

# DECEMBER 2022

## CARROLLTON-FARMERS BRANCH RETIRED SCHOOL PERSONNEL ASSOCIATION

Please RSVP for lunch by Dec. 9th to Judy Carey: [judy.carey@verizon.net](mailto:judy.carey@verizon.net) or call 214-498-9867

Dear C-FB RSPA Friends,

As we go into the Holidays, I want to wish you joy-filled ones with your family and friends and safe travels for those traveling near and far. If you need some cheer during the holidays, please reach out to Kathy McWhorter, our Sunshine chairperson (972-742-9513). As our thank you to the Civic League in its monetary grants for our Children's Book Project, several RSPA members were hosts for its Holiday Home Tour. I would like to thank Lyn Abercrombie, Della Swain, Pat Enlow, Linda Bambina and Lori McCall who volunteered at the beautiful, decorated homes. If you went on the Tour, thank you for supporting the Civic League.

We are in need of restaurant gift cards for our door prizes. As you socialize during the holidays over lunch or dinner, see if the location will donate one to us. Let me know and I'll come for it. Thank you. At our December 14 meeting, we will be nominating and voting to elect C-FB RSPA officers for 2022-2023. I hope to see you at our December 14 meeting at the Webb Chapel Church of Christ.

Don't forget to RSPA to Judy Carey and bring your items or check for Metrocrest. If you are not attending, you can send a check or drop off your donations at Metrocrest Services, 13801 Hutton Dr, Suite 150, Farmers Branch 75234  
Merry Christmas and Happy Holidays!!



Beth Sargent  
President C-FB RSPA



Shaima Hakimi  
1<sup>st</sup> VP Membership

Before I go over our membership related topics, I wanted to give you an updated on our District 10 Fall Conference which was held October 24<sup>th</sup>. There were close to 231 delegates, several legislative candidates and 7 speakers in attendance. Nine of us attended District 10 Fall Conference, Della Swain, Pat Enlow, Mary Eisenmann, Darcy Perreault, Carol Sprawls, Judy Carey, Becki Tucker, Stefani Johnson and myself.

### Welcome to our New Member Steve Sonksen

TRTA's strength is its members. The more representation we have during legislative session or any other crucial times, the stronger our resolve to fight for our pension, healthcare, cost of living increase, etc.

I encourage all our members to please ask your friends and family members to join us. As you all know, if you bring a friend or family member in one of our meetings and they join us, not only they get a \$20 gift card, you also be receiving a \$10 gift card.

I will also be doing a drawing for a **Mavericks T-shirt** during our next few meetings.



## Time is running out to pay dues for 2022-2023



**Judy Carey**  
NEWS FROM THE TREASURER

As you are reading this newsletter, please check to see if you have paid your state and local dues for 2022-2023. We will start collecting dues for 2023-2024 beginning at our February 2023 meeting. If you have not paid, please put your check in the mail today. The good news is that we currently have 403 members in C-FB RSPA. This is the most members that we have ever had in our chapter. The bad news is that we will have 13 members dropped from our membership the end of February 2023. TRTA removes a member from their list that have not paid their state dues in three years. Are you one of those members who will be removed? When you are removed, you will no longer receive our newsletter or any updates that are sent out to active members.

Please check to see if you have paid your dues. Make your check out to C-FB RSPA in the amount of \$45.00 (\$35.00 for state dues to TRTA and \$10.00 for local dues to C-FB RSPA). We really need your support by staying an active member in our organization. If your state and local dues are not paid each year, you become an inactive member with TRTA.



Please mail your check to Judy Carey, 975 Laguna Drive, Coppell, TX 75019. If you have any questions about whether you have paid dues, either email me at [judy.carey@verizon.net](mailto:judy.carey@verizon.net) or call 214-498-9867.



**Lori Smith**  
Lunch Coordinator

Happy Holidays Everyone!

If you attended our last meeting, you might recall that for our December RSPA meeting we will be having a table-decorating contest. We will be gathering on Tuesday evening, Dec. 13, to decorate at the church at 7:00 pm. Snacks will be provided. I will bring white tablecloths, but if you have your own feel free to use them. We are mainly focusing on the center of the tables and you don't need to bring dishes. Let's get together and have some creative fun! Please let me know if you want to participate because we only have 12 tables. If you just want to come and help, you are more than welcome to help us set up! For lunch we will be having spinach salad, Chicken Pot Pie, rolls and cookies. Please let me know if you have any questions.

Remember to RSVP to Judy Carey by Dec. 9th  
Looking forward to seeing you,  
[judy.carey@verizon.net](mailto:judy.carey@verizon.net)  
or call or text Judy at 214-498-9867.

**C-FB RSPA Website**

Our C-FB RSPA website has helpful information and photos!  
[cfbrspa.atwebpages.com](http://cfbrspa.atwebpages.com)



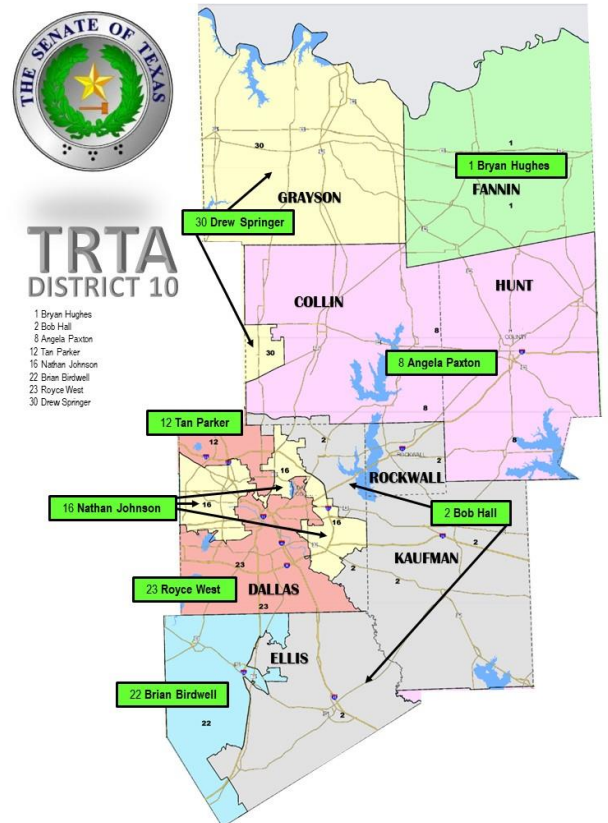
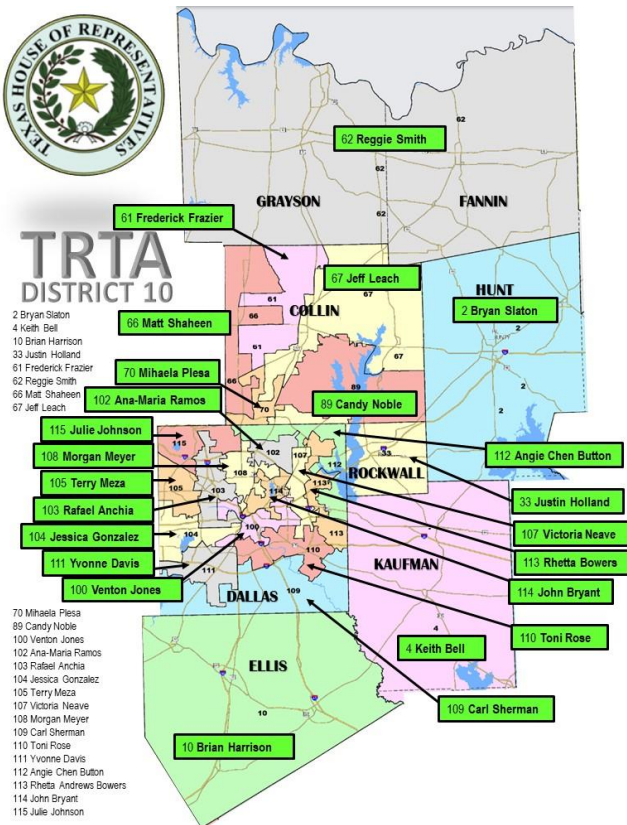
**Pat Enlow**  
**C-FB RSPA Legislative Chair**  
**Member TRTA District 10 Legislative Committee**



Some RSPA members have asked for a map showing the Texas Senate and House Districts. The following maps show the TRTA District 10 area and the Senator or Representative who was elected in each District.

The 88th regular Texas Legislative Session is from January 10 - May, 29, 2023. According to the Texas Tribune (after interviewing some elected legislators), top priorities are: immigration, border security, abortion, education (gun control, safety, and school vouchers), and the Texas power grid. We need to include our TRTA Legislative Priorities: a COLA for retired school personnel, continue DEFINED Benefits fund TRS PENSION protect TRS-Care

Continue to contact your Legislators!





**Estelle Lara**  
**Food Pantry At**  
**Metrocrest Services**

The RSPA Board decided to supply Metrocrest Services in the month of December, as the need is so great at that time of the year. Looking online, the following items are most needed at this time:

- Canned vegetables, fruits, and meat items
- Dried beans and rice
- Season fresh produce
- Breads and pastries
- Dairy products
- Toiletries and hygiene items
- Household cleaning supplies
- Diapers and wipes



Of course, if you rather write a check or donate money, that would be just great. I will be outside our meeting room collecting your bags, boxes or money as you arrive for our December meeting. Please be generous.

**Linda Bambina**  
**Take Care:**  
**Information & Protective Services**



We've had record droughts lately, BUT who knows when it will rain again, so please read the info below ....especially the LAST SENTENCE!!! (And I have a story I'll share with you about a friend who lost her car and almost her life when water covered a street on her way home from work in a storm. She watched a car go around her and later saw that same car on the news when the bodies were recovered.)

**FLOODS**

Floods are the most common and widespread of natural hazards – except fires. Most communities experience flooding after spring rains, heavy thunderstorms or spring thaws. Floods can be slow or fast rising, but generally develop over a period of days. Flash flooding is a rapid rise in water levels associated with heavy rainfall.

**FLOOD INSURANCE** – Individuals and business owners can protect themselves from flood losses by purchasing flood insurance from an independent insurance agent or through the National Flood Insurance Program.

**Homeowners' policies do not cover flood damage.**

**SURVIVING A FLOOD** – Do not attempt to walk through shallow or deep flood waters. Instead, go directly to higher ground. Keep children and pets away from flood waters, storm drains and sewers – including water along the curb. If you are in a car, drive away from flooded areas – never try to take a shortcut through them. **If your car stalls, immediately abandon it and climb to higher ground. Swift water of only six inches deep can wash cars off the road!**

**As a reminder we are having our annual bake sale for the TRTF fundraiser during our December meeting. Please come prepared to buy/donate.**





**Kathy McWhorter  
Sunshine**

Thank you to everyone who has notified me (Kathy McWhorter) of members who are in need of a card. It can be for a get well, encouragement or sympathy.

All you need to do is text me at 972-742-9513 and include the name of our member and enough details that will help me select the card. The information will be shared with our president, Beth Sargent.

This is a reminder to **count your Volunteer Hours** and email me with your count at [mce60@verizon.net](mailto:mce60@verizon.net).

**Hours are counted from January 1 to December 31, 2022.**

Keep track of your volunteer hours and report them monthly or in a lump sum at the end of the year. Thank you!

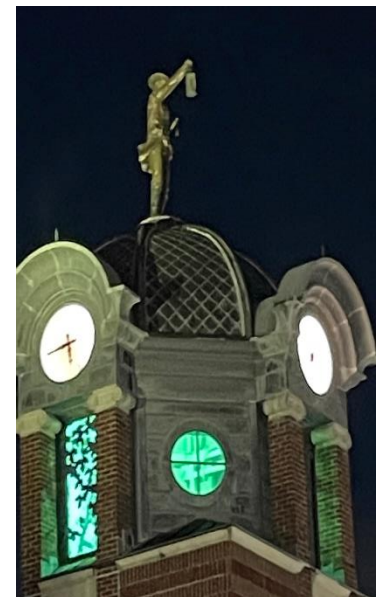
**Kay Edmondson  
Community Volunteer Service**

Lee Nicholas  
Field Trips

Our first evening field trip ever was a great success!

We had a large group for the October field trip, Night Watchman Ghost Tour and dinner in Grapevine at Tolberts Chili Parlor. It hit the spot and the weather was perfect. Gary Schepf, president of TRTA District 10, joined our group for the fun. Here are a few photos of the evening.

Look for info regarding the sign up for our January game day and chili cook off from Stefani.



**FIELD TRIPS CONTINUED:**

We also had a November field trip to Scheels at Grand Scape with a great tour, shopping, and lunch at the Barley & Board.

Enjoy our photos of the day.



**Mary Eisenmann**  
**Retirement Education**

**Retirement Ed Seminar for pre retirees on Zoom, Feb. 4, 2023**

For any of your friends who are still working and helping students in schools but are thinking of retiring within the next 5 years, please let them know about the Zoom Retirement Seminar sponsored by TRTA with a representative from TRS. They will be getting this info with the link to register in their school email before Dec. 14.

**Zoom on Saturday, February 4, 2023 @ 10:00 A.M.**

**TRS Speaker from Austin Will Present:**  
***Teacher Retirement System (TRS) Benefits with comprehensive handout and forms***

**Reservations are REQUIRED. \*SPACE IS LIMITED\***

Please make reservations for each person (spouses welcome) attending by **January 22**

**Questions? Contact the CFBRSPA volunteer coordinator, Mary Eisenmann**  
**[mary.eisenmann@gmail.com](mailto:mary.eisenmann@gmail.com)**

**C-FB RSPA Website**

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# Merry Christmas AND HAPPY NEW YEAR

## Carol Sprawls Healthy Living

Happy Holidays to All! You might be thinking about all the delicious food you'll be preparing and eating during this festive time of year and wondering if you will make healthy choices. Would you like a plan to help you stay healthy during the season of food temptations and over-indulgence? Here's an idea to get involved in some FUN physical activities, helping to curb appetites AND burn calories. It's called **WAT!**

Let me introduce **Walk Across Texas! (WAT!)** for a fun, physical activity. WAT! is an eight-week program designed to establish the habit of regular physical activity using a fun and motivating team approach. WAT was developed and sponsored by Texas A&M AgriLife. Each adult team may include up to eight members working together towards accumulating 832 miles, the distance from east to west across Texas. Many of you have participated in this program before and reaped significant benefits. However, there are some different rules this year, so please read the information carefully below.

**Dates:** February 26 – April 22, 2023- later this year to avoid February's cold, wintery weather!

**Team Members:** 80% must be members of our C-FB RSPA chapter; all outside participants must be fifty years or older.

**Recognition on the District 10 Level:** 1) The Chapter with the most miles accumulated, and 2) The Chapter with the largest percentages based on miles/participant.

**Counting Mileage:** Walking and any other physical activities counts towards daily mileage.



**The Sign-Up Deadline is January 15, 2023:** Click or highlight the link below. When the sign-up sheet opens, add your name and other information to the Google document. Please consider being a Team Captain, as we must have one captain for every eight members. If you have issues signing up, please get in touch with me at 214.505.5569.

[https://docs.google.com/spreadsheets/d/1EOCG6bAWyQxS7s1UQKPbAGfHz6bSrGmRrFLuqL\\_kJQI/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1EOCG6bAWyQxS7s1UQKPbAGfHz6bSrGmRrFLuqL_kJQI/edit?usp=sharing)

To prepare for a special event at our December meeting, please google "Monster Mash" to remind yourself how to do this fun dance!

