



Shellebrate Kindness—National ITPA Project

We are pleased to announce an opportunity for ITPA Pioneers nationwide to **shellebrate kindness** by participating in our national kindness project. An **August Special Edition Pioneer Connection** announced this fourth quarter national project, which requires no travel, no costs, little planning, and can be done wherever you are. Working together, apart, we can make a big difference in our communities.



True to her motto, Myrtle the Turtle signed up for our national kindness project. She encourages all Pioneers to "Get out of your shell and volunteer!" Help Myrtle celebrate kindness!

Signing up to participate is just as easy as participating. The Mayo Clinic Health System has a website devoted to helping individuals kickstart their own kindness project. Rather than trying to reinvent the wheel for our own kindness project, we are asking Pioneers to register their participation in the Mayo Clinic's **Kickstart Kindness** program at: <https://www.mayoclinichealthsystem.org/wellness/kindness>. Scroll to the bottom of that page and click on "**Register today**", fill out the form and select the "Sign Up" option at the bottom of the form.

You will receive a welcome email from Mayo Clinic that will include a check list to help encourage and incent you on your kindness journey. That check list was also included in the Pioneer Connection August Special Edition). Afterwards, you'll receive weekly email updates from Mayo Clinic to help and encourage you as you work with other Pioneers across the nation to *kickstart kindness*.

Just imagine the impact we can have when we all work together to spread a little kindness between now and the end of the year!

Our national project won't be submitted for an annual award, but we are asking every Pioneer to record and report their participation because, after all, serving our community by helping others is what being a Pioneer is all about!

Pioneers who participate are eligible to win prizes!!!! And who doesn't love prizes?

This project period runs through December 31, 2023. Please record your participation during the fourth quarter and then e-mail your completed checklist or a report of how you otherwise participated in this project to our president, JoAnn Esposito, **no later than March 1, 2024**.

To submit your participation, you can simply take a photo of your completed check list and e-mail it to JoAnn at: espogirl56@yahoo.com. Alternatively, you can mail your check list to:

JoAnn Esposito
7 Silver Terrace
Ocala, FL 34472

If your kindness acts are not on the check list, please provide a brief summary of the kindness you demonstrated. You can check in with your report periodically, or just keep your own list and submit your report by the end of the year, to include a summary of the estimated hours you donated to this project, so that we can include your participation when we announce the results and the prize winners at our 2024 national assembly.

Please read our August Special Edition for more information about our national project, and for information about World Kindness Day, which is on November 13th.

imagine
the impact
of being kind.
smiling more.
seeing the good first.
life is too short
to be dragging others down.
you get a choice
every single day.
choose kindness.
this world needs you.

*words by rechel mae martin
findingjoy.net*



2023-2024 ITPA Officers and Board Members

We're winding down the behind the scenes information that's been shared about our officers and board members in recent issues. Here's something else you may not know about these dedicated Pioneers!

President: JoAnn Esposito

I love to travel. My plan is to say I've been to every state in the US. I've been to 16 states so far, the furthest being Alaska. I like to drive to see the country side but to get to Hawaii, I'll have fly.

1st Vice President and Assembly Chair: Leon Yard

When things are not going well for me I just focus on helping others. (Things must not go well for Leon often because he's ALWAYS helping others!)

Secretary: Cindy Downing

Besides Pioneering, I also serve on the Board of Crime Stoppers of York County, SC Crime Stoppers Council and the Southeastern Crime Stoppers Board. I am a huge Carolina Panthers fan! I hold season tickets and attend every game, even preseason, to cheer on my Team!! #KeepPounding

Treasurer, Immediate Past President/Nominating Chair: Daniel Barnhardt

Despite my extreme fear of heights, skydiving was on my bucket list. Knowing this, my best friend, Leon Yard invited me to join him on a sky diving adventure. Despite the queasiness in my stomach, I braved the required training and prepared to jump. My courage was for naught, though, because inclement weather grounded the flight. I was both relieved and disappointed. Leon later coaxed me to have the courage to try again and after another mandatory training session we were airborne. During the 2 1/2 mile ascent, the view was spectacular. When we reached altitude and the door opened, cold air rushed in. As luck had it, I was closest to the door, so I was the first jumper. With every step my fear intensified. Within moments my tandem master was counting...1, 2, 3...he then pushed me forward and we left the plane. My fear was so intense in that moment that I literally passed out for a few seconds. When I regained consciousness, I saw the earth moving towards us rapidly. (In reality, we were tumbling to the earth at about 120 miles per hour.) The air was still, and other than the whoosh of our descent, there were no other sounds. As I looked around, my fear vanished and I realized I was having the time of my life! This experience is one of my favorite memories, and I'm grateful that my good friend encouraged me to face my fears and accomplish this long-time bucket list item!



Assistant Treasurer/Investment Chair: James White

I was privileged in 1998 to co-host the 25th Duke Children's Golf Classic with legendary golfer Arnold Palmer. Our fabulous fivesome included George Morrow, Steve Stefano, David Mangrum, Arnold Palmer and myself. As we walked the eighteen holes, Mr. Palmer courteously gave autographs to the many fans who asked. His graciousness to fans was truly something to witness. However, I was all about playing the game with the legend. Arnold Palmer shot 78 that day and I shot 76. I was so thrilled that I was audacious enough to ask the great man to sign the score card. He kindly obliged and I framed and mounted in my office. I later realized that this day wasn't about golf at all as I had thought; it was really about being in the presence of a wonderful human being, a gentleman, and ambassador for the great game of golf. I also realized that I actually played a round of golf with my hero.

Region 1 VP: Gregg Klatsky

I bet I have more pets than you do.....

Region 2 VP and Charitable Foundation President: Darlene Roll

I'm a volunteer with a group called G.R.A.C.E. - Greater Riverside Area Community Encouragers. Named for the school district the group supports. During the school year, we provide weekend meal bags to students whose parents have requested this help. In the summers, we provide a once a week free lunch for anyone at the village park. We also do a month of Mondays in the fall for Soup/Sandwich Drive-Thru night. My job - I'm one of the co-chairs and I support everything from writing grants to packing bags to buying food items. I also volunteer as a Lions Club member - but that's another story!

Region 3 VP: Alli Phillips

You already know about me that I love Europe. My husband and I went to the Bordeaux and Normandy areas in France on our honeymoon.

Region 4 VP/Leadership Development Chair: Nancy Schnitzer

Someone who left an impression: I once attended a dinner banquet in Denver, Colorado where the Great Grandson of famed frontiersman "Buffalo Bill" Cody was also a guest. As a fan and repeat visitor to the Buffalo Bill Center of the West in Cody, Wyoming, it left an impression on me to be in the company of a descendant of the iconic American Western Showman, "Buffalo Bill".

Director at large: Nancy Hyatt

Back in the day when the Tenneva Pioneer Club was very active I was privileged to serve as the club's president. When the club later disbanded I transferred my Pioneer membership to the Tar Heel Chapter.

Director at large: Jo Myers

I have 3 grandchildren, ages 20, 17 and 2. I also have a big fat cat who loves to cuddle. Dexter is about 12 years old and he weighs 25 pounds. I love baseball, Nascar races and country music. My late husband would only listen to country music and it always makes me think of him. Brooks and Dunn are my favorite country musicians. I've seen them in concert 3 times.



2023-2024 ITPA Officers and Board Members

Director at large: Hannah Lancaster

Someone called me Snow White because the wild animals tend to gravitate to my home. From raccoons to opossums to skunks, they find their way to my doorstep. Pictured right, Skunky looks for cat food that he knows stays on the steps.



Director at large: Jo Myers

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

Back when Sprint sponsored the International Golf Tournament in Denver, Co., CT&T's president Wayne Peterson sponsored a hospitality tent. Several telco VIPs from other companies and vendors were invited to attend. At the time, Travis Butler and I had been traveling locally quite a bit for Travis to sing while I handled the sound system. Mr. Peterson asked us to attend the event to provide some entertainment. Wow, we couldn't believe it! We made reservations, secured airline tickets and arranged to have a sound system brought in. We flew in a couple of days prior to the event to ensure everything was set up. On the opening evening, there were up to 100 people attending and we found out not only were we providing some entertainment, we were THE entertainment!

Mr. Peterson pointed out the guests to us and told us the states and companies they represented. Then he motioned to a table and told us the names of a group from North Carolina. We didn't recognize any of the names, and went over to introduce ourselves. It only took me a couple of minutes to realize that I did recognize one of the ladies at that table. I knew her only by her maiden name. Sandra McLamb was a senior at Hobbs High School in 1963 when I was a freshman and we had lived only a few miles apart. She had married a gentleman who was in the telephone business, and they had relocated to another state. A reunion with an old school friend more than half-way across the country...it really is a small world. By the way, the event went exceedingly well. Mr. Peterson and also Mrs. Peterson were all smiles after Travis sang Mrs. Peterson's favorite song, "Trashy Women" by Confederate Railroad. He closed the evening with his signature rendition of Lee Greenwood's "Proud to be An American." I miss my friend and think of him often. We had some good times traveling with and for our beloved company and president.

Public Relations Chair: Darlene Terry

I volunteer with the Emerald Isle Sea Turtle Patrol. We walk the beaches in the early mornings from May September to locate nests and from July through October we nest sit to ensure the hatchlings can make their way to the ocean without human or predator interference. Sea turtles are on the "threatened and endangered" lists.

Awards Committee Chair: Ann Beck

My "little green men" story...In March, I was hospitalized with what I thought was a bladder infection. While in intensive care after many tests and medicines, my medical team realized I was resistant to drugs on the sulfur spectrum. At one point I went as crazy as a bed loon (southerners will know what I mean) while experiencing ketoacidosis. I insisted to nurses that my shoes be kept on my bed in case I needed them and I was adamant that my door be because something was trying to get me. During the night, my fears were realized when I saw little green men (they resembled monkeys) climbing into my window. They had long arms and legs, were fully clothed, and they were holding hands as they chattered and laughed. I was truly terrified and I rang the nurse for help. It took much cajoling for her to convince me the ugly little rascals weren't really there and that if I tried to relax and go to sleep, they'd be gone in the morning. After keeping my eye on them for about an hour, I admitted I must be losing my mind, and I prayed to the good Lord to help protect me or help me sleep. Sleep I did, and when I awakened they were gone and I was on my way to recovery!

Membership Chair: Jay Vanlandingham

In management, I believe that we should all work together and be a unified voice. My philosophy is to incorporate a T.E.A.M approach. Together Everyone Achieves More: Having everyone on the same page not only makes us all better, but it holds us accountable and makes for a much better workplace.

Historical Committee Chair: Morrie Sachsenmaier

I volunteer at the Marysville, Washington Historical Museum every Tuesday from 9am to 4pm where I also serve on the board of directors. We have a large telephone history display there.

Andrea Wick has accepted the position of ITPA Executive Director. Andrea began training with outgoing Executive Director Alissa Moss in August. Andrea and her family live in Hinesville. We welcome Andrea to our Pioneer family and wish Alissa all the best in her new endeavors.

A note from Andrea:

I look forward to knowing and working with you. I started my telecommunications career in Wireless Telecom for Ericsson on the T-Mobile 3G UMTS Project in early 2008. I began as a Project Coordinator and was later promoted to Construction Manager. I eventually moved up to Project Manager for the Ericsson Cellular One project, covering the West Region of the United States. I left Ericsson in 2014 to work on a Small Cell 4G Project for Verizon Wireless, until I moved to Reno, NV in 2017. I worked in the finance industry after leaving telecom.

I have one daughter Jade, who is 8 years old and is in the 3rd grade. Jade recently was recognized for being in the top 10% in her school for physical fitness/endurance, and she was invited to join the Liberty County Cross-Country Team. It's ironic that that team actually practices here at Bryant Commons park where the ITPA National office is located.

I am honored to be a part of this organization and look forward to working with all of you!

Sincerely,
Andrea Wick



Calling All Candidates: Board Members Needed!

When you see the new list of ITPA officers, directors and committee chairs each year, the list may not seem too “new” at all, and it may seem that the same names are recycled year after year into the same or different positions. To some extent, that is true. The fact of the matter is that some positions on the board are designed to allow an individual to serve multiple years. For example, our by-laws include a 1st and 2nd Vice President position as well as an “Immediate Past President” position. As logic indicates, an individual who holds the 2nd Vice President position should shift into the 1st Vice President position the following year, and into the ITPA President roll the next year. After the president’s one year tenure, that individual shifts to the “Immediate Past President” position in an advisory capacity. These positions do require multiple-year commitments, and we’re grateful to all the individuals who have to date been willing to dedicate the consecutive years required to serve in those roles. (Of note, currently the 2nd Vice President position is vacant.)

Other positions on the board that don’t require lengthy commitments, but are still much needed and important roles. If you reviewed our 2023-24 board list closely you may have noticed that some individuals currently fill dual roles. While their dedication and service is appreciated, these individuals would love to have other Pioneers join them to serve at the national level.

The fact of the matter is that many of our officers and directors are recycled and repurposed simply because they are willing to serve and we don’t know of other interested candidates to replace them.

Have you ever considered becoming more involved with the ITPA at the national level? Do you have a particular skillset that would be helpful to our organization? If your answer is yes, the chairman of the ITPA nominating committee, Daniel Barnhardt would love to talk with you to explore opportunities for you to become more involved. Involvement at the national level begins with being nominated for a “director at large” position. Club and chapter delegates then vote for the nominated candidates during the spring assembly each year.

Committee chair positions are appointed rather than elected positions, and the incoming president asks individuals to serve in those capacities for his or her upcoming term.

If you would be interested in serving on one of our president appointed committees, let us know that as well.

It always helps any organization to get new perspectives and new ideas from new individuals. Are **YOU** our next new board member? Give Daniel a call to see where you might best fit to bring fresh ideas and perspectives to the ITPA!

The ITPA Needs FRIENDS!

The ITPA welcomes new members under the new category “Friends of Pioneers.” Members who join under the “Friends of Pioneers” category are not required to have any direct affiliation, either present or past, with the telecommunications industry, but must be sponsored by an active member who is at least 21 years old and in good standing with the ITPA. Friends of Pioneers can vote and hold office after their first year of membership. Friends of Pioneers are welcomed and encouraged to participate in all activities sponsored by local chapters, clubs and the National Association. Annual dues are \$30. All active Pioneers are challenged to find a friend!

Membership applications can be downloaded and printed by visiting the ITPA website at: [APPLICATION FOR MEMBERSHIP \(nationalitpa.com\)](https://nationalitpa.com)

Wisdom from Myrtle the Turtle

Important facts to remember as you grow older:

- Death is the number 1 killer in the world.
- Life is sexually transmitted.
- Good health is merely the slowest possible rate at which one can die.
- Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won’t bother you for weeks, months, maybe years.
- Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.
- All of us could take a lesson from the weather. It pays no attention to criticism.
- In the 60’s people took acid to make the world weird. Now the world is weird and people take Prozac to make it normal.
- Don’t worry about old age; it doesn’t last that long.

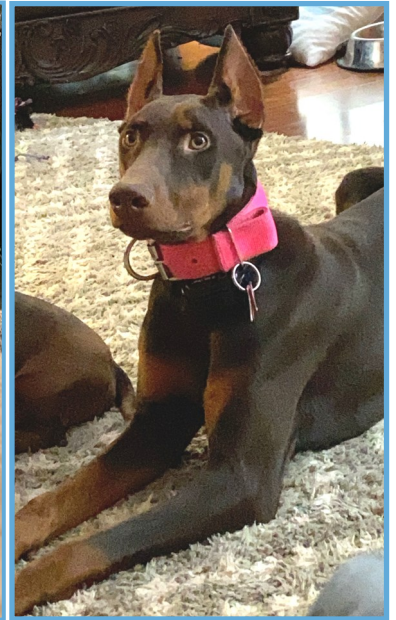


Hit me with your best (pet) shot!

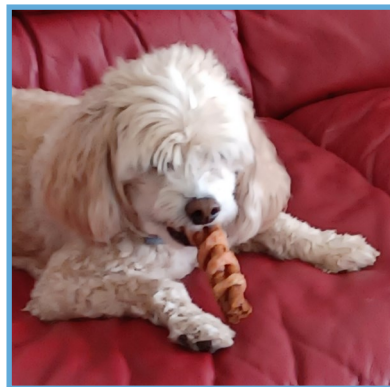
Pioneering pet lovers from across the nation shared their favorite photos of their four-legged family members. Sampson, below, is the adorable mutt that prompted this photo contest. Sampson's parents are Ronnie and Janet Cashwell. He showed up their doorstep about nine years ago. While Ronnie and Janet were trying to unite him with his owners, Sampson charmed his way into their hearts. When they finally connected with his family, they had moved and were not allowed to have pets. Ronnie and Janet were ecstatic that they didn't have to say goodbye to Sampson, and he's been their constant companion since then.



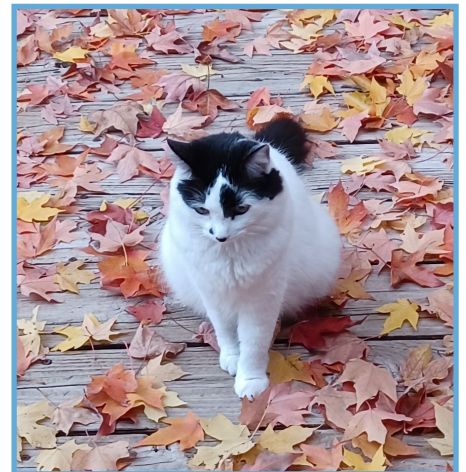
My Daisy—submitted by Cindy Downing



Our baby 'Lola' is a registered Doberman. She just celebrated her fourth birthday. Submitted by Jay Vanlandingham:



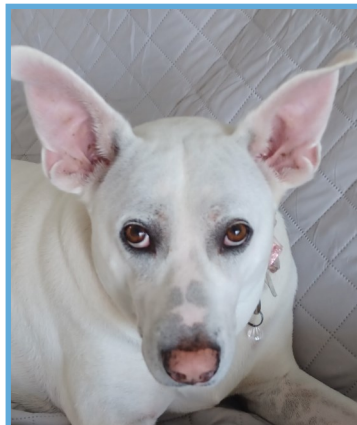
"I don't think it's a Cuban, but I LIKE IT! Abby is a rescued cockapoo who lives with several other 4-legged friends. Darlene Terry



Mona fancies herself to be a feline Mona Lisa, although she's a bit more attractive. Darlene Terry



Precious Kitty and Philly Moss belong to Alissa and Chris Moss... or Chris and Alissa belong to them.



Bea is the youngest of our large brood. She looks like she was made of left-over parts so we had her DNA tested and learned that she's the product of 6 breeds. Ruben Terry



Myrtle is a low maintenance companion. Although she hasn't been much of a companion since her debut at the national spring assembly. JoAnn Esposito

More Pet Shots



Darlene Roll's backyard pets don't particularly enjoy cuddling with her, but they do appreciate the bird feeders!

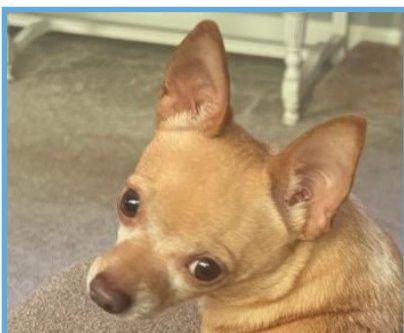


Dexter likes to blend in with his surroundings, which works great until he's mistaken for the sofa! Submitted by Jo Myers

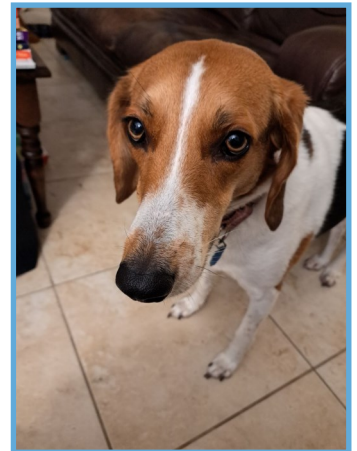


"If you don't love Tacos, I'm nacho type!"

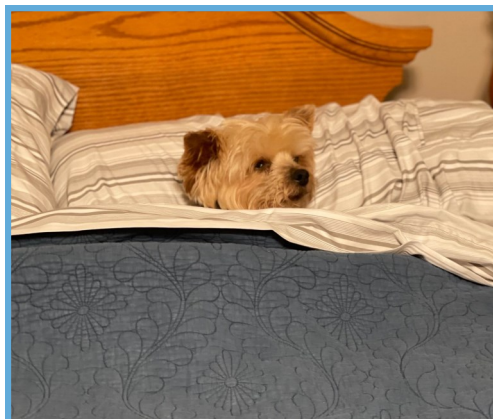
After completing some etiquette classes, Taco (also shown below) is now a much nicer boy. Darlene Terry



Gemma and Gracie are two crazy golden doodles who own our hearts. Daniel Barnhardt



Zoey is my grand pup. She's my daughter's doggie, but I think she loves me best.. Submitted by Jo Myers



Where's my DADDY?!?!?"
This is Harlee Dan Yard, submitted by Leon Yard

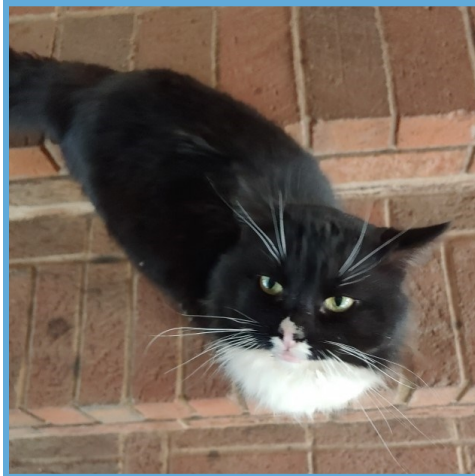


Piper is a precious family member of the Sachsenmaier home.
Submitted by Morrie Sachsenmaier

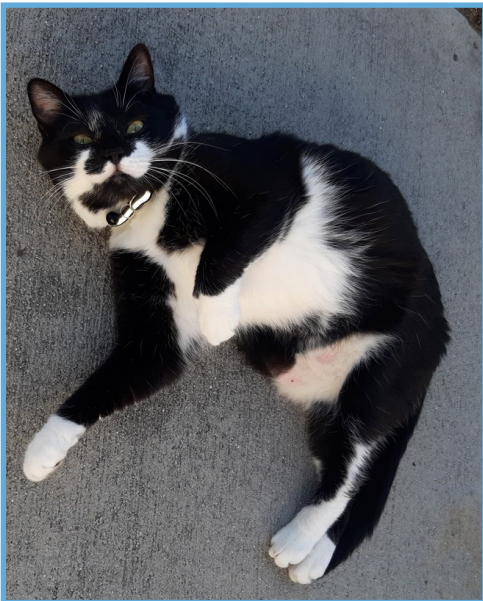
More Pet Shots



Sampson loves car rides and sun glasses. He also enjoys dressing for the occasion. Submitted by Ronnie Cashwell



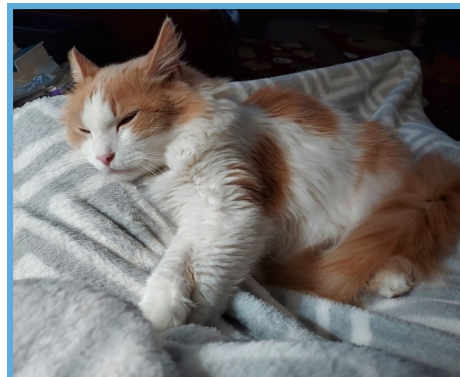
Magoo is king of the castle at the home he shares with Hannah Lancaster.



I adopted Betsy in 2020 as a kitten after she was surrendered to a local animal shelter. It was love at first sight and I knew she had to be in our family. Andrea Wick



Super Sampson searched far and wide to find a phone booth recently! Ronnie Cashwell



Annie is a bit spoiled....okay she's a lot spoiled. Paige Venczel

CATS

Gentle eyes that see so much.
Paws that have the quiet touch.
Purrs to signal "all is well" and
show more love than words could tell.
Graceful movements touched with pride,
A calming presence by our side.
A friendship that takes time to grow.
Small wonder why we love them so.

~Unknown Author~

Just a Dog

From time to time, people tell me, "lighten up, it's just a dog," or "that's a lot of money for just a dog."

They don't understand the distance travelled, the time spent, or the costs involved for "just a dog."

Some of my proudest moments have come about with "just a dog."

Many hours have passed and my only company was "just a dog," but I did not once feel slighted.

Some of my saddest moments have been brought about by "just a dog," and in those days of darkness, the gentle touch of "just a dog" gave me comfort and reason to overcome the day.

If you, too, think it's "just a dog," then you probably understand phrases like "just a friend," "just a sunrise," or "just a promise."

"Just a dog" brings into my life the very essence of friendship, trust, and pure unbridled joy.

"Just a dog" brings out the compassion and patience that make me a better person. Because of "just a dog" I will rise early, take long walks and look longingly to the future.

So for me and folks like me, it's not "just a dog" but an embodiment of all the hopes and dreams of the future, the fond memories of the past, and the pure joy of the moment.

"Just a dog" brings out what's good in me and diverts my thoughts away from myself and the worries of the day.

I hope that someday they can understand that it's not "just a dog" but the thing that gives me humanity and keeps me from being "just a man" or "just a woman."

So the next time you hear the phrase "just a dog," just smile, because they "just don't understand."

~Unknown Author~

Save the dates!

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.

PIONEER CIPHER

It's game time. Can you translate the quote in the cipher below? (A cipher is a message that is transformed to conceal its meaning).

Here's a hint to get you started: W = T

OPW ALW AZ BALC

TGPMM SXN FAMLXWPPC -

HBCWMP WGP WLCWMP

When you've translated the cipher, send an email to itpa@telecom-pioneers.net com to win a prize. The winner will be drawn from all of the correct entries that are submitted before **October 1st**.

Discover Gratitude

The Mayo Clinic offers some excellent health and wellness information at <https://www.mayoclinichealthsystem.org/wellness> where you'll find links for the following programs

[Discover Gratitude](#)

[Fall Into Wellness](#)

[Journey to Wellness](#)

[Slim Your Screen Time](#)

According to Stephanie Nicola in "How to Foster Gratitude,"^[1] making gratitude a daily practice can increase your happiness and improve your health.

Just like kindness, an intentional attitude of gratitude has its own benefits, including increased happiness, reduced depression, improved physical health.

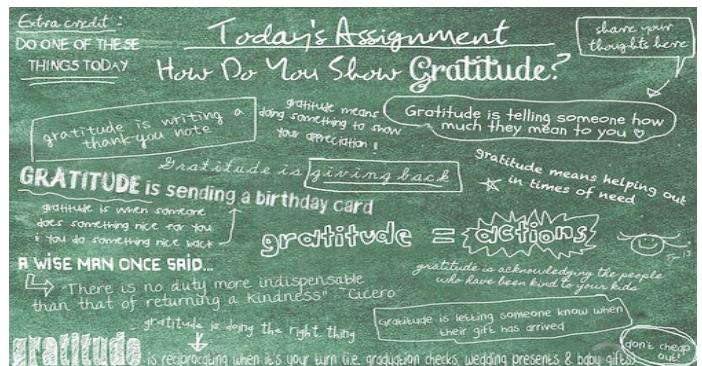
Nicola wrote that gratitude helps people feel happier and experience positive emotions. When people focus their minds on things that make them feel grateful, they will find that positivity follows. Verbally expressing or silently reflecting on gratitude can decrease depression and practicing regular gratitude can protect against future depression.

Practicing gratitude can also help provide emotional strength and resilience when confronted with stress, loss, grief, or trauma. According to Nicola, "Gratitude lowers cortisol, a stress hormone, in your body. Lowered cortisol levels help you avoid many physical and mental side effects of stress."



Read more about the benefits of gratitude at <https://www.webmd.com/balance/features/gratitude-health-boost>.

[1] [The Benefits of Gratitude and How to Foster More Gratitude in your Life \(webmd.com\)](#)



Vacation Memories

Thanks to Pioneers from across the nation who shared their favorite vacation photos and memories for this issue. We love hearing from our Pioneers!



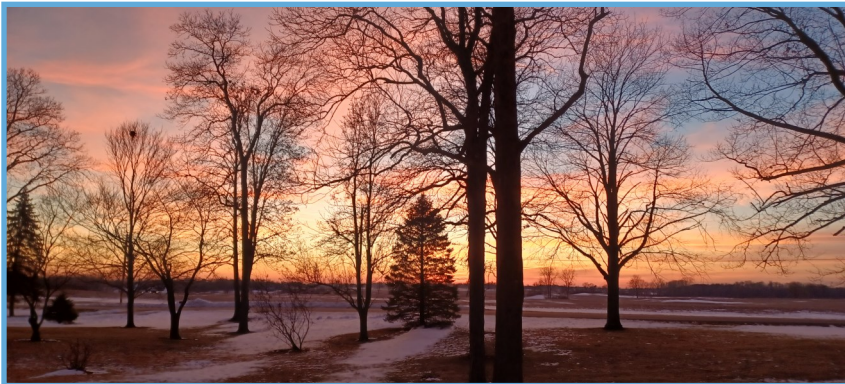
Our vacation at Panama City Beach, FL was a bit cool and rainy this year, but we enjoyed it nonetheless. Alissa Moss



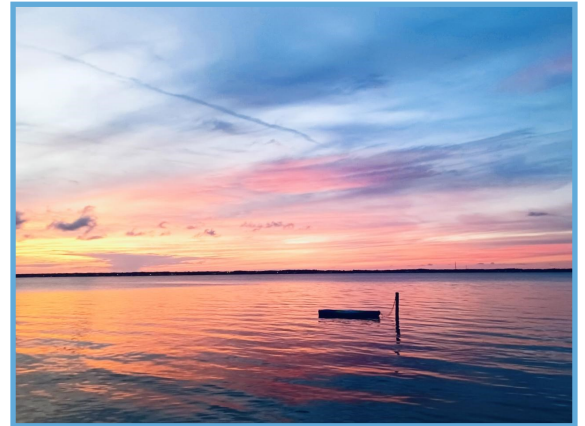
For Pioneer Cindy Downing, Comporium Club, a day on the water qualifies as a great vacation day.



This "staycation" photo was taken by Darlene Terry from a catamaran enroute to Cape Lookout National Seashore



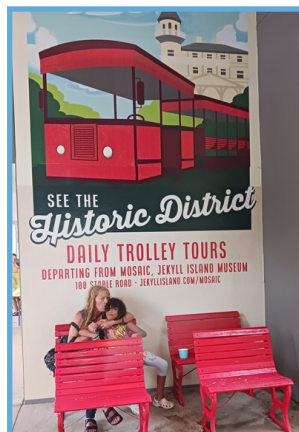
One of many sunsets enjoyed by Darlene Roll from her front porch "staycation."



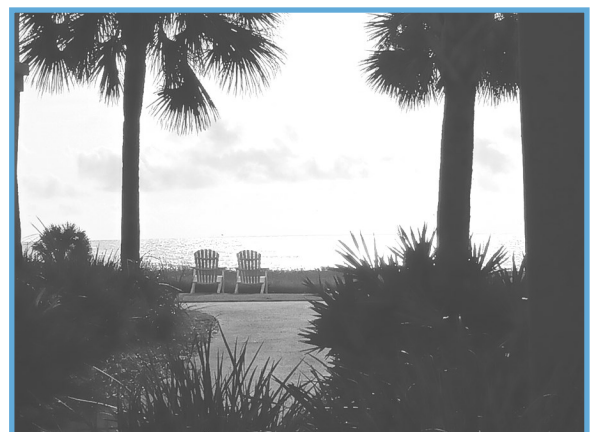
Sunset on Bogue Sound. Darlene Terry



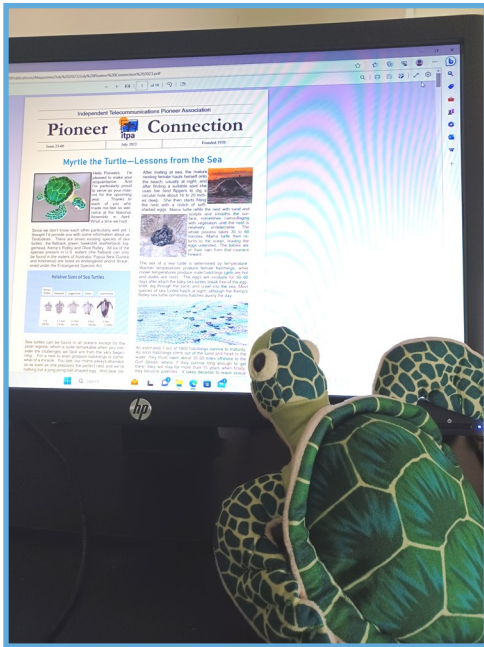
Two of my grandkids during our Myrtle beach vacation with all the grandkids (all nine of them) plus 3 daughters and their husbands. Submitted by Darlene House



My mother and daughter during our family vacation in July at Jekyll Island, GA. In the late 1800s, Jekyll Island became an exclusive hunting club for affluent families such as the Rockefellers, Morgans, Vanderbilts and Pulitzers. This once private retreat is now part of the Jekyll Island Club National Historic Landmark District, one of the largest preservation projects in the southeast. Andrea Wick



Adventures of Myrtle the Turtle



Myrtle worked hard on the July Pioneer Connection to ensure all of the turtle facts were accurate.



Myrtle visited the Croatan National Forest in July. Declared a U.S. National Forest on July 29, 1936, it's located on the Atlantic coast of North Carolina.



Just taking a break while hiking the Cedar Point Tideland Trail at the Croatan National Forest.



Myrtle takes an art class (above) and much to the surprise of her classmate, decides to help herself to a snack (below)



Working hard (above left)Myrtle ponders how to get stamps on this stack of magazines to be mailed. Playing hard (above right) "I've got friends in low places, where the whiskey drowns and the beer chases.."



Where's Myrtle? (Myrtle the Turtle as a chameleon.)



Myrtle's karaoke debut ...she waited patiently for a microphone adjustment.

Myrtle Attends Annual Tar Heel Chapter Meeting



Myrtle and Carol Pioneer Brenda Smith in a competitive game of "Nines" during a break.



This is great! Every table is like my own private island!



I think I found Myrtle, y'all!



I'm soooooo happy!!!!



Just two numbers from BINGO!!!!



Filling in for Ronnie Cashwell is a pretty big deal....and I've TOTALLY got it covered!



Myrtle demonstrates the making of a Kitchen Angel.



Myrtle gives Janet Holliday-Cashwell a little extra instruction.



Myrtle surveys the collection of non-perishable food items that will be donated to a local food pantry.

ITPA Membership—How to stay involved



Let's face it...it's harder to stay involved and stay engaged with other Pioneers these days. It's harder to find ways to work together on projects and events to help our communities. It's harder to

remain interested in what's going on with other clubs when we aren't as connected with our own Pioneer club. It's just plain hard sometimes. But finding ways to stay connected and remain engaged is worth the effort, both for our members and for the communities we serve and the individuals impacted through our community service.

In our July Pioneer Connection, we talked about the importance of ITPA membership, both to you as a Pioneer and to the well-being of our organization. (If you haven't yet submitted your 2023 membership dues of only \$30, you can still help us help others by doing so now!)

One important way to stay in-the-know and involved is to read this and other issues of your bi-monthly Pioneer Connection cover to cover. Yes, it's true that the Pioneer Connection includes information not strictly related to Pioneer activities, but our goal is to include information relevant to and important to our members.

Another way to stay involved is to serve on the board of your club or chapter and to get involved at the national level. If you're already involved with your club or chapter, are there other Pioneers that you can reach out to and let them know they are missed and needed? If you're already active at the club or chapter level and are interested in being more involved with other Pioneers across the nation, consider getting involved at the national level. Pioneers are great folks no matter whether what club or chapter they're affiliated with!

We interviewed Pioneers from across the nation to find out how they stay engaged and what Pioneering means to them. We first interviewed Carol Harrell, Carotel Club, NC to find out what has kept her engaged with other Pioneers and passionate about the role she serves as Scholarship Chairman for both the Carotel Club and the Tar Heel Chapter. Carol said, "Volunteering is a great way to get involved in your community and make a difference. Volunteering is a way of forming new and old friendships, preserve the history and ideals of the telecommunications industry and help with much needed services that "will make a difference. Choosing to volunteer for the Carotel and Tar Heel chapters, I feel passionate about their causes, therefore I enjoy the opportunity to serve.

Carol is honored to serve as the scholarship chairperson for the Carotel and Tar Heel chapter. She said, "We all know that the prices of a college education increase every year and can be a hardship for some families. The club is pleased to be able to offer these scholarships. It is a delight to watch these students complete their education and pursue their career goals."

We then asked Leon Yard, Comporium Club, SC how he manages to juggle heavy work demands and stay so engaged with other Pioneers and numerous Pioneering projects. Leon said "My first charitable contribution was a fundraiser for Cystic Fibrosis. I raised the most money and was awarded a string art train. I between the ages of 12 and 13. That lit a fire to help others. At 14 I began assisting the local fire department(my father was the Chief and I even wrote a letter to the Town Council for him to request funding to purchase and old oil truck to convert into a tanker, and continue to do so today approximately 44 years of free service to others. I have held Officer level positions in the Oakdale Department for more than 30 years. I served in most positions of office in the local club, am currently the treasurer for the Chapter and now 1st VP of ITPA. I work 2 fulltime jobs while doing my volunteer work. I blend everything I do into a task (I live by a calendar and multiple TO DO lists. I have a reputation for making things happens and that's what I do wherever I go. I feel its better to give than receive and I hope to reap the benefits of the things I have done over the years to help others."

Morrie Sachsenmaier has the following advice for Pioneers who want to stay engaged but can't do it all.

Avoid burnout. As we get older, we can get worn out. Say yes to what's fun and rewarding.

Don't let personalities drive you out. Volunteer groups have lots of personalities and some will likely clash. Just overlook them and don't let them drive you out.

We CAN still make a difference. Even as we age, we can still give back and get that warm feeling that helping others and making a difference brings.

Thanks to these faithful Pioneers for their words of wisdom. If you're not very feeling engaged or involved these days, consider reaching out to another Pioneer who might just be feeling isolated and alone. If you live close to another Pioneer whom you haven't seen in a while, please consider joining forces to participate in our national "celebrate kindness" campaign together. We can all make a difference with an act as simple as calling someone to say hello or writing a note..

A small act of kindness is often enough to change the outlook of a person's entire day. Always choose Kindness!

Club/Chapter News

Comporium Pioneers Blood Drive (SC)

Comporium Pioneers hosted their third blood drive of 2023 on August 15th in partnership with *One Blood of the Carolinas*. Although Comporium has hosted many past blood drives, donors were offered the unique opportunity this time to donate platelets via an Apheresis machine. This type of valuable donation is a lengthier process (between 90 minutes and 2 hours) which limits the number of available appointments. Five appointments were available during this session.

Platelets hold a unique power to save lives. Platelet donations are accomplished through a process called automation or "apheresis," which allows for the collection of larger volumes of specific components of blood. One automated platelet donation produces one or more complete platelet doses for a patient. Alternatively, six to eight whole blood donors would be required to produce one complete platelet dose. Cancer patients are the primary recipients of platelets due to the harsh effects of chemotherapy.

In addition to whole blood, donors also had the opportunity to donate *double red cells* using a different apheresis machine. Double red cell donation collects two units of concentrated red blood cells, which is double the amount of life-saving red blood cells that can be donated in a whole blood donation.

Thirty donors participated and twenty units of *whole blood* were collected, along with three *double red* units and 4 *platelet units*.



Carotel Club (NC)

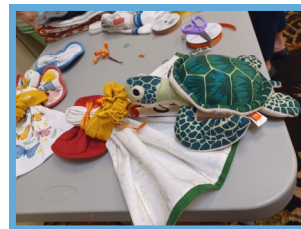
Carotel's annual fall convention will be held on NC's beautiful crystal coast on October 27-28 at the ocean-front Inn at Pine Knoll Shores. All Pioneers and Carotel friends are invited to attend. To get the special convention room rate of \$99/night plus tax for single occupancy, please call Melissa at the hotel (252-247-4155) before September 27th and reference "*Carotel Club*." (Double occupancy is an additional \$10/night plus tax.)

Please note, anyone who wishes to check-in before Friday and/or stay later beyond Sunday must contact Melissa directly by phone (252-247-4155) or by email at sales@theinnatpks.com.

Attendees must separately register for the convention itself. The registration fee of \$75 per person includes entertainment, two delicious dinner meals, and refreshments during the meeting sessions. **See registration form at end of magazine.**

Tar Heel Chapter (NC)

Tar Heel Chapter members and guests convened for the chapter's annual meeting on August 25-26 in Aberdeen, NC. The weekend's theme was 'beach bingo.' The group worked together on several community service projects during the weekend, including a drive to collect non-perishable food items for a local food bank, a collection of toiletry items for a local organization that provides assistance to older and impaired adults. Attendees also wrote thank you notes to military personnel and prepared 'kitchen angels' as gifts to first responders. Myrtle the Turtle helped with the projects and enjoyed the games!



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!

Club and Chapter News Cont'd



The Tar Heel Chapter awards *Bill and Joe Lawrence Scholarships* annually to students who are beginning or continuing their college education. This year's scholarship recipients were announced during the chapter's annual business meeting on August 26th. Congratulations to the following students, who were each awarded a \$1,000 scholarship:

Aidan Outlaw, North Carolina State University—Business

Sarah Adcock, Savannah College of Art and Design—Fashion Marketing and Journalism

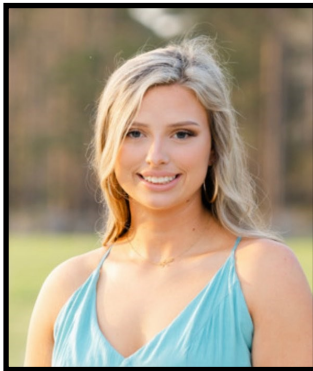
Kassie Davis, College of Coastal Georgia - Nursing

Logan Outlaw, Virginia Tech—Environmental Sciences

Aidan Duncan, Edgecombe Community College—Business

Connor Outlaw, UNC Chapel Hill—Computer Science

Kassie Davis attended the scholarship presentation via Zoom, during which all of the scholarship recipients were recognized.



Above, left to right: Aidan Outlaw, Kassie Davis, Sarah Adcock. Aidan is the grandson of Pioneers Mike and Jean Outlaw. Kassie is the daughter of Pioneer Alissa Moss. Sarah is the granddaughter of Pioneer Joe Lawrence.

Below, left to right: Logan Outlaw, Aidan Duncan, Connor Outlaw. Logan and Connor are the grandsons of Mike and Jean Outlaw and Aidan is the grandson of Pioneer Carol Harrell.



About the Tar Heel Chapter Scholarships:

The Tar Heel Chapter of the ITPA has been awarding scholarships to college-bound students for more than 20 years!

Tar Heel Chapter scholarships are available to family members of active chapter members who are residents of North Carolina.

In earlier years, students received awards from separately funded Tar Heel Chapter scholarships, all of which were merged in recent years into the **Bill and Joe Lawrence Scholarship** fund.

Bill and Joe both worked for Heins Telephone Company. (The family of Isabelle Heins Lawrence, Bill's wife, founded Heins Telephone Company.) Bill and Joe were dedicated Pioneers and they established a fund that helps our Tar Heel Chapter continue awarding annual scholarships.



Heins Telephone Company, headquartered in Sanford, NC, was founded by Edward Chandler Heins, Sr. who in 1895 purchased what was then the burgeoning Statesville Telephone Company. Heins Telephone Company was formed on November 21, 1931. The Heins family developed telephone services in other NC communities, including Salisbury, Mt. Airy, Raeford and Clinton.



National Office News

Beginning with this issue of the Pioneer Connection, additional electronic content is available to online subscribers that is not be available in printed copies. Pioneers who subscribe to receive the electronic version of our magazine will receive more recipes from other Pioneers, more health tips, more photos, and....well, just more! In addition, the on-line version of the Pioneer Connection will continue to be available in beautiful full color print. Printed copies of the magazine will be printed in black and white.

The July Pioneer Connection alerted our Pioneer family that the sponsor that previously printed the bi-monthly Pioneer Connection can no longer do so, and we have been exploring cost effective options for distributing paper copies of the magazine. With this issue we are taking several steps to continue getting important news to our Pioneers in a cost efficient manner.

While attempts to print full color copies at home reduced the per piece price from nearly ten dollars to about six dollars per copy, this method proved to be too labor intensive for our volunteers and we determined that at home printers do not efficiently accommodate the heavy volume.

While we continue exploring options for getting the bi-monthly Pioneer Connections to Pioneers who don't yet receive the magazine on-line, additional steps are being taken to produce more cost effective issues. The first step is that printed copies will no longer be mailed to Pioneers who also subscribe to the electronic version. That step alone would reduce the cost of mailing full color magazines by about several hundred dollars per issue. To additionally reduce printing costs, this and future issues will be printed in black and white, which on average will reduce the cost of each magazine to about \$4 per copy, including postage.

If you receive the Pioneer Connection by mail, and have an e-mail address, please consider subscribing to the electronic version of the Pioneer Connection. There are several benefits to you when you do so:

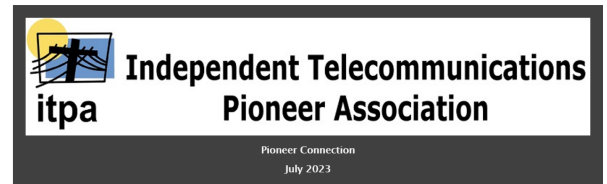
1. You'll receive additional content that will not be included in printed copies.
2. You'll receive your on-line copy of the Pioneer Connection up to one week sooner than if you receive the magazine by U.S. Mail.
3. You'll be able to fully enjoy the full color photos in our magazine.
4. You'll help our ITPA save money that can be utilized in other ways to help keep our organization strong.
5. You'll allow time otherwise spent by our Pioneer volunteers to print and mail the magazine to be spent serving our Pioneers and our communities in other ways.

Here's what a typical bi-monthly email looks like:

Pioneer Connection- July 2023

ITPA <itpa@telecom-pioneers.net>
7/15/2023 4:17 PM
To: bdnterry@outlook.com

[View this email in your browser](#)



Happy summer. We hope you had a happy Independence Day. And...we hope you will enjoy the July issue of our Pioneer Connection.

One note of caution: We've packed so much information in this issue that it may take a few moments (or a couple of minutes) for the content to download. Please be patient. We've done our best to fill your magazine with articles we hope you will enjoy reading.

We sure would love to include information from your club and chapter in our next issue. If you have news, please send a write-up and photos to dterry625@gmail.com

View the [Pioneer Connection Magazine—September 2023](#)

Not sure how to sign up to receive e-mail notices and access the Pioneer Connection online? Just follow these simple instructions::

At <https://www.nationalitpa.com>, move your cursor to "Member Resources" and select "Publications" from the drop-down menu and scroll to the bottom of the page to the following section:

Sign up for ITPA's bi-monthly e-newsletter and Pioneer Connection.

GO GREEN! Simply fill out the form below to sign up for the ITPA's bi-monthly e-newsletter and Pioneer Connection.

All fields marked with an asterisk(*) are required.

Member Name:*	<input type="text"/>
Member Number:	<input type="text"/>
Club Number or Name:	<input type="text"/>
Email Address:*	<input type="text"/>
Repeat Email Address:*	<input type="text"/>

Is this a New Digital Opt-In ☐ New Opt-in Request ☐ Update Request ☐ Opt-out Request

Fill in the blanks, select "submit" and you will no longer have to wait to receive your copy of the bi-monthly Pioneer Connection. You can access it the moment you receive the e-mail notice.

If you have any questions about subscribing to Pioneer Connection online or if you need help, please call our national office.

Member Spotlight

We traveled to Region 2 this month to shine the member spotlight on Charlotte Baker. Charlotte is a member of the Mid-Ohio Pioneer Club, and she was recently presented with the John Knox Johnston award. Darlene Roll, Region 2 VP, talked with Charlotte about some of her Pioneer memories, and submitted the following article.



July 15, 2023, was a day for a big surprise for Mid-Ohio Club Pioneer Charlotte Baker. During the Buckeye State Chapter (Ohio) quarterly meeting, Charlotte was honored as a recipient of the John Knox Johnston Regional Award. Chapter president Jim Hoskinson presented the award.

Pictured left, Charlotte with Buckeye State Chapter President Jim Hoskinson

This award is typically presented during the ITPA's national spring assembly, but Charlotte was unable to attend this year's national assembly due to health issues. The team who submitted the application asked that the recognition be kept a secret until Charlotte could be formally recognized (and surprised) during a local meeting.

The John Knox Johnston Regional Award is the highest regional honor bestowed to an individual. The recipient must be or have been a Pioneer member who consistently, over a period of years, made significant contributions to the community through Pioneer activities and its goals. There was no doubt in the mind of the Ohio Pioneers who submitted the application in early 2023 that Charlotte qualifies for this recognition.

Charlotte joined ITPA in 1988 when the membership required 15 years' service in telecommunications. Charlotte's friends who were already Pioneers encouraged her to join, and as she shared with us, then the adventures began! Charlotte had fun locally participating in events and she participated in state meetings with enthusiasm. Gathering with other Pioneers around the country at various national events gave Charlotte even more ideas on ways to help others.

Charlotte has served as an officer and director in both the Mid-Ohio Club and the Buckeye State Chapter. In the Mansfield, Ohio area, Charlotte and the Pioneers she works with have many memories of Pioneer activities through which they served and helped communities.



Left to right: Harold Hayes, Ethel Mason, Charlotte Baker, Darlene Roll, Sue Lehmkuhle and Ron Gaumer at a Buckeye Chapter board meeting in Ashland, Ohio.

Charlotte and her family participated in numerous projects and activities over the years, such as painting U.S. maps on school playgrounds.



Charlotte has also been instrumental in hosting Christmas parties where Pioneers and retirees were recognized, staffing roadside rest area "traveler stops" to provide snacks and drinks for donations to Pioneer projects, spaghetti dinners at the VFW to raise funds, bowling tournaments for Pioneers and sponsoring company (Sprint) employees for the "Tricycle Races" at Sprint headquarters. Tricycles were donated by Sprint executives and everyone from the company president to retirees were encouraged to race or at least cheer for those who did race to raise funds.

Charlotte has participated with Buckeye Chapter Pioneers in projects that were huge undertakings. One such project was the early 1990s Buckeye cookbook that included more than 700 recipes. Sprint donated the paper and printed the books. Charlotte and other Buckeye Chapter Pioneers did everything else. They collected and typed recipes, bound the printed books and sold them to raise more than \$25,000 for Alzheimer's Research. The cookbook was so popular that a second printing was made in recent years. For many years, Charlotte also helped the Buckeye State Chapter with its annual golf tournament which included participants state-wide.

Helping veterans has always been a priority for Charlotte and on several occasions, she helped gather items for the Veterans Administration Hospital in Dayton, Ohio. Pictured right, food items collected for veterans.



A staunch supporter of her club's "Pennies for Pioneers" project, Charlotte always brings a bag of pennies or other change when she attends meetings.

Member Spotlight Continued

One year when Charlotte and her late husband, Tom, joined other Pioneers at the national meeting (now called spring assembly) in Las Vegas, Charlotte and another Mid-Ohio Pioneer then headed to Newport Beach, California for the kick-off of Al Galletly's "Bike Ride Across America for Alzheimer's" That event raised awareness and funds for Alzheimer's Research. Then, Charlotte and Jeanne White, now deceased, who was then an ITPA board member, went to Washington, D.C. for the ride's conclusion.

Through the years, Charlotte has attended conventions and assemblies in locations such as Pennsylvania, Jacksonville, Washington state, New Hampshire, San Diego and Tampa, and thinking of all of them invokes special memories. If there was a beach anywhere around Charlotte would always check out the beaches. And she never missed the silent auctions that helped raise funds for ITPA projects.

In addition to her community involvement as a Pioneer, Charlotte has also contributed to her community in other ways. She was a volunteer for EMPAC (Emergency Pregnancy Assistance) and was recognized with a U.S. Presidential certificate for her work as "Volunteer – Area Council on Aging." Charlotte is also a member of the VFW Auxiliary. Until her health would no longer allow her to do so, Charlotte was a member of a bowling team. After retiring from telephony in 2000, Charlotte took on a couple of other jobs and she was a member of a bowling team until her health issues arose. No matter where she has been, Charlotte has always found ways to help others. Charlotte shared for this article, "The Pioneers I have met through community involvement have given me more confidence in myself. They have become good friends and are like family. Many of those friends are now gone, but so many good memories remain!"



Charlotte with Buckeye Chapter members and their families, and ITPA Pioneers visiting from Florida and South Carolina. Photo was taken at the highest point in Ohio (Bellefontaine) on a break during the Buckeye State Chapter Fall Weekend Gathering.



Charlotte catches up with old friends at a Buckeye Chapter Fall Gathering Meet & Greet.



Charlotte watches Harold Hayes in amusement while Jim Hoskinson eggs him on.



Left: Supplies collected by Charlotte and other Pioneers to help people impacted by Kentucky tornadoes.

Right: Sally Stone stops for a photo while Christmas shopping for veterans. (Charlotte was too busy shopping to stop.)



Recipe Exchange

Buckeyes (Candy)

Submitted by Darlene Roll, Mid-Ohio Club

Since it is almost football season as I write this recipe, I thought that it was time to share how people in Ohio celebrate being Buckeyes! Buckeye Candy is wonderful any time of year but is extremely popular during football season. Try these and you will see why Ohioans are "some kind of nut"!

Ingredients:

- 2 cups creamy peanut butter (not all-natural)
- 1/4 cup (1/2 stick) butter or margarine, softened
- 16 ounce package of powdered sugar
- 2 cups (a 12-ounce package) semi-sweet chocolate morsels (Toll House brand is our favorite)
- 2 tablespoons vegetable shortening

Directions:

Line baking sheets with wax paper. Beat peanut butter and butter in large mixer bowl until creamy. Beat in powdered sugar until mixture holds together and is moistened. Shape into 1-inch balls; place on prepared baking sheets. Freeze for 1 hour.

Melt morsels and shortening in a medium, uncovered, microwave-safe bowl on HIGH (100%) power for 1 minute; STIR. Morsels may retain some of their shape. If necessary, microwave at additional 10- to 15-second intervals, stirring just until melted. Dip peanut butter balls into melted chocolate using a toothpick, leaving a small portion of the center uncovered. Shake off excess chocolate and scrape bottom of candy on side of bowl.

Return to baking sheets; refrigerate until chocolate is set. Store in covered container in refrigerator.

Share Your Favorite Christmas Recipe with Other Pioneers!

Pioneers from across the nation submit recipes for the "Recipe Exchange" section of each Pioneer Connection. Our November 2022 Pioneer Connection included enough recipes for an entire Thanksgiving feast. This year's November issue will feature our readers' favorite Christmas recipes. We need your help! Please send us your favorite Christmas cookie, candy, cake or other dessert. Do you have a favorite dish that is traditionally served on Christmas Day? A favorite beverage? Please email the recipe you'd like to share with other Pioneers to dterry625@gmail.com no later than October 15th.

Tomato Zucchini Casserole

Submitted by Darlene Terry, Carotol Club

Friends gifted me with some LARGE zucchinis and a dozen fresh tomatoes this summer, and I found this recipe from AllRecipes. My zucchinis were huge and I needed to use more of the vegetables than the recipe calls for, so I used a 9 x 13 inch baking dish and increased each of the ingredients a bit. It turned out delicious so don't be afraid to adjust the quantities.



Ingredients:

- 1 1/2 cups grated cheddar cheese
- 1/3 cup grated Parmesan cheese (you can substitute Parmesan cheese with your favorite cheese)
- 2 cloves garlic, minced (if you can substitute minced garlic from jar use up to 2 teaspoons)
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- Salt and pepper to taste
- 2 medium zucchinis, thinly sliced
- 3 tomatoes, thinly sliced
- 1/4 cup butter
- 2 tablespoons finely chopped onion
- 3/4 cup fine bread crumbs

Directions:

Preheat oven to 375°. Lightly butter a 9x9-inch pan.

Combine cheddar cheese, Parmesan cheese, garlic, oregano and basil in a large bowl. Season with salt and pepper and set aside.

Arrange half of the zucchini slices in the pan. Sprinkle 1/4 of the cheese and herb mixture on top. Arrange half of the tomatoes and top with another 1/4 of the cheese mixture. Repeat layers.

Melt butter in a skillet over medium heat. Stir in onions and cook until soft and translucent. Stir in bread crumbs and cook until they have absorbed the butter. Sprinkle on top of the casserole.

Cover loosely with foil and bake for 25 minutes. Remove foil and bake another 20 minutes until top is crusty and

Is Volunteering Good for your Heart? The Benefits of Giving Back. Volunteerism is Good for You

Copied from: *Heart to Heart WakeMed Heart & Vascular News Summer 2023*

Taking good care of ourselves is a critical component of longevity, but caring for others is also a rewarding and gratifying way of boosting your physical and mental health, especially as you age.

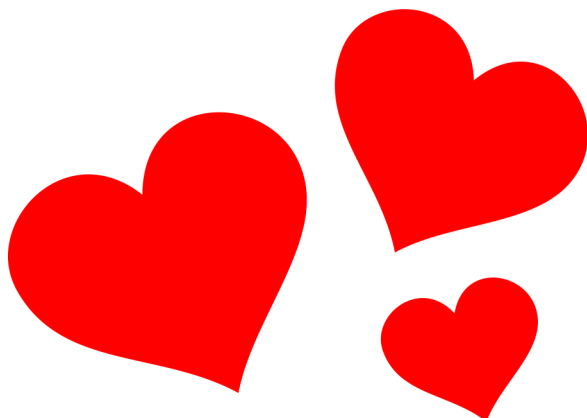
Research shows that giving back to your community by volunteering two hours or more per week is a great way to stay physically active, socially engaged and mentally stimulated. What's more, studies even show specific links between volunteering and heart health.

In a 2015 study published in *The Gerontologist*, middle-aged volunteers were shown to have lower blood sugar, less abdominal fat, and higher levels of good (HDL) cholesterol than those who didn't take time to give back. Older adults who volunteer also have a lower risk of developing high blood pressure, according to the same study.

"We know that staying socially engaged is good for the mind, body and soul," says Dr. Nerissa Price, Medical Director of WakeMed Physician Practices' Well-Being Initiatives. "Restorative health measures like volunteering can reduce stress, ward off loneliness and provide a sense of purpose, all of which contribute to better mental and physical health markers overall."

Heart health depends on a number of complicated, interconnected factors, but there's a clear symbiotic relationship between cardiovascular and social-emotional health.

"Managing our social-emotional health is just as important as managing a health condition like hypertension or diabetes," Price says. "Volunteering is one tool in your toolbox to improve social-emotional health, boost mood and increase happiness."



Here are the top 5 heart-healthy benefits of volunteering:

1. **It can help reduce stress.** Stress management is essential to heart health. Chronic stress can increase cortisol and adrenaline levels in your bloodstream, leading to increased heart rate and blood pressure. Stress is also linked to the formation of blood clots, which can cause heart attack or stroke, and chronic inflammation, which weakens the immune system over time. Adding to its physical impacts, stress can also lead to negative emotions that contribute to unhealthy coping behaviors – drinking too much alcohol, overeating, avoiding exercise and putting off medical appointments, for example.
2. **It fosters a proactive approach to preventative health.** People who volunteer are more likely to take preventative health measures, according to a 2016 study published in *Social Science & Medicine*. The research found that older adults who volunteer are 47 percent more likely to get cholesterol checks and 30 percent more likely to get an annual flu shot. The flu shot appears to significantly reduce the risk of heart attack and stroke over one year, according to a 2013 study published in the *Journal of the American Medical Association*.
3. **It keeps you on your feet.** Many volunteer opportunities, whether you're packing boxes at a food pantry, serving meals at a soup kitchen, or greeting visitors at a senior center, require physical activity. According to a study of participants in Experience Corps, a program that pairs adults over 50 with public school students who need reading help, volunteers tend to walk more steps each day than their peers.
4. **It fights depression and provides purpose.** Volunteering can ease symptoms of depression and loneliness, according to a 2020 study in the *American Journal of Preventive Medicine*, but it also offers volunteers a sense of meaning, direction, and a goal to strive for – key positive emotions for longevity. People who feel more happiness, gratitude, and sense of purpose have a lower risk of experiencing a cardiovascular event, including a heart attack or stroke, according to a 2016 report in *Psychosomatic Medicine*.
5. **Cognitive Function.** Lastly, volunteering is linked to improved cognitive function, including thinking, learning, and memory. In fact, some experts believe humans' brains are hardwired for generosity, according to a 2016 study published in *Brain Mapping*.

Looking Back ... Telephone Hall of Fame Inductee John Boyland



John Boyland was the fourth of sixteen individuals inducted into the ITPA's Telephone Hall of Fame in 1965. Boyland, having deceased in 1960, was inducted posthumously. Boyland attended John Carroll University in University Heights, Ohio. He began his telephony career with the Cleveland Ohio Telephone Company in 1892 as a timekeeper.

From 1910 through 1912 Boyland worked as an independent telephone consultant and then became General Manager for Clinton Telephone Company in Clinton, NY and for Mountain Home Telephone in Plattsburgh, NY where he served in that capacity until 1921.

In 1921, Boyland was promoted to the position of vice president with Rochester Telephone Company. He went on to serve as the company's president and chairman of the board from 1946 through 1959.

Boyland served two terms as President of the New York State Telephone Association. He also served as director and president of the United States Independent Telephone Association (USITA).

During his career, Boyland was active in civic and community organizations including Community Chest, Civic Music Association, Minority College Fund drives, Rochesterians, Chamber of Commerce, Rochester Council civic clubs, Rochester Engineering Society, Highland Hospital, Columbus Civic Center and Rochester Institute of Technology.

The ITPA Telephone Hall of Fame was established in 1965 to recognize individuals such as Boyland who have made significant contributions not only to their respective companies but to the development, growth, and public perception of the telecommunications industry on a national scale over a period of many years. Nominees must be either retired from the telecommunications industry, have reached the age of 70, or be deceased.

A bottle of water can be 50 cents at a supermarket, \$2 at the gym, \$3 at the movies and \$6 in an airport. Same water... the only thing that changed its value was its location. The next time you feel like you don't have much value, maybe you're at the wrong place.

Are you Getting the Most of out your AARP Membership?

From the August 2023 Carotel/Tar Heel Chapter Newsletter

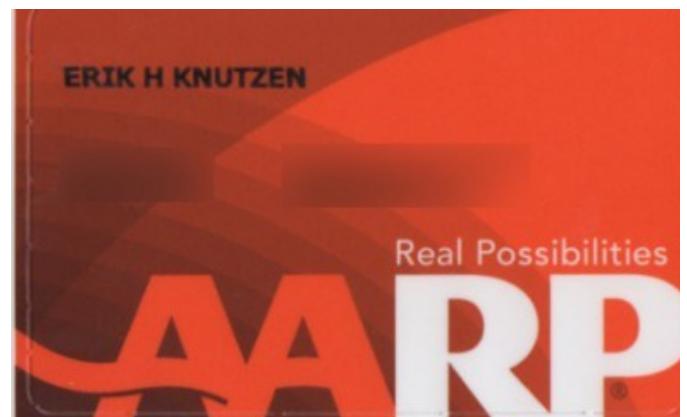
If you're not taking advantage of AARP membership, you may be losing out on some great discounts. Have you booked a cruise? Using your AARP member benefits you can purchase discounted gift cards for Carnival, Royal Caribbean, and other major cruise lines. You can then use those gift cards to pay the balance on your cruise (or you can "gift" the gift cards to someone special. Through <https://www.aarp.org/rewards> you can purchase a \$500 gift card for \$450 or a \$100 gift card for \$90. And you can purchase multiple cards. For example, when you purchase three \$500 gift cards, you pay AARP only \$1,350 for the gift cards, which you can redeem to pay \$1,500 towards your cruise.

AARP members have access to other great deals as well. Examples include a \$50 Jiffy Lube or Airbnb gift card for \$35. Need to book flights? Get \$500 American Airlines gift card for \$475. Need to shop for your trip? Buy a \$100 Belk gift card for \$90!

At [AARP Rewards: Explore Ways to Reward Yourself](#) log into your account and reap the rewards. Take note, the gift cards you can purchase outright are mixed in with offers and sweepstakes that require rewards points. And speaking of rewards points, there are lots of opportunities to accrue rewards points. Take a quiz, read an article, subscribe to various AARP publications electronically, and more. Then, use your rewards points to get free stuff or to enter sweepstakes.

Your AARP membership card can also help you snag a 20% discount at Papa Johns, a 15% discount at Dennys or a dollar off your Wendy's breakfast sandwich.

Not yet an AARP member? Visit www.aarp.org to join. The benefits available will more than pay for the reasonable yearly membership fee.



I Need a Nap!....Or Do I?



For those of us who are retired, we may remember the days in the work force when we dreamed of a mid-afternoon nap. Some have even confessed to grabbing 40 winks in their car during their lunch hour. Now that we're retired, we can day sleep whenever we want, without feeling guilty about it! In fact, no one even has to know!

There are ways to get the most out of a nap, and if you don't nap properly, you might not feel refreshed after napping and even worse, your ability to sleep peacefully at night may be disrupted.

According to the Mayo Clinic, napping does offer some benefits for healthy adults. A good nape can help reduce fatigue and increase alertness, as well as improving your mood and your performance. You can even experience a quicker reaction time and better memory.

There may be some drawbacks, though, and napping isn't for everyone. Some people may feel groggy and disoriented after waking from a nap. Moreover, while short naps don't generally impact night time sleep quality, it could cause sleep problems for people who experience insomnia or poor sleep quality, especially if you take long or frequent naps.

A late morning or early afternoon nap might help you if you experience new fatigue or unexpected sleepiness during the day or if you know you will soon have to experience some sleep loss. And for those of us who just love to sleep, a planned nap as part of your daily routine might be for you. However, if you experience a new or increased need for napping and there's no obvious cause for that, you should talk to your doctor. Medications or sleep disorders might be a problem that napping can't solve.

The Mayo Clinic recommends that for naps to be optimally beneficial, they should be limited to 10 to 20 minutes. The older we get the more likely longer naps are to make us feel groggy afterwards or not sleep as well at night.

Ideally, naps should be taken in the afternoon. Napping after 3pm is more likely to interfere with nighttime sleep. Planning your nap in a quiet dark location with a comfortable temperature and few distractions will also help maximize the benefit of your nap. When you awaken, ease into resuming your normal activities to give your senses and responsiveness time to benefit fully from the rest.

Source: Mayo Clinic's [Napping: Do's and don'ts for healthy adults](#) (Click on link to learn more)

Don't Worry...Be Happy!!!

Increase your energy! Live a happier, healthier and more productive life! Sound like an advertisement trying to get you to purchase a miracle cure? Nope. It's just a common sense approach to life that can positively impact your overall energy and health. Get started today by following these seven tips:

- ◆ Eat nourishing food
- ◆ Get 7 to 8 hours of sleep nightly
- ◆ Keep company with good people (Connect with other Pioneers regularly!)



- ◆ Avoid overdosing on news
- ◆ Get regular exercise
- ◆ Do something meaningful every day
- ◆ Think good thoughts for others



While these tips are pretty self explanatory, you can learn a lot more about the science behind these recommendations and more about what exactly you should do by visiting the Mayo Clinic's website at [newsnet-work.mayoclinic.org/discussion/7-tips-to-live-a-happier-life/](https://www.mayoclinic.org/discussion/7-tips-to-live-a-happier-life/). Then, incorporate them into your healthy lifestyle.

You can also sign up to receive free health tips from Mayo Clinic and stay up to date on research advancements and current health topics.

Source: Mayo Clinic article [7 Tips to Live a Happier Life](#)

SPRAINED ANKLE? RICE IT

A sprained ankle is a painful annoyance. And it's an easy injury. Just step of a sidewalk curb, land wrong when you're making a play in that senior league, or stumble on uneven pavement. When that happens and you find yourself limping and sore, you probably have a sprained ankle. This happens when you roll your ankle inward and the ligaments supporting the outer part of the joint are stretched or torn.

A sprained ankle is the most common sports-related injury and active adults. While common, a sprained ankle can lead to chronic issues if not treated properly. If you have an injury that you know is only a sprained ankle, RICE is the answer. No, we're not talking about eating rice. Here's what we mean:

Rest: Avoid activity that causes pain and limit walking for the day or so after the injury to allow your body time to begin healing.

Ice: Apply ice to where it hurts throughout the day, (15 minutes on and 15 minutes off) on the day of the injury. Thereafter, apply ice for 15 minutes at least three times daily until your pain and swelling subsides.

Compression: Wrap or use a compression sleeve to prevent excessive swelling and to protect the area from additional injury. Some inflammation is a natural part of healing but too much swelling can be detrimental.

Elevation: Keep your foot and ankle elevated above or at heart level as often as possible on the day of the injury to control pain and help minimize swelling.

If a week passes with little or no improvement, it's time to see a doctor. Otherwise, continue **RICE** ongoing, gradually reducing the steps as your pain and swelling decrease.

Along with these steps, taking over-the-counter pain medications will help reduce the pain. After the pain and soreness subsides, begin some resistance-free, non-weight bearing exercises to improve range-of-motion. You can do something as simple as drawing the letters of the alphabet with your foot or moving your foot to the north, south, east and west.

Range of motion activities will help prevent long-term stiffness, reduce swelling and help stretched ligaments heal.

Learn more about how to treat a sprained ankle and when to see a doctor at: <https://www.mayoclinic.org/diseases-conditions/sprained-ankle/diagnosis-treatment/>

Source: Mayo Clinic News Network.

10 HEALTHY FOODS YOU CAN EAT WITHOUT GAINING WEIGHT

The March 2023 Pioneer Connection featured an article about foods you can indulge in to your heart's content without gaining weight (along with a balanced diet). Before we know it, we'll be tempted to over-indulge during the holiday season. In case you need a reminder about what foods are indulgent friendly, here is the list of ten foods you can eat without guilt.

Celery has fewer than 6 calories per stalk! It's made of mostly water, so munch away without guilt, as long as that stalk isn't dipped in peanut butter!



A cup of shredded iceberg **lettuce** has just 10 calories, making it one of the least caloric foods you can eat.

One cup of **watermelon** contains:

- * 46 calories
- * 12 grams of carbohydrates
- * Vitamins A, B6 and C
- * Potassium
- * Zero fat, cholesterol or sodium

A cup of **broccoli** or **cauliflower** has only about 30 calories.

Grapefruit is high in fiber and low on the glycemic index, which means it won't boost your blood sugar too much. Just ensure that grapefruit won't interact with your medications, such as statins (and don't load it up with sugar to make it taste sweeter).

Ten medium **mushrooms** have only 40 calories, so stack 'em up on your salads.



Berries (strawberries, blueberries, blackberries) are very healthy, containing many anti-oxidants. A half cup of strawberries only has about 32 calories.

A whole **Kiwi** has about 44 calories and contains some fiber.

A medium **carrot** only has 25 calories.

A whole cup of **spinach** has only 7 calories and a cup of **kale** has only 33 calories.!