

# May 2022 NEWSLETTER

*CARROLLTON-FARMERS BRANCH RETIRED SCHOOL PERSONNEL ASSOCIATION*



**Beth Sargent**  
**President C-FB RSPA**



It seems only yesterday that we were ushering in 2022 with our meetings in February and April. And here it is May in all its Spring beauty.

Our last C-FB RSPA meeting before the Summer will be May 18, 10:30 at the Webb Chapel Church of Christ. Come join us! We will also continue video streaming.

Your Board members have worked hard this year in making our local chapter the BEST, the most welcoming. Help me thank Della Swaim, Shaima Hakimi, Lori McCall, Darcy Perreault, Judy Carey, Gretchen Biery, Kay Edmondson, Estelle Lara, Carol Sprawls, Lee Nitcholas, Pat Enlow, Stefani Johnson, Donna Wright, Linda Bambina, Cindy Hardy, Linda Tole, May Eisenmann, Lyn Abercrombie, Debbie Moss, Lori Smith, Mary Johnson, Jamie Smith, Kathy McWhorter and Becki Tucker.

We need you to consider joining our TEAM, and we want your input. See Lyn Abercrombie's note and survey link below. Please take the survey.

On a more somber note, from the COVID months to now, seven of our C-FB RSPA members have passed on. Many of you knew Vickey Herold and Trinity Garza. On our website under "In Memory", you will see all who have gone before us.

We are here 365 days a year. If you need any help, please reach out to me or any one of the members on the Board. Kathy McWhorter is our Sunshine person. You have our directory with all the names and contact information. If not, contact Shaima Hakimi.

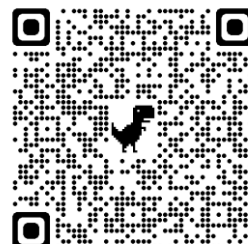
## **End-of-Year Survey**

We want your input! Help us to be the best ever by taking our End-of-Year Survey! Do it by Sunday, May 15, and you'll be entered in a drawing for \$25!

To find the survey, click [here](#), or:

- 1.) Go to our website: [cfbrspa.atwebpages.com](http://cfbrspa.atwebpages.com)
- 2.) Scroll down to the bottom of the page
- 3.) Click on "End-of-Year Survey"

Take good care of yourself.





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

Welcome to our New Members!

Alicia Langer, Maxwell Kashiwa, Carole Marks,  
Misty Grimm & Mary Shaddox

In our last meeting, we had the pleasure of welcoming three guests, Alicia Langer, Maxwell Kashiwa and Carole Marks who joined our chapter and qualified to receive their \$10 gift cards. Congratulations & welcome! Please also join me in welcoming Misty Grimm and Mary Shaddox.

We did the drawing for our month of March incentive and the lucky winner was Dana Carroll who won the \$75 Visa gift card. Our next incentive drawing will be during our May 18 meeting, for a \$50 Visa gift card.

I cannot emphasize enough about what we are fighting for as a local chapter of TRTA, the **only** organization in the state of Texas who is fighting for our pension being sound, COLA (Cost of Living Adjustment) and WEP (Windfall Elimination Provision).

For those of us who got the 13<sup>th</sup> check this January, it was a fraction of what we are fighting for. The more members we have, the more powerful and louder our voices are when it comes to the legislature.

### **Directory**

Our updated Directory will soon go out to all members. If I have not taken your picture for our Directory or you would like an updated picture, please come and see me in one of our meetings, or you can email me a headshot/photo of yourself to: [hakimishaima60@gmail.com](mailto:hakimishaima60@gmail.com).



**Lori Smith**  
**Lunch Coordinator**



### **PICNIC PARTY LUNCH**

Hello Ladies and Gentlemen! We have decided for our last meeting for this school year we will be celebrating with an indoor picnic theme. The Lunch Bunch will continue to take everyone's health and safety into consideration by providing separate lunch boxes from KFC. You have a choice for this meeting of bringing your own picnic lunch or purchasing a chicken tender box, with 2 sides of mashed potatoes and coleslaw and a biscuit. The cost is \$12.

We will also have dessert to celebrate entering our 25th year as an advocate chapter for TRTA.

If you chose to purchase a lunch box from us, please contact:

**Judy Carey, at [judy.carey@verizon.net](mailto:judy.carey@verizon.net), or call her at 214-498-9867.**

Our next meeting is May 18th and **the deadline for ordering is May 13th.**

Thank you for supporting our RSPA this year and I also want to thank all the ladies in the lunch bunch! (Maybe we can actually wear our aprons next year!).



**Lori McCall**

**2<sup>nd</sup> Vice President's Report**

**Programs, Chair/Communications, Chair/Children's Book Project, Coordinator**

**Happy May, Everyone!** This month we will end our year with a **patriotic celebration!** As Lori Smith mentioned, please join us for an old-time picnic lunch that you can pack yourself, or allow Colonel Sanders to do it for you.

**We will be joined by a few of our men in blue from the Farmers Branch Police Department** who will give us tips on staying safe and protecting our property whether we're at home or away.

For those who can't make it to our May 18 meeting, we will send a video link that you can open and view at your leisure.

If you missed our April meeting with Tim Lee as our guest speaker, here is the link and password for viewing. (The first minute deals with technical issues, so you may want to begin at 1:12.)

Password: p^Jh77p?

<https://us02web.zoom.us/rec/share/XdFVi9UqNrLwOuzkSOuaFAnJEMzFObAqy3LodYDUZUKeNQLcLsqSbT5vmMNTHEL.AwT52Twa5mvsrUnO>

**Children's Book Project**

**Our books will be delivered to schools on Monday, May 16 and Tuesday, May 17.** Please email me at [lorimccall@sbcglobal.net](mailto:lorimccall@sbcglobal.net) if you would like to join us on one or both of those dates, and I'll get back to you with the details.

**I would again like to thank Gretchen Biery** who has done an outstanding job in selecting, purchasing, labeling, sorting, and now delivering our books. She is now ready to pass on the baton to others, so let me know if you would like to be on the Children's Book Project committee.

Another person I want to thank is **Della Swaim who has procured \$2,376 in grants this year.** The Carrollton's Women's Club awarded us \$1500, and The Civic League is giving us \$876. We are so fortunate to have these organizations in our community.

And, most importantly, **I want to acknowledge and thank YOU!** We are all so grateful for your generosity in supporting this project. It could not happen without you.

**Have a wonderful and safe summer!**



**Judy Carey**  
**News from the Treasurer**

Thank you to all the members who have paid their dues for 2022-2023. It is time for another reminder to put your dues in the mail now. Our new membership year did begin March 1, 2022. Again, this year the State Membership Committee is offering a cash incentive to reward its dedicated local chapters for their recruitment efforts: **M&M: Membership and More** encourages local chapters to recruit/renew as many members as possible by June 30, 2022, for a chance to win a cash prize! We have come close in past years to winning, so please pay your state and local dues.

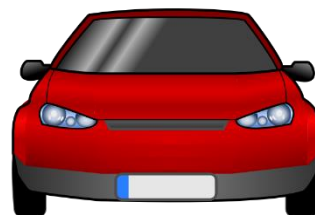
For those of you who have your state dues taken out of your annuity or bank account, all you need to pay is your local dues of \$10.00. TRTA state dues are \$35.00 and local dues are \$10.00. Make out your check to C-FB RSPA and mail to me, Judy Carey, 975 Laguna Drive, Coppel, TX 75019. Any questions, call me at 214-498-9867 or email me at [judy.carey@verizon.net](mailto:judy.carey@verizon.net)

Any changes in your information, address, phone number or retiring soon, please let me know. C-FB RSPA appreciates your membership and hope you will continue to support us by renewing NOW for 2022-2023.

We appreciate your membership and hope you plan to renew NOW for 2022-2023.

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

Some people left their car in the long-term parking in San Jose while away, and someone broke into the car. Using the information on the car's registration in the glove compartment, they drove the car to the people's home in Pebble Beach and robbed it. So, I guess if we are going to leave the car in long-term parking, we should NOT leave the registration/insurance cards in it, nor your remote garage door opener. This gives us something to think about with all our new electronic technology.





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



It's time to **VOTE** in the Primary Run-off/Texas Constitutional Amendment and Joint Election! You can go to <https://www.dallascountyvotes.org/> or <https://www.votedenton.gov/> (or similar website for your county if you do not live in Dallas or Denton counties) to find your sample ballot and voting locations. You can go to <https://teachthevote.atpe.org/races> to compare information about candidates running for state offices and where they stand on public education. Remember, few people vote in these elections, so your voice becomes even more powerful. **PLEASE VOTE!**

**\*\***A quick note about another opportunity: During TRTA Convention 2022 and at our RSPA meeting, Tim Lee, Executive Director of TRTA, asked us to tell our stories about our reduced buying power due to a fixed income, inflation, no Cost-of-Living Adjustment for many years, reduced Social Security (WEP), and GPO (unable to collect spousal benefits upon death of spouse). If you would like to participate, TRTA will be training members on print, radio and TV, and/or social media this summer to get the word out. If you wish to tell your story and let legislators know that TRTA members have a powerful voice in the State of Texas, email me at [patenlow@verizon.net](mailto:patenlow@verizon.net). This is not as scary as it seems and you will be getting some valuable training!

**Early Voting begins April 25, 2022 and ends May 3, 2022 for the Constitutional Amendment and Joint Election. Election Day is May 7, 2022. City, School Board, and some Community College District elections will be held on that day. There are also **two Constitutional Amendments on the ballot**. Information on the two Amendments, from the League of Women Voters Guide, is below. <https://www.lwvtexas.org/>**

Property Tax Limits » Property Tax Exemption

**EARLY VOTING: April 25–May 3, 2022 » ELECTION DAY: May 7, 2022. Polls open 7 a.m. to 7 p.m.**

## PROPOSED AMENDMENTS TO THE TEXAS CONSTITUTION

### PROPOSITION 1

"The constitutional amendment authorizing the legislature to provide for the reduction of the amount of a limitation on the total amount of ad valorem taxes that may be imposed for general elementary and secondary public school purposes on the resident homestead of a person who is elderly or disabled to reflect any statutory reduction from the preceding tax year in the maximum compressed rate of maintenance and operations taxes imposed for those purposes on a homestead."

### » EXPLANATION:

The Texas Constitution puts a ceiling on school property taxes paid by homeowners who are disabled or at least 65 years old. This means that for disabled and elderly homeowners, certain property tax rates cannot be higher than what they were the year they first qualified for this exemption. Since school property taxes make up most of a homeowner's tax bill, their property tax bills are essentially frozen unless improvements are made to their residence, or they move.

In 2019, the Texas State Legislature passed a law which provided a property tax reduction to many homeowners. However, this reduction did not apply to disabled or elderly homeowners because under the Texas Constitution, their tax rate is frozen.

Proposition 1 would amend the Constitution to allow disabled and elderly homeowners to receive the benefit from the 2019 property tax reduction that other homeowners received. This amendment would result in freezing their tax rate at a lower rate. This will allow all homeowners to benefit from the lower tax rates passed in 2019. The law related to this proposed amendment requires that the state reimburse school districts for revenues lost due to this proposition.

### » ARGUMENTS FOR:

The proposed amendment would provide significant property tax relief to disabled and elderly homeowners.

This amendment would allow more people to benefit from lower tax rates passed in 2019.

Many individuals who are disabled or elderly live on fixed incomes. The proposed amendment would provide them with financial relief as well as budget certainty.

### » ARGUMENTS AGAINST:

Opponents argue that this proposition does not resolve the problem of relying on property taxes to fund public schools.

While school districts are to be reimbursed by the state for any revenues lost, the proposed amendment could reduce funds for public schools if proper formulas are not put in place.

There may be other Texans more in need of tax relief, and some homeowners in the groups given tax relief by this proposition may not be in need.

<b>PROPOSITION 2</b>	<b>"The constitutional amendment increasing the amount of the residence homestead exemption from ad valorem taxes for public school purposes from \$25,000 to \$40,000."</b>
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### » EXPLANATION:

Currently, homeowners are able to reduce the market value of their primary residence by \$25,000 when calculating their annual school property taxes. The proposed amendment would increase the amount of that reduction to \$40,000. This could lower homeowners' annual property tax bills.



The law related to this proposed amendment requires that the state reimburse school districts for revenues lost due to this proposition.

» **ARGUMENTS FOR:**

This amendment would save homeowners money in the form of property tax relief.

This proposition should not impact public school revenues because the state would be required to make up any shortfall.

This decrease in property taxes would particularly help low to moderate-income homeowners.

» **ARGUMENTS AGAINST:**

The proposed amendment could reduce public school revenues if the formulas put in place by the state do not fully reimburse the local school districts for the losses.

This property tax reduction will cost the state money if they reimburse lost revenue to school districts. The cost to the state will depend on the laws passed to make up any shortfall.

The proposed amendment does not benefit those who are not homeowners, including renters who send their children to public schools.

**FIELD TRIP**

You don't want to miss our **May 25<sup>th</sup> Field Trip – a tour of Top O' Hill Terrace!** It's stranger than fiction, but absolutely true – a little-known piece of area history. Top O' Hill Terrace began in the 1920s as a tearoom turned gambling hot spot and brothel with secret rooms and escape tunnels to use during police raids! The rich and famous (Clark Gable, Ginger Rogers, John Wayne, Howard Hughes) frequented this entertainment venue. Over the years, it was transformed into a seminary, then became part of Arlington Baptist University! Excavation continues today as new tunnels and secret rooms are still being located.

<https://www.topohillterrace.com/>

**What:** RSPA Field Trip to Top O' Hill Terrace followed by lunch in the area

**When:** Wednesday, May 25, 2022

**Where:** Meet at Webb Chapel Church of Christ @ 9:30 am

**Cost:** \$10 due at sign-up

**Sign-up** will be at our Wednesday, **May 18, RSPA meeting**. We will need drivers for carpools also.

Hope you can join us!

Your Field Trip Committee,  
Lee Nitcholas, Stefani Johnson & Pat Enlow



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)

or call 972-742-9513

**Kathy McWhorter, Sunshine**

**Kay Edmondson**  
**Community Volunteer Service**

**COMMUNITY VOLUNTEER SERVICE HOURS**

**MOTTO**

“If it is to be, it is up to me.”

**Volunteer Guidelines**

- Volunteer hours may be counted for any service provided without pay with a maximum of 12 hours/day.
- Hours spent doing volunteer work are recorded door to door and include prep time.
- Record volunteer hours regularly. A date book or calendar is useful.

**Where to Volunteer**

- Schools, Libraries, Museums, and any Non-profits
- Hospitals and Nursing Homes
- Friends, Neighbors, and Family
- Raising money for worthy causes
- Church

REPORT YOUR CVS HOURS TO: Kay Edmondson / [mce60@verizon.net](mailto:mce60@verizon.net)



**Estelle Lara**  
**Food Pantry at Metrocrest Services**



**METROCREST FOOD DRIVE RESULTS**

A huge thank you to all the teachers at our April meeting who donated canned goods, packages and boxes of noodles and rice mix, as well as oatmeal, pudding, etc. All together, we counted more than 300 items, and double checked the money donations, which totaled \$595.00!!! Alicia Langer helped me cart all those goodies over to Hutton Drive.

The next day my husband and I took your clothes donations over to the METROCREST RESALE shop at Midway and Trinity Mills. What a treat to go inside and see all their 2<sup>nd</sup> hand items. We ourselves came away with cd's and a DVD. If you go, please drop off your donations at the back door.

As I mentioned at the last meeting, I WILL BE GLAD to take boxes and bags of clothes items or small giveaways...if you bring them to the MAY MEETING. Whatever you bring is very much appreciated. Let's help them out!





## **Carol Sprawls Healthy Living**

Hello and welcome to May, one of the best months to enjoy the moderate weather outside before the heat of summer arrives in Texas! May is also Mental Health Awareness month. The stigma around mental health and treatment has changed over the past thirty years. Still, people hesitate to seek help or talk about it with their friends or family for fear of being judged or facing backlash. Simple logic says if we are hurt anywhere, we must seek treatment to get better. This applies to both our mental and physical well-being.

The public health community has made substantial efforts to increase understanding of both prevention and treatment of mental health problems. Good mental health is essential for a person's overall health. Prevention works, treatment is effective, and people can recover from mental health disorders and live full and productive lives.

Taking about fifteen minutes a day to maintain your mental health hygiene can improve your overall mental health. This hygiene comes in the form of lowering cortisol levels, the primary stress hormone. Increased cortisol levels can lead to several physical health complications. An intentional daily practice for stress relief makes you feel better today and may improve your well-being as you age.

To begin a mental health hygiene habit, set aside fifteen minutes each morning to slow down and intentionally focus on your inner well-being. The things you fill that time with could be the ones you do every day but made more relaxing, like drinking your morning coffee slowly, doing some deep breathing, or swapping listening to the daily news or a radio talk show with calming music. Other ideas include sitting outside, reading a devotional, walking, stretching, and doing yoga. It's time to be aware of and improve your mental health hygiene in just fifteen minutes a day!

## **Here's to new Mental Health Hygiene Habits!**



### **C-FB RSPA Website**

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