



# C-FB RSPA

Carrollton-Farmers Branch Retired School Personnel Association

April 2021



## President Message

Della Swaim

### MY SINCERE GRATITUDE!

At my home we have been watching the Netflix series, *The Crown*. At one point when Elizabeth was lamenting about her role in and disappointment about how their children had turned out, Prince Philip said her responsibility was to, “Stick around, stay alive, and keep breathing!” When trouble comes we have to do just that. Your C-FB RSPA officers and Committee Chairpersons have pulled together during this pandemic, and we are still alive despite all of the adversity! I want to personally thank all of them and hope that you will express your own gratitude to the following TERRIFIC people!

1 <sup>st</sup> VP	Lori Smith, Lori McCall
2 <sup>nd</sup> VP	Pat Enlow
Secretary	Darcy Perreault
Treasurer	Judy Carey
Parliamentarian	Linda Tole
Past President	Lee Nitcholas
Technology	Lyn Abercrombie
Healthy Living	Carol Sprawls
Information Protective Svc	Linda Bambina
Metrocrest Food Drive	Estelle Lara
Legislative	Pat Enlow, Nichie Hoskins
Sunshine	Kathy McWhorter
Member Benefits	Shaima Hakimi
Field Trips	Beth Sargent
Door Prizes/ Foundation	Debbie Moss
Retirement Education	Mary Eisenmann
Volunteer Hours	Kay Edmondson
Historian	Donna Wright
Children’s Book Project	Gail Schwamb

### DIAMOND PLUS MEMBERS

I want to ask you to consider signing up for the **Diamond Plus** program. When you sign up for the **Diamond Plus** program, your state TRTA dues are deducted from your monthly annuity (less than \$3 per month). You will still owe your local yearly dues (\$10), but you will eliminate the chance of having your membership canceled because you

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## Wednesday, April 21

### Virtual Meeting via Zoom

The Zoom link/code will be emailed 4/19

Program: *Where Can You Travel Today?*

10:30-10:55 a.m. Login to Zoom

11:00 a.m. Meeting begins

## April Program

Pat Enlow

2<sup>nd</sup> Vice President (Programs),  
Children’s Book Project, Publicity,  
Member TRTA District 10 Legislative Committee



For the past year, your ‘travel’ may have been from bedroom to kitchen to patio, etc. As we emerge from the COVID pandemic, are you ready to travel to some of those destinations you’ve been dreaming of, but are unsure how to go about making those dreams come true?

**Karen Dawson** of **Southlake Travel** has the answers! In her presentation, *Where Can You Travel Today?*, Karen gives us insight into what travel looks like post-COVID. She tells us which countries are open for travel and what to expect from the airlines, hotels, cruise lines, and tour companies. She offers tips and tricks to navigate the latest rules, regulations, and protocols.



Karen also has some unique travel ideas to renew family ties or acquaintances with friends in *The Road Less Traveled*. Whether you want to travel overseas or right here in the USA, this will be a unique opportunity to have your questions answered about the current standards of travel.

## Membership

Lori Smith and Lori McCall



We are happy to welcome new member, **Martha Dodson**, to our

C-FB RSPA family. We need to keep our family growing, and I have a feeling we may have many retirees this year. If you know someone who is retiring or already retired tell them about our group and invite them to our next Zoom meeting. Hopefully we will be able to get together this summer for fun and fellowship! We will invite potential new members to that event. so let us know if you know of someone!

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forgot to send your dues. Another benefit of you joining the **Diamond Plus** program is that our local organization has a greater chance of competing for the membership incentive programs that are put on by the state TRTA. It is a WIN, WIN for you and for C-FB RSPA! So, please consider signing up for **Diamond Plus!** Contact Judy Carey and she will get the paper work started for you. Thank you!

**WE MUST REMEMBER TO SAY "THANK YOU" TO OUR ELECTED OFFICIALS!**

Regardless of our political affiliation, we depend on our elected state officials to make sure that our TRS Pension is funded and that our TRS Care health insurance premiums are kept affordable. This year we are depending upon them to make our pension actuarially sound, so that TRS retirees might be able to receive a COLA (cost of living adjustment) or a raise for the first time in a VERY long time! So, please begin any correspondence with our Legislators with appreciation and a "Thank you!"

This is the time of year when our former colleagues begin to announce their plans to retire. Please contact them and invite them to join C-FB RSPA and become involved in the only organization dedicated to protecting their TRS Pension and health care. Although we usually do not meet in the summer time, this year we hope to have a general meeting this summer as soon as TRTA lifts its ban on in-person meetings. That meeting will be an ideal time to invite new retirees to come to a luncheon and get to know us before they get too busy enjoying retirement!

**You are important to C-FB RSPA! TRTA is over 96,000 members strong now!**



## News from the Treasurer

Judy Carey, Treasurer

Hope everyone is staying safe and staying healthy and has received their COVID vaccine. I really miss seeing everyone at our meetings. Hopefully, we will be able to have in-person meetings soon.

A new membership year has begun!!!! The State Membership Committee is offering an incentive to reward its dedicated local units for their recruitment efforts: **M&M: Membership and More** encourages local units to recruit/renew as many members as possible by June 30, 2021 for a chance to win a cash prize! We have come remarkably close in past years to winning, so please get your dues paid now.

Thank you to everyone who has paid their dues so far. I did not even have to remind you. In the meantime, for those of you who have not paid, **it is time to pay your 2021-2022 state and local dues now.** March 1 is the start of the membership year for 2021-2022. If you have your state dues taken out of your annuity or pay by a bank draft, all you need to pay is your local dues of \$10. Make your check out to C-FB RSPA in the amount of **\$45** for state and local dues and mail to me at **975 Laguna Drive, Coppell, TX 75019.** If you have questions, please email me at [judy.carey@verizon.net](mailto:judy.carey@verizon.net) or call me at 214-498-9867.

Remember if you have any changes in your information, please let me know. If you are retiring soon, if your email address changes, etc., I need to know.

We appreciate your membership and hope you plan to renew NOW for 2021-2022.

## Upcoming 2020-2021 Meetings

**April 21, 2021** (online via Zoom)

***Where Can You Travel Today?***

**May 19, 2021** (online via Zoom)

**TRTA District 10 News and Installation of Officers**  
with Sandra Barber, President of TRTA District 10

## Sunshine

Kathy McWhorter



Please notify me if you know of a member who is ill or needs a note of encouragement!  
[kathymcwhorter@verizon.net](mailto:kathymcwhorter@verizon.net)

**PAY YOUR DUES, PAY YOUR DUES, PAY YOUR DUES, PAY YOUR DUES, PAY YOUR DUES**



## Legislative Report

Pat Enlow, 2<sup>nd</sup> Vice President (Programs),  
Children's Book Project, Publicity,  
Member TRTA District 10 Legislative Committee

Are you feeling a bit inundated with information? I SO appreciate all of you who have responded to the Calls to Action this legislative session. You are making a difference! Thank you.

**During this 87<sup>th</sup> Texas Legislative Session, we have an opportunity to receive a 6% raise (COLA) in our TRS monthly pension! However, you must do your part to make this happen.**

\*If you have not sent your **RED LETTERS**, it is not too late. If you have not received your VOICE, simply write letters telling your story and send to your Senator and Representative.

Google the names of your Senator and Representative and add Texas after the name to find his or her Texas Legislative home page with addresses (also \*phone numbers to call to tell them to sponsor bills below).

\*Be sure to RSVP by clicking this link to register for Zoom to the Capitol (April 5-8) even if you cannot attend Zoom sessions. We need your support. Once you RSVP, you will be sent links to the meetings.

\*Call the offices\* of your Senator and Representative and tell them to co-sponsor the following bills:

Senate Bill 2092 (COLA)  
House Bill 3206 (COLA)  
House Bill 3214 (COLA)  
Senate Bill 706 (Sunset)

\*Attend meetings with your Senator and Representative. Please note that Senator Nathan Johnson's day/time has been changed from initial notice.

**Tuesday, April 6 @ 3:00 – 3:30**

**Representative Rafael Anchia** Legislative Zoom Representative Rafael Anchia is Chairman of the Pensions Committee.

Time: Apr 6, 2021 03:00 PM Central Time (US and Canada)

Join Zoom Meeting

[https://us02web.zoom.us/j/86738400520?](https://us02web.zoom.us/j/86738400520?pwd=bXNXWFNLMjI3Yk5FYnNuL1hkREcvQT09)

[pwd=bXNXWFNLMjI3Yk5FYnNuL1hkREcvQT09](https://us02web.zoom.us/j/86738400520?pwd=bXNXWFNLMjI3Yk5FYnNuL1hkREcvQT09)

**Meeting ID:** 867 3840 0520

**Passcode:** 982569

**Tuesday, April 6 @ 3:30 – 4:00**

**Representative Julie Johnson** Legislative Zoom Meeting

Time: Apr 6, 2021 03:30 PM Central Time (US and Canada)

Join Zoom Meeting

[https://us02web.zoom.us/j/85110579492?](https://us02web.zoom.us/j/85110579492?pwd=MnJGZUIyZkFKeEcvY05YdWJFVFZLUT09)

[pwd=MnJGZUIyZkFKeEcvY05YdWJFVFZLUT09](https://us02web.zoom.us/j/85110579492?pwd=MnJGZUIyZkFKeEcvY05YdWJFVFZLUT09)

**Meeting ID:** 851 1057 9492

**Passcode:** 100015

**Thursday, April 8 @ 10:00 – 10:30 am**

**Senator Nathan Johnson** Legislative Zoom Meeting

Time: Apr 8, 2021 10:00 AM Central Time (US and Canada)

Join Zoom Meeting

[https://us02web.zoom.us/j/89360097051?](https://us02web.zoom.us/j/89360097051?pwd=aFVWY3hhTS80TVIwQWdFT05mR1NXZz09)

[pwd=aFVWY3hhTS80TVIwQWdFT05mR1NXZz09](https://us02web.zoom.us/j/89360097051?pwd=aFVWY3hhTS80TVIwQWdFT05mR1NXZz09)

**Meeting ID:** 893 6009 7051

**Passcode:** 589160



## Children's Book Project: **A Book a Child**

Pat Enlow, 2<sup>nd</sup> Vice President (Programs),  
Children's Book Project, Publicity,  
Member TRTA District 10 Legislative

Committee

Gail and I are so excited to announce the schools that will receive books through our A Book a Child Children's Book Project. **In May, we will deliver a total of 2,310 books to Las Colinas, La Villita, Landry, and McCoy!**



A **monstrous** to our members who were able to donate to Children's Book Project this year. You made a huge difference. I will be coordinating with Principals for a delivery date in May and I will be looking for enthusiastic volunteers to make those deliveries. It's so much fun!



## Metrocrest Services

Estelle Lara

This coming Thursday, April 8, 2021, from 8:00-9:00 a.m., Metrocrest Services will be kicking-off their 50<sup>th</sup> Anniversary year-long celebration at the 16<sup>th</sup> Annual Keyholder Breakfast! It is a virtual breakfast filled with photos and information showing how they have impacted the community as well as speakers telling about all their resources. Few of us realize how much Metrocrest Services does! The event is a benefit, so online participants are asked to donate \$35 to take part. It is for a good cause!!

Here is a recent list of most needed items due to the recent winter storms: canned soup, canned vegetables and fruit, and canned tuna; mac and cheese, cereal, peanut butter, toothpaste, laundry soap, feminine hygiene, dish soap, bar soap, body wash and deodorant; adult diapers and baby diapers and baby wipes. No perishable items, please.

You can drop off donations of goods at 13801 Hutton Dr., #150, Farmers Branch 75234. Or, you can make a monetary donation at [metrocrestservices.org](http://metrocrestservices.org). Let's help make a difference!

## Healthy Living

Carol Sprawls



Congratulations to all five C-FB RSPA WAT (Walk Across Texas) 2021 Teams! Our five teams ranked in the **top third** of Region 10's forty-two teams for the number of miles walked over the eight-week physical challenge. We had six teammates recognized as **Star Walkers for the Week: Kim Kockritz, Linda Anderson, Shaima Hakimi, Carol Sprawls, Kay Griffin, and Becki Tucker.** Of the fifteen Region 10 retired teacher groups represented, C-FB RSPA was one of three with FIVE teams. That's forty C-FB RSPA WAT teammates!

Our five Team Captains worked diligently to encourage their teams, and some held Zoom meetings to promote friendship among teammates. Thank you to **Cathy Webb, Lori McCall, Kay Griffin, Becki Tucker, and Linda Bambina!** You made my job both fun and easy.

Participants had numerous positive take-a-ways:

- ⇒ Developed camaraderie with teammates
- ⇒ Prevented extra COVID pounds and trimmed my waistline
- ⇒ It got me off the sofa and out of the house to enjoy the sunshine
- ⇒ Motivated me to take more steps daily
- ⇒ Learned creative methods for walking during the arctic freeze and pandemic
- ⇒ I plan to continue the habit of daily walking since it made a huge difference both physically and mentally

WAT was a tremendous success for all involved. If you weren't able to participate this year, I hope you will consider joining us next year.



Shaima Hakimi walking in the snow for WAT.



## Take Care

Linda Bambina  
Information & Protective Services

### JUST A THOUGHT

Common sense and a sense of humor are the same thing, moving at different speeds. A sense of humor is just common sense dancing.

### STRAIN YOUR BRAIN

What do these words have in common?

abhors      begins      chimp  
almost      biopsy      chintz

*(Answer is at bottom of this page.)*



### READY OR NOT, IT'S TAX SEASON

The IRS began accepting and processing returns on Friday, February 12 and this year's deadline is still Thursday, April 15. In 2020, the Better Business Bureau received over 6,500 IRS related scams via BBB Scam Tracker. And with the IRS expecting more than 150 million returns this year, BBB reminds consumers to be on the lookout for emails, text messages, and

phone calls from those posing as IRS agents.\* "Filing your taxes early not only increases your chances of getting your refund sooner," said Mechele A. Mills, President and CEO of BBB Serving Central East Texas. "It also lowers your chances of a scammer filling a fraudulent return and stealing your refund."

#### **BBB provides the following tips on safely filing your taxes:**

**BE WARY OF TAX SCAMS.** Identity thieves continue to create new ways of stealing personal information and using it for their gain.

**FILE EARLY.** By filing early scammers have less time to obtain and use your information.

**USE A CREDIBLE TAX PREPARER.** Your preparer should be a CPA, tax attorney or a certified E-file provider.

**CONSIDER ACCESSIBILITY.** If they only set up shop in the months leading up to tax time, you may need them if there is a problem later in the year.

**THE PROMISE OF BIG REFUNDS.** Promises of larger refunds than the competition or fees based on percentage of the refund should be avoided.

**READ THE CONTRACT.** Have them explain any issue you do not understand, especially fees. And make sure that they will represent you in case of an audit later.



**\*CALL THE IRS FRAUD HOTLINE AT 800-829-0433 to report any suspected fraud.**

*Strain Your Brain Answer:*

*With six letters each, they are among the longest English words with every letter in alphabetical order.*