments of those inducted into the Independent Telephone Hall of Fame represent an unmatched insight into the development and growth of the Independent telephone industry. To be eligible, an individual must have reached age 70, be retired from the industry for at least three years, or be deceased.

I Spy

Can you find the telecommunications items hidden in these pictures? The first person who finds and correctly identifies the most telephony items by contacting Executive Director Alissa Moss by email will win a prize!! Send your email to itpa@telecom-pioneers.net. The winner will be notified in early June and will be announced in our next issue.



Congratulations and Thank you to Alissa Moss

The ITPA's Executive Director and museum curator extraordinaire was recognized during the annual spring assembly for having recently celebrated her 10th service anniversary with the ITPA.

Alissa was presented with a plaque presented by Ronnie Cashwell, Historical Foundation President. Alissa joined the ITPA when Ronnie served as national ITPA president. They quickly forged a close bond of friendship and mutual respect. Alissa has been tirelessly dedicated to the ITPA and has served with excellence.



Ronnie said of Alissa, "When I think of Alissa, the words that come to mind are dedication, honesty, pride, and trustworthiness. Alissa took our museum to a whole new level by continually researching to make sure she provides each visitor with the best possible experience. To see her in action you would think she has been in the telephony industry all her life. She has brought our museum to a level we can all be

proud of and has been a great addition to our ITPA family. To borrow a phrase from Ronnie Milsap's song, "what a difference she's made in all our lives!"

We would be remiss if we didn't also extend our sincere gratitude to Alissa's husband Chris and to their daughters Kassie and Addison. Alissa's family has worked many long hours to setting up for, volunteering during, and cleaning up after numerous events sponsored by or supported by the ITPA.

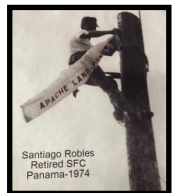
Thank you Alissa and thanks to your entire family. You are one very special lady and we appreciate you more than words can express.

ITPA Recognizes Outstanding Volunteers Bruno and Ginny Robles



Bruno and Ginny Robles have been valued ITPA Telephone Museum volunteers for several years. A chance visit to the museum by Bruno and Ginny in (year) was the answer to a prayer by Executive Director Alissa Moss. It all started when Bruno and Ginny brought family members who were visiting from Florida to the museum.

Ginny shared with Alissa and her family about how her husband had served in the Signal Corp for the United States Army. Bruno had also served the U.S. Army in Panama in 1974. Pictured here, hanging the Apache Battalion wind sock for helicopter wind direction was one of his duties.



Bruno felt right at home amongst the old telephones, operator switch boards and telephony equipment and before the tour concluded Ginny offered to volunteer if help was ever needed at the museum. From that day, a friendship and ITPA partnership began with these dedicated individuals.

Bruno and Ginny are always willing to help with museum and community events. Bruno is a perfectionist who ensures everything in the museum is perfectly displayed. He neatly ties up each telephone cord, straightens the artifacts on the shelves, and meticulously cleans each phone. Ginny is a superb special event planner. She offers ideas for community events, shops, and helps decorate. Ginny incents enthusiasm about the museum. She has an energy about her that makes every event a fun one.



Ginny can often be found dressed in fun costumes, dancing to music, handing out candy, and sharing passionately about the ITPA Telephone Museum.

The dynamic duo has volunteered for the Liberty County Relay for Life, Earth Day, Arbor Day, Vietnam War Veterans Day, Veterans Day, Ft. Stewart Shrine Club's Pumpkin Patch, Easter Egg Roll, Manna House Peanut Butter and Jelly Drive, Manna House Canned Food Drive, Back Pack Buddies, Yellow Bow project our Soldiers, and Wreaths for Warrior Walk and many other community events. They also participate in community service projects at their church. They are always there to lend a helping hand. Bruno and Ginny serve their community with humble hearts without any expectation of recognition for what they do. Alissa Moss, ITPA Executive Director says of these outstanding volunteers, "Hinesville, GA is so much better because of them and so am I!" Our sincere gratitude to Bruno and Ginny for all they do for the Hinesville community and for the

ITPA Awards Pioneering Excellence Award to Ronnie Cashwell

Ronnie Cashwell is well known and well loved at the club, state chapter and national ITPA levels. Ronnie has been a dedicated ITPA Pioneer for decades. And during the ITPA's annual spring assembly, his dedication and selfless service to the ITPA and to his community was honored when he was awarded the Pioneering Excellence National Award.



A surprised Ronnie, accompanied by wife Janet Holliday-Cashwell, accepts the Pioneering Excellence Award. Ann Beck, Awards Committee Chairman announced the award, which was presented by ITPA President Daniel Barnhardt. The Pioneering Excellence Award is the highest honor awarded to individuals by the ITPA. Recipients are Pioneers who have consistently over a period of years made significant contributions to his or her community

Ronnie has been a Pioneer since 1985 and is a member of the Carotel Pioneer Club. His telephony career began at Carolina Telephone in 1972, and during his 32 year tenure he held several positions, from Central Office Repairman, to A/V specialist, to video sales engineer. Ronnie has continually served his community through his local, state chapter and the national ITPA. He was the Carotel club president in 1998 and has served with tireless dedication as a director on the Carotel board nearly continually since the early '90's. He has also served the state Tarheel chapter continuously since 1994 in various roles, including entertainment committee, chairman and president. He was the Tar Heel Chapter president in 2003.

At the national level Ronnie has served as 1st Vice president (2012-2013), national president (2013 -2014), nominating chair (2015-2016) and has served as the national by-laws chairperson since 2016. Ronnie planned and hosted the 23rd Annual Assembly in New Bern, NC. He has repeatedly served on the national assembly committee to help make the annual assembly a success for other ITPA presidents.

Ronnie currently serves on the ITPA awards committee, is on the board of directors for the ITPA Charitable Foundation, is President of the ITPA Historical Foundation, Vice President of the Tar Heel Chapter and is Entertainment chairman for both the Carotel Club and Tar Heel Chapter.

Ronnie doesn't merely hold positions to fill a slot. He tirelessly works in whatever capacity he is asked to serve in. If there is a phone meeting, he's on the line. If there is an in-person meeting, he drives the distance to be there. If there is a community project, a club or chapter event, or a presentation in honor of other club members, Ronnie does what it takes to lend his support. Club and chapter members across the nation know that involving Ronnie means an involved and caring contributor.

Ronnie is particularly passionate about preserving our telephony history and has spent hundreds of hours setting up displays for the museum, repairing and maintaining equipment. Despite the distance, he makes regular trips to Hinesville, GA to assist not only with the museum but with a myriad of things at the national level, including events in support of the Hinesville community. Ronnie contributes to the museum's success in numerous ways and his technical expertise has equipped him to get the old, donated equipment to work. Often when traveling, Ronnie has purchased items that the museum does not have and has donated those to the museum. Ronnie has particularly enjoyed seeing kids and adults react to demonstrations of old AE step switches or turning the dials on old rotary phones.



For decades, Ronnie has been responsible for arranging accommodations for Tar Heel Chapter meetings and the annual Carotel convention. He has also arranged and/or provided entertainment for all chapter/club meetings. He has consistently hauled and set up his sound equipment for these events, saving the clubs many thousands of dollars over the years. Ronnie's honorary title should be "Ghost Buster" because often our answer to "who you gonna call?" is "Ronnie Cashwell!"

Most of the work Ronnie has done for and on behalf of the ITPA is behind the scenes. He avoids the spotlight while undertaking critical back stage tasks that go unseen by most. Ronnie generally arrives a day ahead of any event he helps with, typically pulling a trailer full of equipment and supplies. He spends many hours setting up and preparing for events, so that by the time people begin arriving everything looks perfect. He also negotiates contracts and rates with the facility where Carotel and Tar Heel Chapter meetings are held and spends months prior to annual meetings working with the hotel's management and staff to ensure everything is perfect for event attendees.

Ronnie's A/V knowledge has led him to consult for churches in their audiovisual needs for many years. He not only has designed systems but has found the best pricing and purchased the equipment for those churches. He followed up by going into the churches to help with the installations. The only charges he has ever passed on to the church was for most of the equipment and supplies, never his time, most often donating any remaining equipment cost to the church projects. He designed, installed and purchased the system used at Oakview Christian Church, to which he belonged, when the congregation constructed its first building. Ronnie did not merely oversee or supervise the installation of the sound system – he pulled the cable, placed the wiring, and made the connectivities himself.

Congratulations to Ronnie on this well deserved recognition, and a heart felt thank you for years of tireless dedication and hard work as an ITPA Pioneer.



Don't Fall Victim to Text Message Scams!

Scammers and fraudsters are continually finding new ways to capitalize on technology in order to gain access to private information. The September 2022 Pioneer Connection featured an article [“ROBOCALLS/ROBOTEXTS – DON'T BE A VICTIM!”](#) Since then, the AARP has released some additional warnings.



Con artists are increasingly using text messages as a way to infiltrate personal information. Most of us have received text messages that are immediately recognizable as intended for someone else. You may have even responded to the sender out of kindness to let them know their message was sent to the wrong number. But what if it wasn't?

In the [April 2023 AARP Bulletin](#), Sari Harrar warns against *“Oops, Wrong Number!”* texts. If you're like most people these days, you are receiving an increasing number of unsolicited text messages. It's fairly easy to delete without opening those messages that come in with a 5 digit code...clearly not from a traditional phone number and clearly not someone you know. But when a text message arrives from what appears to be a bona fide telephone number with a seemingly important message to the intended recipient, you might be tempted to read the message and respond to the sender to let them know their message has been sent to the wrong number. **Don't do that!** That text message may have hit its mark, and the sender may be waiting for you to text back with a simple *“Sorry, wrong number.”*

The safest way to respond to a text from a number you don't recognize is to simply delete it. Don't respond to text messages that instruct you to type *“stop”* if you don't want to continue receiving messages. Responding with *“stop”* may establish the link the fraudulent sender is hoping for. Simply delete the message and block the number.

Emoji Me!

Now that you're up to speed on texting abbreviations, it's time to talk Emojis! The question people often ask is how do you know which Emoji to use. After all, there are only 3,664 or so to choose from. So how can you possibly be sure to use the right one! Well, there's an encyclopedia for that! To learn when to use the Emojis on the right and many more, visit: <https://emojipedia.org>



Text Message Lingo

Those of us who work in or retired from the telephone industry have a healthy appreciation for acronyms. The POTS we supported required us to know the difference between ALLI and ANI. Entire telecom glossaries were published to list all the telecom acronyms. And then came texting in the 1990's along with a whole new list of acronyms.

If you wouldn't ordinarily be compelled to use acronyms when you text, the challenge of spelling anything correctly on those miniature keyboards is enough to give you second thoughts. Following are some of the acronyms that are most often used in daily texting:

LOL: If you don't know any other acronym you probably know this one...*“Laugh out loud!”*

ROFL: Use this acronym for *“rolling on the floor laughing”* when something is so funny that *“laugh out loud”* just isn't enough.

BTW: *“By the way”*

IDK: *“I don't know”*

IMO: *“In my opinion”*

TMI: When someone reveals information that is shocking or unpleasant or just too personal for comfort, your reply might be *“Too much information!”*

YOLO: *“You only live once!”*

L8R: *“Later”*

LMK: *“Let me know”*

NVM: *“Never mind”*,

AFAIK: *“As far as I know”*

Mhm: This is the texting version of the verbal mm-hmm, used to express agreement or make an acknowledgement.

SMH: *“Shaking my head”*

Don't be Late—Travel tips to get you there on time



During the first five months of 2022 more than one in five domestic flights were delayed by 15 minutes or more. If you've ever had to make your way from one end of an airport terminal to the other, you know that 15 minutes might make the difference in getting to your gate on time.

There are many reasons for a flight delay...bad weather can ground planes. Even if the weather is lovely on your end, the plane that you need to board may be stuck halfway across the country in a lightening storm. When your plane finally arrives and you join the other passengers waiting at the gate in a round of applause, that jubilation may be short-lived when you learn that the delay resulted in the flight team having clocked too many hours and they can't go out again. When that happens, you have to wait for a new flight crew, and when you're lucky you'll leave the airport sometime before midnight.

This author had a recent five-hour flight delay because the pilot called in sick!



The reason for that delay was much preferred than when the pilot on an earlier flight announced after everyone was buckled in that some sort of mechanical trouble had been discovered!

So when you have to consider the weather, sick days, and mechanical problems, not to mention getting yourself through TSA on time, is there anything you can do to lessen the likelihood that your flight will be delayed? In fact there is!

First, before you ever book your flight, check <https://flightaware.com> to find airlines that have a history of being punctual. FlightAware will also tell you how often the particular flight you plan to book is typically delayed. Check not only the airlines that are the most punctual, but also the airports that rank high on punctuality.

Once you determine the best airport and airline to use, look for a non-stop flight. The fewer connections you have, the less likely you'll encounter delays along the way. Even if a non-stop flight costs a little more, the time you'll save and the likelihood that you won't have to fork out extra money for meals or even a hotel room is worth it.

Book your flights as early in the day as possible. Flights before 8 a.m. are half as likely to be delayed as those after 9 a.m.

If you can't bear the thought of an early morning flight, there is evidence that suggests flights departing at 10 p.m. or later are not as likely to be delayed. Late night flights are not as readily available, however, making up only about 2 percent of all scheduled domestic departures.



If your flight is delayed despite your precautions, ask about the airline's delay policy. While we expect flights to be punctual, airlines don't actually guarantee their schedules since so many circumstances beyond anyone's control can disrupt their flight schedules. There are no federal laws requiring airlines to provide any type of compensation when flights are delayed. If the delay is long, some airlines will provide meals or a hotel room upon request when the delay is caused by the airline. Airlines will generally not provide any type of accommodation or concession when the delay is weather related.

If you're delayed overnight and the airport actually closes down overnight, your airline will likely provide overnight accommodations and a meal voucher even when the delay is weather related, since you don't have the option of waiting it out at the airport. The airline will generally bus you to the hotel and pick you up the next day.

Whether or not the airline's delayed flight policy includes any type of concession, it's always a good idea not to take out the frustration of travel delays on the customer service representative. They're not responsible for the delay, although your attitude can help determine how sympathetic the representative is to your particular dilemma. This author has experienced the reward of being kind under stressful conditions. Once, when a flight was delayed well into the evening, one customer was particularly nasty to the customer service representative, embarrassingly so. Despite his rant, he got nothing but an apology. When it was my turn, I apologized for the customer's behavior and thanked the attendant for being patient, and I was rewarded with a complimentary meal voucher.

If you are bumped from your flight because the flight is oversold, you should receive compensation. A \$200 travel voucher is common. If you are traveling with a companion and you are the only one bumped, request that your companion receive the same compensation. The airline's initial response may be that a travel voucher will only be awarded to those passengers whose names were randomly selected through a computer-generated program. Be firm and insist that the flights were booked together and that you both will be traveling together. Ask for a manager and if the manager doesn't immediately agree to compensate your companion and rebook you on the same flight, call the airline directly even while continuing to escalate with the on-sight manager. Someone else who was bumped from that flight will take that seat and will be most grateful for your persistence!

Eat for your heart...but what about your muscles?

Most likely, your doctor has talked to you about taking care of your heart. But has she ever talked to you about taking care of your muscles?

We've long heard that we begin losing about 5 percent of our muscle mass every decade once we reach age 30. But did you know that retaining muscle as you help helps lower your risk of metabolic syndrome.

(Metabolic syndrome is a cluster of conditions that occur together and increase the risk of heart disease, stroke and type 2 diabetes. These conditions include increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels.) Source: [Metabolic syndrome - Symptoms and causes - Mayo Clinic](#)

Retaining muscle mass also helps lower your risk of obesity, diabetes and inflammation. All of these are risk factors for heart disease.

According to AARP's article "Eat for a Powerful Heart" by Stephen Perrine and Hedi Skolnik, the primary cause of age-related muscle loss is "anabolic resistance." What this means in layman's terms is simply that we can't efficiently turn protein we eat into muscle as we age. This means we need higher doses of protein at each meal.

If we consume less than the doses we need (25 grams for women/30 grams for men) our bodies can remain in muscle-loss mode.



When fat replaces muscle mass, our heart health suffers.

So what do we do? For starters, extra protein in and of itself is not enough. We also need high-fiber grains, high nutrient fruits and vegetables, and healthy fats.

Perrine and Skolnik recommend a 6-step plan for healthy muscle and a healthy heart:

1. Eat between 25 and 30 grams of protein with each meal. Also include some protein with your snacks (put cheese on your cracker and smear peanut butter on your apple slice). A good target for women is between 75-100 grams of protein daily and 90-120 grams for men.

2. Eat high-fiber grains, cereals and beans. Research has shown that for every additional 10 grams of fiber you eat per day, you reduce your risk of stroke by 12 percent.



3. Color your world with fruits and vegetables. Ten small servings per day of colorful fruits and vegetables will provide beneficial fiber, minerals, and thousands of phytochemicals.

(So what's a phytochemical? According to Wikipedia, Phytochemicals are chemical compounds produced by plants, generally to help them resist fungi, bacteria and plant virus infections, and also consumption by insects and other animals.)



Source: [Phytochemical - Wikipedia](#)

4. Eat two servings daily of healthy fats and oils. That (small) spoonful of peanut butter you smear on the apple when you snack...that's a healthy fat. You can also enjoy some chips with guacamole a serving of salmon or toasty bread dipped in extra-virgin olive oil.

5. Go for "calcium-rich" instead of "low-fat." Dairy provides muscle-building protein, and whole-fat dairy may lower your risk of heart disease and stroke.

6. Avoid the diet sodas. Diet sodas have been linked to an increased risk of heart disease, dementia and stroke. So ditch the sodas and go for filtered water, sparkling water, tea or coffee.



Source: "Eat for a Powerful Heart, A Nutrition Plan from AARP Helps Keep You Leaner, Stronger and Healthier" by Stephan Perrine with Heidi Skolnik, AARP Bulletin January/February 2023

Recipe Exchange

Creamy Burrito Casserole

Ingredients:

- 1 lb. ground beef
- 1/2 onion, chopped
- 1 package taco seasoning
- 6 large flour tortillas
- 1 can refried beans
- 2 to 3 cups shredded cheddar cheese or taco cheese
- 1 can cream of mushroom soup
- 4 ounces sour cream



Directions:

Preheat oven to 350° In a large skillet over medium heat, cook ground beef and onion until beef is browned and onion is translucent. Drain excess fat.

Add taco seasoning and refried beans to the skillet and stir to combine. Cook for a few minutes until well combined.

In a separate bowl, mix the cream of mushroom soup and sour cream until smooth. Spread half of the sour cream mixture evenly in the bottom of a 9 x 13 inch casserole dish.

Tear three tortillas into bite-size pieces and spread them over the sour cream mixture. Spoon half of the beef mixture over the tortillas. Sprinkle a layer of shredded cheese over beef mixture.

Repeat layers, ending with cheese and bake uncovered for 20-30 minutes until cheese is melted and bubbly. Let cool for a few minute before serving.

Top individual servings with a dollop of sour cream and/or a spoonful of salsa (optional).

This month's recipe gives a nod to Mexican cuisine in recognition of Cinco de Mayo, although authentic Mexican dishes do not generally include ground beef. Contrary to the belief by some that Cinco de Mayo is the Mexican Independence Day, the holiday actually celebrates the date of the Mexican army's May 5, 1862 victory over France at the Battle of Puebla during the Franco-Mexican War.

In Mexico, Cinco de Mayo is primarily observed in the state of Puebla, where the unlikely victory occurred, although other parts of the country also take part in the celebration. Traditions include military parades, recreations of the Battle of Puebla and other festive events.

