

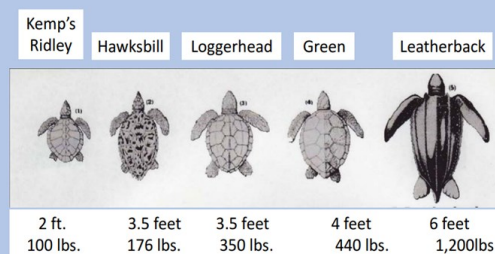
Myrtle the Turtle—Lessons from the Sea



Hello Pioneers. I'm pleased to make your acquaintance. And I'm particularly proud to serve as your mascot for the upcoming year. Thanks to each of you who made me feel so welcome at the National Assembly in April. What a time we had!

Since we don't know each other particularly well yet, I thought I'd provide you with some information about us Testudines. There are seven existing species of sea turtles: the flatback, green, hawksbill, leatherback, loggerhead, Kemp's Ridley and Olive Ridley. All six of the species present in U.S. waters (the flatback can only be found in the waters of Australia, Papua New Guinea and Indonesia) are listed as endangered and/or threatened under the Endangered Species Act.

Relative Sizes of Sea Turtles



Sea turtles can be found in all oceans except for the polar regions, which is quite remarkable when you consider the challenges we face are from the very beginning. For a nest to even produce hatchlings is somewhat of a miracle. You see, our moms always abandon us as soon as she prepares the perfect nest and we're nothing but a ping pong ball shaped egg. And dear old dad abandoned us long before that. Mom will typically lay between 80 and 200 eggs per nest. And she can lay up to 8 nests in a single season.

Here's how it all happens:

After mating at sea, the mature nesting female hauls herself onto the beach, usually at night, and after finding a suitable spot she uses her hind flippers to dig a circular hole about 16 to 20 inches deep. She then starts filling the nest with a clutch of soft-shelled eggs. Mama turtle refills the nest with sand and



sculpts and smooths the surface, sometimes camouflaging with vegetation until the nest is relatively undetectable. The whole process takes 30 to 60 minutes. Mama turtle then returns to the ocean, leaving the eggs untended. The babies are on their own from that moment forward.

The sex of a sea turtle is determined by temperature. Warmer temperatures produce female hatchlings, while cooler temperatures produce male hatchlings (girls are hot and dudes are cool). The eggs will incubate for 50–60 days after which the baby sea turtles break free of the eggshell, dig through the sand, and crawl into the sea. Most species of sea turtles hatch at night, although the Kemp's Ridley sea turtle commonly hatches during the day.



An estimated 1 out of 1000 hatchlings survive to maturity. As soon hatchlings climb out of the sand and head to the water, they must swim about 30-50 miles offshore to the Gulf Stream where, if they survive long enough to get there, they will stay for more than 15 years when finally, they become juveniles. It takes decades to reach sexual maturity. Mature sea turtles can migrate thousands of miles to reach breeding sites. Different species of sea turtles exhibit various levels of philopatry (the tendency of an animal to return to the location of its birth). In extreme cases, females can return to the very same beach where they were hatched.



2023-2024 ITPA Officers and Board Members

Our May issue included some behind the scenes facts about our 2023-2024 national officers, directors and committee chairs. But we saved some fun facts for this issue.

President: JoAnn Esposito

Though I love to cook for my Italian family, I also love to do BBQ grilling. Sundays are family get-to-gather where we take turnings going to each other's home. Since it's been in the 90's here in Florida, we gather at my house for some swimming and hamburgers/hot dogs. I love my new grill! Stay cool this summer!

1st Vice President and Assembly Chair: Leon Yard

I'm looking forward to seeing everyone at next year's assembly. My assembly team is already busy preparing for what we hope will be a great experience for everyone.

Secretary: Cindy Downing

After a 34 year telephony career, I'm retiring on July 28th!!!! Now I'll have time to complete some items on my bucket list such as visiting all 50 states (only 9 left to go) and going to Greece.

Treasurer, Immediate Past President/Nominating Chair: Daniel Barnhardt

I recently got closer to accomplishing my bucket list of completing the Appalachian Trail. I'm now at mile marker 1701 and I only have 497.4 more miles to go! Spanning 14 states, the Appalachian Trail is 2198.4 miles long. The Trail goes through crests and valleys of the Appalachian Mountain Range, from its southern terminus at Springer Mountain, Georgia, to the northern terminus at Katahdin, Maine. I started this journey in 2010 and have hiked through 12 of the 14 states, with only New Hampshire and Maine left to tackle.

Assistant Treasurer/Investment Chair: James White

There was that one time I played golf with golfing legend Arnold Palmer. I'll tell you more next time!

Region 1 VP: Gregg Klatsky

If I could have a re-do, my profession would be a pilot. But since I can't be a pilot, I'll be a Pioneer.

Region 2 VP and Charitable Foundation President: Darlene Roll

If I could have a re-do, my profession would be working in the banking industry. No. 1 on my bucket list is to spend time with my family - especially nieces, nephews, greats, etc.

Region 3 VP: Alli Phillips

I work for Fail Telecommunication Corporation, which is the parent company for four ILECs and one Fiber Optic only company that operate in Mississippi and Georgia.

Region 4 VP/Leadership Development Chair: Nancy Schnitzer

Of all the places I've visited, Amsterdam is my favorite.

Director at large: Nancy Hyatt

I am a member of the Order of Eastern Star, which meets monthly, and I enjoy volunteering for community projects when I am needed.

Director at large: Hannah Lancaster

Retired from: Chesnee Communications (65 years service)

No. of countries visited: 4

Favorite vacation destination: The drive through multiple states on the way to Leavenworth, Washington to attend the ITPA national assembly hosted by Morrie Sachsenmaier

No. 1 bucket list item: Visit my grandson in Pensacola, Florida to watch the Blue Angels Air Show. Then I want finish the to-do list I started working on when I retired.

Director at large: Jo Myers

Retired from: CenturyLink (45 years telephony service after starting as an operator with Southern Bell)

Telephony position I most enjoyed: Working the cord board

Favorite vacation destination: New York City

Countries visited: the Caribbean Islands, Canada and Mexico

If I could do it all over again, my profession would be: a teacher

No. 1 bucket list item: Travel to Italy to see where my grandfather was born

Favorite quote: It is what it is!

Little known fact about me: I'm a BIG baseball fan!

Historical Foundation President and By-laws Chair/National Local Affairs Liaison: Ronnie Cashwell

Retired from: CT&T/Sprint after 32 years of service

States / countries visited: I've visited all but six states and have visited 6 countries.

My bucket list: To go back to Vietnam

Favorite Quote: It's better to give than to receive.

Little known fact about me: While serving in the military in Vietnam, the helicopter pilot once turned the controls over to me and I experienced the thrill of piloting a chopper without having a clue what I was doing.

Awards Committee Chair: Ann Beck

Worked for: Comporium for 34 years

No. of states visited: All except Alaska, Louisiana and Hawaii

Favorite vacation destination: Savannah, Georgia

A place I dream of visiting: Return to Oregon

No. of countries visited: More than 10; I lost count

If I could do it over again, my profession would be: Guidance counselor for teenagers

Favorite quote: Always put others first.

Little known fact about me: I can play the piano but I don't, because I don't like it.

Membership Chair: Jay Vanlandingham

Works at: Fail Telecommunications Corporation

Favorite destination: US Virgin Islands

No. of states/countries visited: 10 states, 5 countries

Little known fact about me: My favorite word to use when describing a mess is "conundrum!"

If I could have a re-do, my profession would be: FBI investigator

No. 1 bucket list item: 50 yard line seats at a pro football game

A place I dream of visiting: Denver, CO to visit the mountains and mile high stadium

Favorite quote: Do not allow your dreams to fail at becoming reality unless you allow your fears to become your past.

Public Relations Chair: Darlene Terry

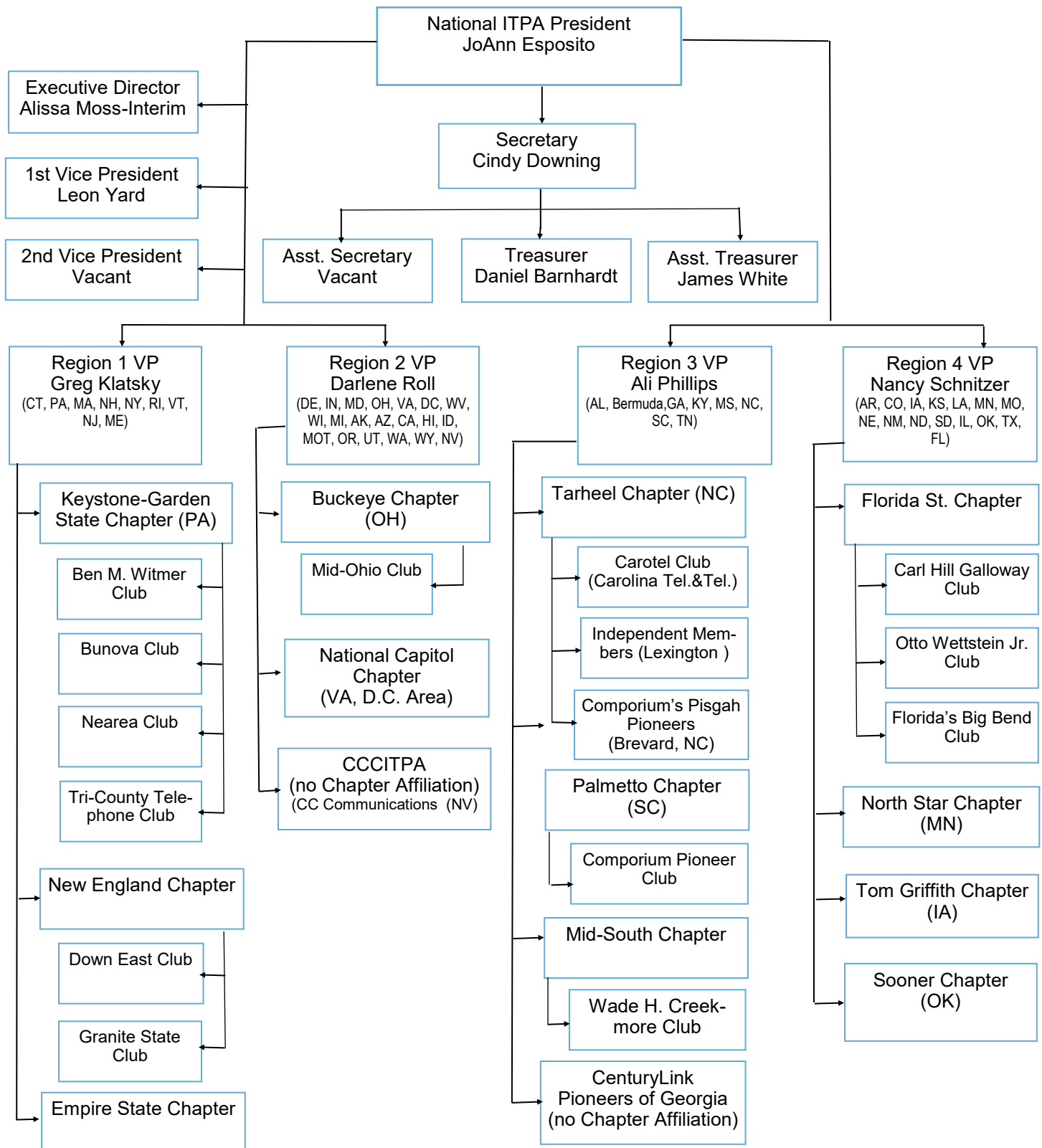
Little known fact about me: I love spiders.

Historical Committee Chair: Morrie Sachsenmaier

I've visited 40 states and 4 countries.



National/State/Local ITPA Branches



Decluttering your physical space can declutter your mental space!



Americans spend an estimated 85 to 90 percent of their time indoors, where concentrations of some pollutants can be up to 2 to 5 times higher than typical outdoor concentrations. In addition to poor air quality, excessive

indoor living has other potential health consequences, including not getting enough Vitamin D. Several potential health consequences are associated with too much indoor living, among them not getting enough Vitamin D and disruption of natural sleep cycles.

Did you know that living with clutter can also affect your physical as well as your mental well-being? Have you ever noticed that at the end of a long workday, you feel even more frazzled when your belongings are all a clutter?



According to Dr. Victoria D. Coleman, PhD, a clinical mental health counselor and behavioral health specialist, it's been documented that a cluttered home increases an individual's cortisol. And long-term exposure to cortisol and other stress hormones can negatively affect almost all our body's processes. This in turn can increase our risk of health issues such as heart disease, lung issues, obesity, anxiety, depression, and more.

Some things that cause an increase in our cortisol levels may be beyond our control, but we may be able to curb the clutter that might cause feelings of anxiousness and stress. Tidying up is an obvious solution, but there are some other smaller adjustments that can make your living space healthier for your mind and your body. Here are eight tips to try if you want to first tackle something smaller than a complete declutter.

Arrange some house plants. The simple act of adding greenery can be calming. A recent Japanese study revealed that when office worker who had a plant on their desk took a three-minute rest, their pulse rates decreased more significantly than without a plant. Another study revealed that taking care of a plant calmed the nervous system and potting a plant decreased blood pressure.



Wet dust and wet mop. Dry dusting and dry mopping stir up dust and some of the airborne particles can inhibit the function of the hormones that regulate the immune system and metabolism.



Increase your air flow. Cracking a window or a door can clear many contaminants and can reduce carbon monoxide when you're cooking with gas. Even small amounts of carbon monoxide can cause fatigue.

Adjust your lighting. Yellow lights have been shown to be calming and relaxing. Try installing soft white instead of bright white lights in your home.

Let the sunshine in. Vitamin D is a crucial nutrient associated with regulated mood and supporting the immune system. Many people are Vitamin D deficient. If you don't have a sunny spot, try a sun lamp.



Play background music or nature sounds. Studies have found that playing soothing music can lower cortisol and boost endorphins. One study revealed that participants who listened to nature-related sounds had a decrease in their heart rate and in their fight-or-flight response.



Use healthier, more environmentally friendly cleaners. A study published in the *International Journal of Occupational and Environment Health* revealed that 64% of cleaning products tested were considered harmful to the skin and respiratory tract.

Try aromatherapy. Using essential oils can reduce anxiety. Be careful with the scents you choose. Some candles and synthetic fragrances contain endocrine-disrupting chemicals (EDCs).



Source: "Clutter at home clutters your mind—do these 8 things to clear out both" by Mara Santilli, First for Women. The News & Observer/The Herald-Sun May 21, 2023

Adventures of Myrtle the Turtle

Green Sea Turtle—*Chelonia mydas*

Habitat: Tropical and Subtropical waters throughout the world.

Diet: Sea Grass and Algae

Life Span: 50-80 years



Green sea turtles are an endangered species. The green sea turtle gets its name because of the green fat under its shell, not because of the color of its carapace, which is olive to black. (A carapace is the dorsal (upper) section of Myrtle's shell (her exoskeleton). Myrtle's underside is called the plastron. Green sea turtles are the only marine turtle species that are strictly herbivores.

The average number of eggs per nest by a green sea turtle is 110. Emerald Isle, NC recently had its first green sea turtle nest since 2015. That mama's nest was considered high risk and the NC Wildlife Resources Commission authorized relocation of the nest. That mama laid 122 eggs! How do we know who laid the eggs? Each species has a uniquely crawl, and their tracks are noticeably different. Green sea turtle eggs usually incubate for 60 days, the range being from 45 to 70 days.

So what's Myrtle been up to since making her debut at our national assembly? She sent a few pictures of her recent adventures.



Above: Myrtle checks on a Loggerhead nest in Emerald Isle, NC, and spends some time hanging out on the beach.



Above: Making friends at a local pub, "The Monkey Grill"



Right: Myrtle plays a friendly game of Farkle with her new friends

Summer Time's Calling!

It's that time of the year! ITPA Pioneers are heading to the beach or to the mountains, or to other adventure destinations to have some fun in the sun (or maybe to get away from the sun). There are photos to be taken and memories to be made. We invite you to share your photos and your memories about your summer adventures with your Pioneer family. Send us your favorite vacation photo with a brief description and we'll add it to our September issue. Photos must be received by September 1st. Please send your photos to:

dterry625@gmail.com



Pioneers from Georgia and North Carolina shared the July 4th holiday together. Above Left to Right: Kassie Davis, Addie Moss and Alissa Moss with Darlene Terry vacationing at Cape Lookout National Seashore off the NC coast.

Send Us Your Best "Mutt" Shot!



Calling all pet lovers! If you take as many photos of your four-legged pals as you do those adorable kids, here's your chance to show off your adorable pet(s)! Send your favorite pet photo to dterry625@gmail.com by **September 1st** to enter our Photo Contest. Entries will be featured in the September Pioneer Connection and the winner will receive a prize.

Pictured Above: Cool dude "Sampson" is ready for fun in the sun with mom and dad, Janet and Ronnie Cashwell. Sampson enjoys long car rides and walks through town. Sampson was rescued by the Cashwells as a stray about nine years ago. While searching for his owners, they fell in love with the adorable hound and were not disappointed to learn that his former owner could no longer care for him.



Save the dates!

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/?cityhcn=SNPNCHX&groupCode=CHHITP&arrivaldate=2023-08-25&departuredate=2023-08-27&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIR ECT>

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) from 8:30 am-10am at Lakeside Skillet, Harvey's Lake, PA. Come for breakfast or just to visit.

ITPA National Telephone Museum News

Museum curator Alissa Moss welcomed 289 visitors to our Telephone Museum in June! Vacationing and local families visited, along with the following groups:

Leadership Liberty (Chamber of Commerce)

Baconton Missionary Church Day Camp

First Presbyterian Church Day Camp

Darien Telephone Company, an ITPA Company Sponsor

2023 Assembly Sponsors Recognized

A lot of work goes into planning and executing the ITPA's annual assembly each year. Planning usually begins shortly after each assembly is concluded. Locations must be scouted, logistics must be considered, accommodations and food must be coordinated, silent auction items must be donated, goodie bag items must be solicited, and so much more. And, extremely important, funds must be raised to cover the cost of a well-executed assembly.



Cindy Downing, (left) and Jo Myers (right) sort silent auction donations. Silent auction proceeds are donated each year to the incoming President's charity of choice. This year, proceeds were donated to the Diabetes Association of America.

Annual membership dues are not contributory towards the cost of our important and necessary annual meetings. In fact, annual membership dues don't even cover the cost of our organization's annual operating budget. Regular corporate sponsorships, which once helped our organization thrive, are no longer provided by many companies. Sponsorships to help with the cost of our annual assemblies are a necessity, and the burden of that responsibility falls to the 1st Vice President, who serves as the assembly chair during the year preceding their role as ITPA President. Assembly sponsorship levels are:

Diamond \$2,500

Platinum \$1,000

Gold \$750

Silver \$500

Bronze \$250

Sponsor Any amount

Thanks to an outpouring of sponsorships for prior annual assemblies, carry-over funds were available to assist with future assembly costs. In addition, the ITPA received the following generous donations for the 2023 assembly:

- Glenn and Trudie Brant Foundation, Platinum (Banquet) sponsor
- Otto Wettstein Jr. Pioneer Club, Gold (Meet and greet) sponsor
- In Memory of Joan and Frank Esposito, Silver (hospitality room) sponsor
- Florida State Chapter, Bronze (Snack break) sponsor
- In Memory of Eileen Jacobs, Sponsor
- Glenn Jacobs, Sponsor

It is with deep gratitude that we recognize our 2023 sponsors. These individuals, clubs, chapters and organizations played an integral role in ensuring the success of this year's 31st annual spring assembly.



National Office News

From Alissa Moss, ITPA Executive Director

Dear Pioneer Family,

It is with mixed emotions that I let you know I have resigned as your full time Executive Director, effective July 7th. For the foreseeable future I will be working two days per week on a part-time basis until a full-time executive director is hired. This was an extremely difficult decision for me. During the past 10+ years that I've worked with the ITPA, I have made many wonderful friends and so many of you feel like family to me. I treasure our friendships, the support so many of you have provided to me, and the accomplishments we've made together.

I am deeply grateful to have been a part of such a wonderful organization with so many wonderful individuals. It is, however, time for me to embark on another adventure. While I'm saddened to be leaving you, I am excited about my new opportunity.

Many of you know that I have served as a part-time firefighter with the Long County Fire Department for eight years. Serving and protecting our community through our work at the fire department is a passion that I and my husband both share. He works full-time as Chief with the Long County Fire Department and as Battalion Chief with the Hinesville Fire Department. I will be joining him at the Long County Fire Department.

I know that we won't be able to interact with you as regularly as when I served as your full-time executive director, but I do plan to maintain my ITPA membership through the Tar Heel Chapter and I look forward to seeing you at future ITPA events and assemblies.

Thank you again for the support you've provided to me during the past 10 years, and for the trust you placed in me by allowing me to serve as your executive director. I appreciate each one of you.

Yours in Pioneering,
Alissa Moss



Pictured left: Kassie Davis and Chris, Alissa and Addie Moss celebrate ITPA mascot Myrtle the Turtle during their recent family vacation.

Pictured right: Janet and Ronnie Cashwell with Alissa, Kassie, Addie and Chris Moss "Our family expanded when I began working for the ITPA ten years ago. Our extended family now includes many Pioneers who are near and dear to us. Pictured right, we were honored to help Ronnie Cashwell celebrate his 75th birthday earlier this year." Alissa



A Note from our President

Hello ITPA Pioneers,

As of the publication of this magazine, Alissa Moss has resigned from her full-time position as ITPA Executive Director. She has graciously agreed to continue working on our behalf part-time until her position is back-filled. Our executive committee is working through the job posting process now. In the meantime, Alissa will work two days per week.

We ask for your patience when awaiting a reply to your emails that are sent to itpa@telecom-pioneers.net. Please feel free to contact me directly at espogirl56@yahoo.com or call me at 352-502-9321 if you have an urgent ITPA request or question.

We'll keep you posted on progress as we work to back-fill Alissa's position. I know each of you will join me in expressing to her and her family our sincere appreciation for the hard work and dedication they have demonstrated for and on behalf of the ITPA.

Sincerely,
Joann Esposito



ITPA Membership—What's In It for Me?

The ITPA was founded by and for the independent telecommunications industry and our members have proudly served their community on behalf of telecommunications companies since 1920.^[1] Nationally, our ITPA currently has 667 dues paying members and 1,430 active and inactive members who do not pay dues (retired paid up, life members, family). At its peak, the ITPA boasted thousands of active Pioneer members.

Even before COVID, membership organizations across the board were experiencing declining member engagement. It was harder getting people to join, renew, volunteer, and even read organizational emails than it was just ten years ago. So, what has changed? For one thing, people are busier now. For members who are still in the work force, it's not uncommon to hear them say that they now do the jobs of 2 or 3 people. Another factor, both for employed and retired members, is the competition for their time and attention. Most of us live with information overload and it's all too easy to overlook or accidentally delete an important email intended to engage members when we have hundreds of unsolicited emails in our inbox. In addition, there are more activities and social opportunities that consume our time.

Every single member of the ITPA makes a difference to our organization. Chapters and clubs tier up to the national ITPA through one of four regions. Active chapters and clubs are vital to the continued health and existence of the ITPA. In 2023, our national board members made the difficult decision to increase membership dues from \$25 to \$30. If you've already paid your 2023 membership dues, thank you. Second reminders were mailed in May. If you haven't yet paid, please consider doing so before the August deadline.

The ITPA is not exempt from increased expenses, and we take every opportunity to minimize operating costs, such as printing and postage costs, so that the membership fees paid can be better utilized. Still, some members have asked "what's in it for me" when considering whether to continue paying their annual dues. Without intending to be flippant, the short answer to that question is that you get out of it what you put into it. Stated differently, the very existence of our organization is premised upon gathering together to help our community. Fellowship among Pioneers has always been an integral part of our community service projects and events. If you are a member of a club or chapter that is not active in the community, it might be easy to feel disconnected and unimportant. But have no doubt, your ITPA membership and your continued participation as a faithful Pioneer is important, to your club/chapter, to the national ITPA and to the communities we have served for more than 100 years.

One way you help the ITPA continue serving others is through your annual membership and through your charitable gifts to our charitable and historic foundations. Donations to our Historical Foundation help us preserve the history of telecommunications. Donations to our Charitable Foundation helps us sponsor national charitable activities that all ITPA members can support.

Hopefully, through our bi-monthly magazines, you are aware of just how much of an impact our ITPA continues to make both locally at the club and chapter levels and nationally. We encourage clubs and chapters to send reports and photos of the events they host and

the work they do in the community, although we know that some clubs have been quietly making a difference in their communities without publicizing their work.

Even if you haven't been able to participate regularly in community service projects, your ITPA membership still helps us make a difference. Here's how the \$30 annual membership dues are utilized to maximize the ITPA's ability to continue serving our communities. Twenty percent (\$6.00) of an individual's membership fee is sent to the club/chapter of which that Pioneer is a member. Each club and chapter has elected officers and directors who are responsible for managing those funds, which help offset operating expenses and other costs. Eighty percent of the membership dues is allocated to the national ITPA. That amount contributes to, but does not fully cover, our general operating expenses. Member attrition over the years, combined with a decline in corporate sponsorships, means that now, more than ever, the membership fees and donations to our foundations, are more critical than ever before, for us to continue making a difference in our communities across the nation.

Our ITPA officers and directors meet regularly and often in efforts to be excellent stewards of the funds that are critical to our continued survival and to our ability to continue making a difference in the communities we serve. Your contribution to that effort, both through your participation in club, chapter, and national events, as well as your membership dues and donations, are vitally important and are much appreciated.

Over the years, the costs to produce and mail our bi-monthly magazine have continued to increase. The average cost to produce and mail a magazine such as ours is up to \$8.00 per copy. Production and mailing costs have increased so much that some companies are even charging their customers from \$5 to \$10 per month to receive paper copies of their billing statements! For our Pioneers for whom we have e-mail addresses, we earlier shifted from mailing paper copies to sending the bi-monthly issues of the Pioneer Connection electronically. If you have been receiving paper copies of the Pioneer Connection, please help us save on paper and postage by providing your e-mail address. In doing so, you'll receive your copy of the Pioneer Connection quicker, plus you'll be able to receive other periodic updates that are only sent by e-mail.

If you would like to be more active at the local or national level, we encourage you to do so. There are numerous opportunities to coordinate and participate in community service events, and to serve as an officer or director at the local, state, and national levels. To find out how you can be more involved with the ITPA locally and/or nationally, please contact the president of your local club or chapter, your region vice president, or contact us at the national office.

^[1] From ITPA By-laws: "The purpose of this Association shall be to provide independent telecommunications industry associates, through Chapters and Clubs, a practical means to (1) form enduring friendships, (2) render altruistic service, (3) build better communities, (4) promote a national charitable activity which all members can support, and (5) preserve the history, traditions and ideals of the independent telecommunications industry. To accomplish these purposes, ITPA may establish Foundations determined to be tax exempt by the Internal Revenue Service under Section 501-C-10 of the Revenue Code or subsequent Federal Tax Law."

Club/Chapter News

Carotel Club (NC)

Carotel Club Pioneers have continued a kindness campaign that started in February when Carotel Pioneers wrote letters and visited others with Valentine's Day greetings. Carotel Club members and volunteers are finding ways in their communities to make a difference either individually or collectively. On behalf of the club, one Pioneer has been visiting a local skilled care nursing facility each month and recognizes both the patients/residents and staff members with small gestures. It's always a big hit when the visit includes a little karaoke by one of the volunteers, and when the Pioneer's grandchildren come along for the visit.



Another club member has sponsored a Kindness ROCKS community campaign. Participants painted rocks and left them at random locations. A note on the back of the rocks encourages finders to post their finds and either keep the rock they found or re-hide it. This Carotel kindness project began after a Carotel Pioneer found a rock with a note about the "feeling groovy rocks" Facebook page. The Carotel member who found the rock said, "Something as simple as a small painted rock can prompt a smile and continue a kindness movement. It's been fun to hide rocks and see that they've been taken. Even when they don't get posted on social media, I know they prompted a smile."

Florida's Big Bend Pioneer Club (FL)

Big Bend Pioneers in Tallahassee recently donated art supplies to the *Oasis Center for Women and Girls*, a local non-profit organization recognized as "a place where women and girls are valued, supported and celebrated." The art supplies will be used during the "Girls Can Do Anything" summer camp to supplement their arts and crafts program. Girls ages 5-12 years old who participate in the summer camp are encouraged to use their imaginations when creating their art projects. Camp directors were grateful for the donation and support shown by the Pioneers.

Tar Heel Chapter (NC)

The Tar Heel Chapter's 54th annual meeting will be held on August 25-26, 2023 at the Hampton Inn & Suites, 200 Columbus Drive, Aberdeen, NC. ITPA Pioneers and guests are invited to attend. This year's scholarship recipients will be announced during the meeting. To receive the special room rate of \$139 per night (plus tax) please make your hotel reservation by July 28th using the following link: <https://www.hilton.com/en/book/reservation/deeplink/?cityhcn=SNPNCHX&groupCode=CHHITP&arrivaldate=2023-08-25&departuredate=2023-08-27&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT>

You may contact the hotel directly to book your room at 910-693-4330. You must request the Tar Heel ITPA meeting rate to receive the special rate. Hotel amenities include free hot breakfast, free parking, free Wi-Fi, non-smoking rooms, an indoor pool, and a fitness center. Assembly registration is \$60 per person, and the registration fee includes dinner on Friday and Saturday nights. **Please send an email to Ronnie Cashwell (bigronc1313@gmail.com) to let him know the number of attendees in your party. You may pay upon arrival during registration on Friday afternoon from 3pm to 5pm. Attendees are encouraged to bring items for the auction.** Proceeds from the auction fund the chapter's scholarship program. Food and toiletry items donated by attendees will be donated to local charities.

Comporium Pioneer Club (SC)



The Comporium Pioneer Club participated in the inaugural Haven Men's Shelter Cake Auction, which promoted businesses and groups that entered cakes and other bid incentives. The Comporium Pioneers promoted its Pioneer Club and volunteering by submitting a beautiful Hummingbird Cake and a basket of Hummingbird items along with a story of the hummingbird (see Page 10). The club's cake was baked by 13-year-old Comporium Pioneer Kid Club member Shelby Beuch representing her "Oh My Goodies Rock Hill Bakery". All items in the basket were donated by Pioneers and the basket was styled by Pioneer Melinda Niday. Several Pioneers also volunteered at the Auction. Comporium raised \$80 for the Men's Shelter. In total, 35 cakes were donated. Comporium Pioneers are already looking forward to participating in the 2nd Annual Haven Men's Shelter Cake Auction.

We want to hear from you!
Send your club/chapter updates about events, meetings, volunteer needs to our national office (include photos please) for our next issue!

The Story of the Hummingbird and Pioneers

Submitted by the Comporium Pioneer Club

Once upon a time a large forest was being consumed by a fire. All the animals in the forest came out and were transfixed as they watched the forest burning. They all felt very overwhelmed and very powerless...all except for one little hummingbird.

The hummingbird realized something needed to be done. Seeing that no one else was trying to help, it said, "I'm going to do something about this fire!" And then it flew to the nearest stream and took a drop of water in its beak to the fire. Back and forth, back and forth, back and forth from the water to the fire it went, as fast as it could.



All the while, all the other animals, including much bigger animals such as the elephant with its big trunk that could bring much more water, were standing by helpless, doing nothing.

They finally said to the little hummingbird, "What do you think you can do? You are too little. This fire is too big. Your wings are too small, and your beak is so tiny that you can only bring a small drop of water at a time." But even as they tried to discourage the little hummingbird, it kept on working without wasting any time and said to them all, "I'm doing all I can, and that's all I can do."

And so it is with Pioneers...we just do the best that we can, in any way that we can to help and inspire others.

Did you know....

Hummingbirds flap their wings from 10 to 80 times per second, depending on the species.

Hummingbirds cannot walk or hop, though their feet can be used to scoot sideways while they are perched.

Hummingbirds have over 900 feathers, the fewest number of feathers of any bird species in the world.

An average hummingbird's heart rate is more than 1,200 beats per minute. In comparison, a human's average heart rate is only 60 to 100 beats per minute at rest.

Hummingbird eggs measure less than 1/2 inch long but may represent as much as 10 percent of the mother's weight at the time the eggs are laid. A hummingbird egg is smaller than a jelly bean!

Depending on the species, habitat conditions, predators, and other threats to hummingbirds, the average lifespan of a wild hummingbird is three to five years.

Looking Back ... Telephone Hall of Fame

Inductee Edward C. Blomeyer



Edward C. Blomeyer was the third of sixteen inductees into the Telephone Hall of Fame in 1965. Blomeyer was posthumously inducted, having deceased in 1964.

Blomeyer began his telephony career in 1904 as a bookkeeper and later became auditor of The Southeast Missouri Telephone Company.

In 1912, Blomeyer moved to Waco, Texas as secretary and treasurer of the Brazos Valley Telephone & Telegraph Company. He later became president of that company and went on to serve as president of a successor company, Texas Telephone Company.

In 1920, Blomeyer joined Automatic Electric Company in Chicago, Illinois as a vice-president. Three years later he moved to Kansas City as vice president of Theodore Gary & Co. In 1930, Blomeyer relocated to Chicago, serving in the same capacity until he retired in 1956.

Blomeyer served as president of the Texas Telephone Association in 1919. He served on the board of directors of the USITA Board of Directors from 1925-1944, the USITA Executive Committee from 1925-1941 and he also served as president of the Independent Telephone Institute, Inc.

Blomeyer served in advisory capacities for the telephone industry during World War I and World War II on the war production board.

Blomeyer had a keen communication skill and was able to express himself with remarkable clarity. His knowledge of the practical operation of the telephone industry was unsurpassed, and he was a prolific writer. Wrote "Letters to Managers;" "The Long, Long Depreciation Trail;" " 50 Years of Independent Telephony;" "The Farm Telephone Story;" "The Small Telephone Exchange Rate Case;" and numerous articles and editorials for Telephony, Telephone Engineer and other trade publications.

Not just for the birds...bird song can help us!

The vocal range of birds, from chirps and trills to warbles, help them alert others of predators, attract mates and defend their territories. When they sing, though, they are communicating that all is well in the world. And when we hear that message, there's something deep within us that feels profoundly reassured, even if we don't realize why. Bird song is so impactful that it can ease depression, reduce feelings of worry and can even help us better connect with others.



Birdwatchers have touted the benefits of bird song for years. Now, science is beginning to catch up. A study conducted at Kings College London and published in the journal *Nature* reported that people who heard birds singing during the day experienced less anxiety, depression and paranoia. And those benefits were lasting, even hours after study participants heard the sweet bird melodies. Scientists discovered that bird song affects healthy people just as positively as those with depression. This discovery suggests that time spent in nature listening to birds may provide an alternative treatment for depression. Ketan Parmer, MD, a psychiatrist and psychologist, suggested for one of his patients who struggled severe depression, that they spend time outdoors and listen to bird songs. Dr. Parmer reported that these actions played a significant role in the patient's recovery. Evidence suggests that bird song helps reduce feelings of stress and worry, as these natural sounds offer a sense of calm and peace.

Another study by researchers at the Max Planck Institute for Human Development subjected participants to two common environmental sounds – traffic and bird song. Both affected mood, worry and thinking. No matter how many birds were featured in a recording that participants listened to, the participants reported reduced worry and anxiety after listening. They reported opposite effects after listening to traffic sounds.

There are additional benefits of listening to bird song. Listening to birds can shift your attention from the business of your mind, offering an opportunity to just be in the moment. Listening to bird song can also help you sidestep feelings of loneliness and isolation. It can even help you build a stronger connection with loved ones when you regularly plan nature outings for the family that everyone can enjoy.

If you can't get outside to be with the birds, you can bring their bird song inside. White noise machines often include bird song as one of the "noise" options. Most offer several nature choices, including waves, rain, babbling brooks and the like. A quick google search for "bird songs" will provide additional options for bringing the songs inside to you. Whether out in nature, or recorded, bird song can boost your mood and relieve worry, but only if you make the time to listen!

Source: "The easiest way to dramatically boost your mood? Bird song! The science that proves it" written by Chat Birt, In Woman's World and the June 15, 2023 edition of

Name that Insulator!

Glass insulators once sat atop telegraph and telephone poles to prevent energized wires from coming in contact with each other or the utility pole. Today they are collectors' items, with prices going from less than a dollar to \$60,000, depending on the rarity and condition. There's even a National Insulator Association comprised of members throughout the United States. Recently, the NIA hosted its 54th Annual Show and Convention for insulator enthusiasts.

The ITPA's Telephone Museum includes a display case of insulators and several other insulators are scattered throughout the museum. There are quite a few different insulators shown below. How many types of insulators can you identify from the display below? The person who correctly identifies the most insulators will win a prize. Send your responses to itpa@telecom-pioneers.net **before August 1st**. Need some help identifying the insulators? The National Insulator Association's website <https://nia.org/general> can help. (Even if you don't play, check out the website. It's pretty interesting!)



Member Spotlight

The *Member Spotlight* section is new to our magazine this month. Its purpose is to introduce our readers to Pioneers from across the nation that you may not have met but who share the same values and commitment that you do. Ideally, each magazine will feature a Pioneer from a different region. This month, we introduce you to two ITPA families who are in the Region 3 Carotel Club.

Meet Chester Harrell and Larry Newsome, and their spouses Angelia and Carolyn. The two men worked together for years with Carolina Telephone and Telegraph Company. They were friends as well as co-workers. Each man married his wife on her birthday, they both fell in love quickly, and they are both dedicated husbands, friends, and Pioneers to this day. Here are their stories, in their own words.

From Chester: My lovely bride Angelia married me almost 45 years ago after a whirlwind romance. While ours wasn't a "love at first sight" story fell pretty hard pretty quickly once we started dating. And fortunately for me, it only took three dates for Angelia to feel the same way.

Angelia and I started elementary school together but we were never in the same class. When we were 10 years old her family moved to a different county. I didn't see her again until after high school when I walked into a business where she was employed. I saw that her boss was giving her a hard time and when he walked away, she looked like she needed a hug. I walked over to her and hugged her tightly and said, "it will be all right." A friend of mine worked at that store, so I got Angelia's contact information from him, intending to call her and ask her out. I don't recall now exactly why I didn't finalize that date, but the date never happened.

Then, about a year later, I was lying on my back in the trunk of my car trying to install some speakers and I heard the phone ringing (in the house of course, since those were pre-cell phone days). It was also the days before voicemail, so I crawled out of the car and managed to get to the phone before it stopped ringing. When I answered, the caller said "Chester, you may not remember me. This is Angelia." Boy, was that my lucky day. After scratching my head while considering my good fortune and making some small talk, I got my act together and we planned to go out the following Saturday. After that first date, we got together the very next evening for our second date. I told Angelia then that Sunday evening that I would call her later that week about getting together again. But when Monday came around, I was miserable for reasons I couldn't pinpoint, and decided to go fishing instead of calling Angelia. Tuesday brought the same misery, so I went fishing again. By Wednesday, I couldn't stand it anymore so I called Angelia and told her I felt like I could use some company. She responded simply "me too."

At the end of the evening on our third date, Angelia and I were sitting in the car in her mother's driveway. I didn't want my time with her to end and I said to her, "If I sit here much longer, I'm going to ask you to marry me." To my surprise, her reply was, "I'm liable to say yes." So, after only three dates, on September 25, 1975, Angelia Kay Ward said, "I do" and became Mrs. Angelia Ward Harrell. On September 25th we will celebrate 48 years together. (And I've never forgotten our anniversary because we got married on Angelia's birthday!) We now have two fine sons with two beautiful wives of their own. Between them Angelia and I are blessed with four granddaughters, one grandson, one great granddaughter and a great grandson. When the kids all visit, we have a house full!



Chester and Angelia at the 2022 Carotel Convention

My advice to anyone who will listen to me when they are considering marriage is this: "It's the hardest job you will ever have, but if you are willing to work at it, it's the best job you will ever have!"

I met my good friend Larry Newsome on May 7, 1974. I recall the exact date because it was my first day on the job for Carolina Telephone and Telegraph Company in the cable area. Larry was working in the central office, so our paths crossed quickly. We worked together for some 35 years before Larry's retirement. During that time, we both became ITPA members through Carotel and we attended the club's annual convention from 1988 to 1999. Then Hurricane Isabel came through and broke our rhythm. Then we let life get in the way and we got out of touch with the club. In 2014 I had a knee replacement and a week later our daughter-in-law passed away. Shortly thereafter, I received a call from one of the Carotel members saying they had missed us and would love to see us again. Since then, we've looked forward each year in October to getting together with Larry and his wife Carolyn and our ITPA Carotel Pioneer family.

I was asked to serve as a director for the Carotel Club in 2016 and was asked in 2017 to serve as vice president. In 2018 I served as president pro tem and our officers and directors were asked to stay in place in 2019 because our general annual membership meeting was cancelled after Hurricane Florence decimated the location. Larry served as the club's vice president during that time. On paper, I served as Carotel's president and Larry served as vice president until 2022. Angelia and I have enjoyed a decades-long friendship with Larry and Carolyn and have enjoyed tremendously the times we've shared together as pioneers. Though we're all retired now, we get together regularly. The four of us traveled to Hinesville, Georgia in April and attended our first national assembly. We learned that Pioneers are the same everywhere you go, just good old telephone folks who love serving their communities and their friends.

Member Spotlight Cont'd

Angelia's story: Looking back, it's surreal that Chester and I said "I do" after only three dates almost 48 years ago. While it doesn't necessarily seem like yesterday, the decades do seem to have flown by.

I retired a year before Chester did. Carolyn had retired a year before me. We remained close, though. We had always bounced things off one another when we worked together, and we kept that up. Carolyn was the sister I never had.

The four of us have had quite a few adventures together. Often times Chester and Larry have gotten ideas for their wood working from festivals and craft shows we've attended, and they make and donate those to our club's annual auction to help raise money for our scholarship fund. Both men are very talented. Chester's talent ran in the family. His dad ran a bakery, and our wedding cake was the last wedding cake he made.

I'm proud of Chester and of the life we've built together. And I know we are blessed to have shared a majority of those years with the Newsome's.



Above: Angelia and Chester having some fun at a Carotel Club event.

Below: Chester places his bet while Angelia ponders her options (at the ITPA National Office during the 2023 spring assembly).



Chester catches Angelia off-guard for an impromptu photo op during the IT -

Chester catches Angelia off-guard for an impromptu photo op during the ITPA's 2023 spring assembly.

Chester is a skilled craftsman and he enjoys recycling and repurposing old wood. Pictured right is a shelf Chester built using reclaimed wood from a very old tobacco barn. It's a beautiful piece, and the photo doesn't do it justice.

Chester has donated numerous woodworking projects to Carotel that have been auctioned to raise funds for various causes.



Member Spotlight Cont'd

Larry's story:

In 1963, I was a senior at Scotland Neck High School, and Carolyn was a freshman. I was standing outside the agriculture/gymnasium building with my friends Robert and Bobby when I spied a girl walking beside the gym on her way to physical education class. Her arms were loaded down with books. I remember to this day that she was wearing a white blouse, black poodle skirt, bobby socks and black and white saddle oxford shoes. I was smitten. I asked my friends if they knew her. They told me they didn't know but added that I should leave her alone. (I found out sometime later that the girl was Robert's cousin.) I knew, though, before I knew her name that this was the woman I would one day marry.

I was a substitute bus driver and I saw the girl again one day when she walked in front of the bus I was driving. I blew the horn to get her attention. The horn startled her, and she dropped her books. I dashed out of the bus to help her pick up her books and when I asked her name and address, I also asked her out. Thankfully, she accepted. That encounter was the start of everything for me. We dated the entire time she was in high school, after I had begun attending Wilson Community College.

We were married on Father's Day in 1966, which was also Carolyn's 18th birthday. Carolyn had been 18 years old for 3 hours when we were married. I graduated that June and was working in the service department at an appliance store. Carolyn worked at Roses Five and Dime behind the candy and hot nuts counter. Our son, Larry Jr. was born in Sept. 1967, and I began working as a surveyor with the state highway department.



When I landed a job in Ahoskie with CT&T in 1969, we lived in Roanoke Rapids and drove quite a distance to Ahoskie because the town of Ahoskie was booming, and we couldn't find a rental or a property to buy. Within a year of employment, I became a CWA Union Steward. A year later, I became the CWA Union group vice-president in the Ahoskie area. The inside and outside workers became family to one another. We frequently had cook-outs and get togethers.

As Union VP, I ended up being friend, lawyer and psychologist to many of the guys I worked with. Chester was one of those guys, and he and I talked a lot.

By then, Carolyn was working as a teacher's assistant. After completing community college, she attended East Carolina College and Wesleyan College to obtain her teaching and psychology degrees. She taught in Bertie County for 3 years and transferred to Hertford County where she worked until she retired. It was in the Hertford County School System where Carolyn met Angelia Harrell, who worked at the same school. They became best friends. By then, through CT&T, Chester and I had already become good friends.

In those days, our ITPA Carotel Club required 15 years' service before you could join. Some of our "older" co-workers who were already Pioneers invited us to attend the annual convention hosted by the Carotel Club. We were introduced to the club's purpose and the feeling of fellowship and when we were eligible to join, Chester and I both became ITPA Pioneers. Fancying ourselves as woodworking craftsmen, Chester and I have made and donated hand-made items for a number of years that have been included in the club's annual auctions, the proceeds of which are used to fund our club's scholarship fund. Ultimately, we were both asked to serve on our club's board. During Chester's term as president, I served as vice president. It has been our honor to serve our club and our community together.

During my retirement, I have been researching my genealogy. After nine years of research, I discovered that Angelia Harrell and I are cousins. It is indeed a small, small world. On June 19, 2023, Carolyn and I celebrated our 57th wedding anniversary on her birthday!



Member Spotlight Cont'd

Carolyn's story: I also knew I was going to marry Larry when I first met him. He just touched my heart.

I think of those days and of what my mom said to my dad at the end of that school year whenever I hear Tri-sha Yearwood sing *"She's in love with the Boy."* Before the end of that school year my mom told daddy that she knew I would be marrying Larry. She said to my dad, "She looks at him the way I looked at you." (My mom had married daddy when she was seventeen.)

I still love Larry today just like I did back then. He still rocks my world.



Larry is a talented artist. Pictured above and below are two original acrylics Larry donated for a Carotel auction that raised money to support the club's scholarship program.



Pictured above with dealer Daniel Barnhardt, Carolyn and Larry survey their winnings during a competitive Texas Hold'em game in the hospitality room during the ITPA's 2023 annual assembly.



Above: Larry and Carolyn, Valentine's Day 2023

Below: At Carotel's "Casino Nights" Oct. 2022 Convention



Recipe Exchange

Chicken Parmesan in the Slow Cooker

Submitted by Joann Esposito



Ingredients:

- 1 egg (large or medium)
- 1/3 cup breadcrumbs
- 1/3 cup parmesan cheese
- 1/2 tsp Italian seasoning
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 4 skinless, boneless chicken breasts
- 3 1/4 cups ready made tomato sauce or marinara sauce
- 1/2 cup grated mozzarella cheese
- Cooked pasta to serve

Directions:

Oil the cooking dish of a 2-3 quart slow cooker.

Beat the egg in a shallow bowl. In a separate bowl, mix the breadcrumbs, parmesan cheese, Italian seasoning, salt, and pepper.

Dip the chicken in the egg and then coat evenly with the breadcrumb mixture. Place the coated chicken in the slow cooker. Pour the sauce over the chicken.

Cover and cook on low for 5-6 hours.

Sprinkle the mozzarella cheese over the top of the cooked chicken. Cover and cook on low for additional 15 minutes.

Serve over cooked pasta.

Serves four.

Chicken Parmesan, also known as "chicken parm", originated in the north-east United States from Italian immigrants, and became a popular staple in restaurants serving Italian-American cuisine by the 1950s.

Wikipedia

Recipe Exchange

Shrimp Mediterranean

*Submitted by Ann Tucker
Florida Big Bend Club*

Ingredients:

- 1 lb. shrimp, cleaned and deveined
- 2 Tablespoons olive oil
- 8-10 cherry tomatoes, halved
(or substitute 1 large tomato,
seeded and chopped)
- 6 green onions, chopped on the slant
- 1 small can sliced black olives
- ½ lb. feta cheese, crumbles
- 1 Tablespoon flour
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon Tony Chachere's Creole
Seasoning for a hint of spice

Directions:

Heat oil in a large sauce pan or fry pan.
Add shrimp.

Cook until the shrimp turn pink. Add flour
and cook about 3-5 minutes. The flour
should thicken any water from the shrimp.

Add tomatoes, green onions, and black
olives. Add seasonings.

Taste and add more seasonings if you
like. Add feta cheese and cook about 5
minutes.

Serve over any type of pasta.

Cinnamon Roll Dress-Up

*Submitted by Darlene Terry
Public Relations Committee Chair*

Ingredients:

- 1 package of 8 count cinnamon
rolls, either Pillsbury or generic
brand (don't use "Grand")
- 1/2 cup to 3/4 cup heavy whipping
cream
- 1/4 cup butter, melted
- 1/2 cup brown sugar
- 1 teaspoon cinnamon



Directions:

Preheat oven to 350°. Spray a 9 x 13 baking
dish with nonstick cooking spray. Arrange cin-
namon rolls in baking dish, leaving space be-
tween each roll. Pour whipping cream over cin-
namon rolls and ensure the whipping cream fills
all the gaps between the rolls.

In a small mixing bowl, combine the melted but-
ter, brown sugar and cinnamon. Drizzle the
mixture over the cinnamon rolls.

Bake for 30 to 35 minutes. Spread packaged
cream cheese that came with cinnamon rolls
onto warm cinnamon rolls.

Note: Some online recipes suggest using
"Grand" cinnamon rolls and most suggest mak-
ing or buying additional cream cheese icing. I
prefer the smaller ones because the grands are
just too large after adding the extra ingredients.
I've found that the small amount of frosting that
comes with the packaged rolls is plenty be-
cause the added ingredients in these rolls
make them plenty sweet. These do not taste
like canned cinnamon rolls and to me they're
better than Cinnabon because they are just
sweet enough and just large enough.

Recipe Exchange

Unbelievable Chocolate Cake

Submitted by Barbara Smithson
Carotel Club

Pioneer friends from NC traveled to TN to visit for my birthday this year. I had been planning to try this recipe from *Natashia's Kitchen*, so my friends baked it for my birthday. We were all a bit skeptical because this cake has no eggs! It turned out beautifully, and it tasted even better than it looked!

Ingredients for Cake:

- 3 cups all-purpose flour
- 1/2 cup unsweetened cocoa powder (natural)
- 2 cups granulated sugar
- 2 tsp baking soda
- 1 tsp salt
- 2 cups **warm** coffee (not hot)
- 2 Tbps white vinegar
- 1 Tbsp vanilla extract
- 2/3 cup light olive oil (not extra virgin)

NO EGGS!

Ingredients for Frosting:

- 12 oz. cream cheese, room temp.
- 1 cup unsalted butter (16 Tbsp)
- 5 cups powdered sugar
- 1 cup unsweetened cocoa powder
- 1/2 tsp salt
- 2 tsp vanilla extract



Directions:

Preheat oven to 350°. Butter two 9" cake pans and line the bottom with a ring of parchment paper.

Sift cocoa into a large bowl. Add all other dry cake ingredients and whisk until there are no lumps.

In a separate bowl, mix together the wet ingredients. Whisk the wet ingredients into the dry ingredients just until they come together. The batter will still be slightly lumpy.

Divide mixture equally between the prepared cake pans. Bake for 35 minutes or until toothpick comes out clean. (Check your layers at 30 minutes). Transfer to a wire wrack to cool completely before icing.

To prepare frosting, in a large mixing bowl beat together the cream cheese and butter on medium speed for about 3 minutes. Sift in the 5 cups of powdered sugar and 1 cup of cocoa in batches as needed to ensure there are no lumps.

Then add the 1/2 tsp salt and mix on low speed until all ingredients are well combined. Thoroughly scrape down bowl and then increase speed to medium/high speed, beating until smooth and whipped (about 1 minute). Add 2 tsp vanilla and beat on medium/high until smooth (about 1 minute).

Frost cooled cake.