

# C-FB RSPA

## CARROLLTON-FARMERS BRANCH RETIRED TEACHERS SCHOOL PERSONNEL



### C-FB RSPA Website

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

# OCTOBER 2022



**Beth Sargent**  
President

Dear C-FB RSPA Friends,

Thank you for choosing to be a C-FB Retired School Personnel Association member.

Our C-FB RSPA is a vibrant Association . We are spending time together, meeting new C-FB members, having well planned and pertinent programs, and enjoying fun field trips. They are well recognized among the other Local Chapters in the TRTA District X. Our President, Gary Schepf, has joined us and plans to continue. Gary, you're always welcomed. If you have not come to meetings and/or connected through our videoing, I invite you back. You won't be disappointed.

In this newsletter, you'll want to read our Legislative Chairperson, Pat Enlow's, article. Debbie Moss' article will get our sweet tooth ready with a delectable opportunity to help TRTA members needing extra help in our TRTF fundraiser.

At the TRTA District X Fall Conference, October 24, our deceased RSPA members from last year will be remembered and honored - Wheelice Wilson, Ellen Yates, Trini Garza, Lynn McDonald, Doris Hines, Nancy Blair and Vickey Herold. (If you have a picture of Vickey, let me know.)

I want to thank Shaima Hakimi who will preside at our October 19 meeting as I will be out of town.



**Lori Smith**  
Lunch Coordinator

Come join us at 10:30 on Wednesday, October 19. The Lunch Bunch is looking forward to getting together again in October, and by popular demand, we will again be serving Alonti Box Lunches! Please make your choice below and let Judy Carey know your selection when you register. **Please RSVP by October 14<sup>th</sup>**. When RSVP'ing please choose a number for your Alonti Catering Kitchen selection.

1. Honey Ham on Marble Rye
2. Roasted Turkey on Ciabatta Roll
3. New England Chicken Salad on Wheat
4. Roasted Chicken on Focaccia
5. Beef Brisket on Jalapeno Roll

When picking your selection, please select a number for your choice.

For example, if I want to order Beef Brisket, I would send Judy number **5** as my choice.

Sandwiches are served dry with mayonnaise, mustard, and Dijon packets on the side. Chips and a fresh-baked jumbo cookie are included. The cost is \$12 **Please RSVP by October 14th to**

**Judy Carey:** [judy.carey@verizon.net](mailto:judy.carey@verizon.net) or call 214-223-1218 Let her know your selection choice.

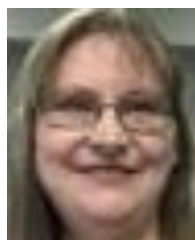




**Shaima Hakimi**  
1<sup>st</sup> VP Membership

Please join me in welcoming Renai Lackey as our newest member.

Membership is vital to our organization especially when it comes to legislators. Please invite your friends and family members to one of our meetings. This year, we have decided to give away more gifts in order to encourage recruiting new members. If your guest decides to become a member by the end of our meeting, I have several Mavericks T-Shirts to give away to our new members. That is not all. Our current members who have invited them, will also get a \$10.00 gift card. I have 4 Mavericks T-Shirts to give away. After that, we will give \$15.00 gift card to the new members and continue to give \$10.00 gift card to our current members.



**2<sup>nd</sup> Vice President's Report**  
Lori McCall - Programs, Chair/Communications,  
Chair/Children's Book Project, Coordinator

**Greetings Everyone!**  
I am so excited about this month's guest speaker, **Megan M. Sorich, D.O.**  
**Dr. Sorich** is an Assistant Professor in the [Department of Orthopedic Surgery](#) at UT Southwestern Medical Center. **She specializes in Orthopedic Fractures in Older Adults; the Prevention of Falls and Fractures; and Nutrition Impacting the Healing of Hip Fractures.**  
There will be a question and answer time after her presentation. Hope you can attend!

Kay Edmondson

## VOLUNTEER SERVICE HOURS

This is a reminder to count your Volunteer Hours. The State of Texas likes to know how many hours retired school personnel give back to the community.

- VOLUNTEER HOURS ARE COUNTED FROM JANUARY 1 – DECEMBER 31, 2022.
- 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.

Email hours to Kay Edmondson at [mce60@verizon.net](mailto:mce60@verizon.net) monthly or a lump sum at the end of the year.



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.



Judy Carey, Treasurer

Same Song, Second Verse  
PLEASE PAY YOUR DUES NOW

It was great seeing all the members that attended our September meeting.

Reminder..... If you have not paid your TRTA state dues (\$35) and your C-FB RSPA local dues (\$10) now is the time to do that!! Time is running out. The dues you pay now are for 2022-2023. Please bring your check to the meeting or send your check (made out to C-FB RSPA) to me at 975 Laguna Drive, Coppell, TX 75019. You may include the cost of lunch (**Lunch is \$12.00**) in the check with your dues. It is very helpful if you make out your check before you come to the meeting, it speeds up the check in time. If you have questions about your dues, please call me at 214-498-9867 or email me at [judy.carey@verizon.net](mailto:judy.carey@verizon.net). We need your support to help pay for programs at our meetings, door prizes, recruit new members, etc. We do put your \$10.00 to good use.

Thanks to all of you that have paid your dues. We still have about 100 members who have not paid their dues. Also, if you have your state dues taken out of your annuity or bank account, please consider paying your \$10.00 local dues to support C-FB RSPA.

If you have any changes in your information, please let me know. I can change your information with TRTA, but you need to change your information with TRS yourself.

If you are interested in viewing the Treasurer's Report, it is posted on our C-FB RSPA webpage at <http://cfbrspa.atwebpages.com>

I look forward to seeing you at the October meeting. Your name tag will be waiting for you.



Estelle Lara  
METROCREST SERVICES FOOD DRIVE

METROCREST SERVICES

Over 800 families depend on Metrocrest Services Food Pantry to access fresh, nutritious food for their households. An increased demand has created a scarcity of some pantry staple items.

Although our planned food and money drive is scheduled for DECEMBER, 2022, if you would like to make a trip over there on your own, these are the items that would be very helpful at this time.

- Peanut Butter
- Canned Fruit
- Canned Beans
- Canned Vegetables
- Canned Soup

Thank you for supporting Metrocrest Services, helping make a difference one meal at a time.

***NON-PERISHABLES ONLY, NO GLASS OR EXPIRED ITEMS, PLEASE.***

Debbie Moss  
TRTF Liaison

Goodies galore at our December RSPA meeting! Get delicious cookies, fudge, cakes and other items at our Holiday Treats Bake Sale. All proceeds will go to the TRTF Helping Hands fund.

I need some volunteers to make goodies for our Bake Sale. Please consider signing up at the October meeting. I will have more information for volunteers when we get closer to December.



**Carol Sprawls  
Healthy Living**

**Welcome to October and Cooler Weather!!  
Remember our Motto this year, H2O, which  
stands for “Happy and Healthy as an Ox.”**

**Five Ideas to Eat Healthy by Tricking the Mind**

1. Fill half of your plate with non-starchy veggies. They're full of fiber, nutrients, and water!
2. Eat from a smaller plate or bowl. **TRICK** your brain into feeling satisfied with less food.
3. Eat fatty fish, like salmon, often. It's an excellent source of omega-3 fatty acids, which lowers your risk of heart disease, and inflammation and improves mental health.
4. Drink your coffee black. Yuk, or sneak in some Stevia and Watson Farms creamer with zero fat, sugar, and carbs. Problem solved.
5. It's no secret that soda pop is a no-no. Coke has ten teaspoons of sugar and can lead to type 2 diabetes and damage your teeth. **Vampires** need to keep those teeth!

**Riddles to make you laugh!**

1. How do **vampires** get around on **Halloween**?  
(**BLOOD VESSELS**)
2. What do you call two **witches** sharing an apartment?  
(**BROOM-MATES**)
3. How do you fix a damaged **jack-o-lantern**?  
(**USE A PUMPKIN PATCH**)
4. From whom do **monsters** buy cookies?  
(**GHOUL SCOUTS**)
5. Why do **ghosts** make the best cheerleaders?  
(**THEY HAVE LOTS OF SPIRIT!**)

**Hauntingly Tasty Snacks!**

**WHOOO!** The grands are coming and need to be entertained! Let's make some **scary treats!**

- Take two apple slices, open like lips, fill with peanut butter, and stuff Goldfish backward for the teeth!
- Vanilla wafers, kisses, and a butterscotch chip! Genius! Use a little chocolate icing to make them stick together.
- Take a fudge-striped cookie, turn it over, add a dab of chocolate icing, and stick on a chocolate kiss! You've got a witch's hat! Use a little piping gel to decorate!

**Happy Halloween!**





**Pat Enlow**  
**Legislative Chair**

You can follow H.R.82 [H.R.82 - 117th Congress \(2021-2022\): Social Security Fairness Act of 2021 | Congress.gov | Library of Congress](#)

If you are not receiving Tim Lee's Inside Line, you can subscribe <https://trta.org/> to receive the latest legislative information.

### Voting begins in October!

#### Key Dates

- October 11: Last date to [register to vote](#) (or submit an address change)
- October 24: Early voting begins (use [this site](#) to verify early voting locations)
- October 28: Deadline to [apply for a mail-in ballot](#)
- November 4: Early voting ends
- November 8: General Election Day

**TRTA Legislative issues** retired school personnel need to discuss with their legislators and candidates:

- **COLA** (Cost of Living Adjustment): Our pension fund is actuarially sound, which is the requirement for a COLA. The last COLA was in 2004 and retired school personnel have not had a raise since. Our income is being reduced by inflation. What cost \$1.00 in 2004 costs \$1.57 today.
- **Defined Benefits:** Maintain the DEFINED Benefits Plan allowing TRS to handle our pension fund and keep it sound assuring that we have a stable income for life.
- **SB12:** Continue implementing the bill passed in the last legislative session increasing TRA contributions.
- **TRS Care:** Maintain health care rates and services.

The **Windfall Elimination Provision** and **Government Pension Offset** are addressed in H.R. 82 Social Security Fairness Act of 2021 which would repeal both. Texas has 38 Representatives in the House and 22 have signed on as co-sponsors. Representative Beth Van Duyne is not among them. You can call her local office at 972.966.5500 and her Washington, D.C. office at 202.225.6605 to request that she sign on as a co-sponsor. Of the 535 members of Congress, 303 have signed on as co-sponsors. If H.R. 82 was brought before the House and all co-sponsors voted for it, it would pass! Please help get Representative Van Duyne on board!



### Stefani Johnson

#### Field Trips

Grapevine Ghost and Wine Tour  
October 27, 2022 Thursday evening  
@ Grape Vine Springs Winery  
Downtown Grapevine  
\$17 for Seniors

5:30pm Meet at Webb Chapel Church of Christ or  
Lyn Abercrombie's house if you live in North  
Carrollton to carpool there.  
6:00pm - 7:00pm Dinner at Tolberts

<https://tolbertsrestaurant.com/documents/TolbertsMenu.pdf>

Park in the lot beside Tolberts.  
7:00 - 8:30 Ghost Tour and glass of wine

We filled the 25 spots at the September meeting and have people on a waiting list. If you signed up at the September meeting and didn't pay, **you will need to pay by Oct 12th to hold your spot.**

Contact Stefani Johnson 214-316-9190 or [sapntx@msn.com](mailto:sapntx@msn.com) if you have questions.  
**Limited to 25 people**

