

# C-FB RSPA

CARROLLTON-FARMERS BRANCH RETIRED TEACHERS SCHOOL PERSONNEL



## SEPTEMBER 2022

C-FB RSPA Website

Our C-FB RSPA website has helpful information and photos!

[cfbrspa.atwebpages.com](http://cfbrspa.atwebpages.com)



**Beth Sargent**  
President



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

Dear C-FB RSPA Friends,

I know, like you, we are all so ready for cooler weather. At our September 21 meeting, we will have stories to share of family, vacations near and far. It will be good to see one another. We will continue videotaping, sending you the link. I have heard members say they have listened to it more than once. One said she and her husband watched the program together.

We asked our members to give school supplies and/or checks for our Adopt a School project and you responded so generously. We were able to give over \$1300 to Vivian Field Middle School. Chad Hunter, principal, was so appreciative. He said that each student will have what she/he needs to begin the school year. Many thanks to Shaima Hakimi, Donna Wright, Anita Shepherd and Becki Tucker in collecting all and taking them over to the school.

Our sympathies go out to Cindi Boyd and Kay Martin Griffin in the passing on of their husbands. Please see Kathy McWhorter's article in this newsletter.

Thank you for your membership in TRTA and C-FB RSPA. TRTA is our bargaining chip to the Texas Legislature. Our voice needs to be heard.

Wishing you a wonderful start of a new season.  
See you at the meeting

Hope you all had a wonderful summer with the exception of the heat!

Please join me in welcoming Ellen McLoughlin, Leslie Reeves and Josie Davis to our local chapter. Looking forward to meeting them in one of our upcoming meetings.

Della Swaim, Lori McCall and I were invited to our recent retiree dinner May 3<sup>rd</sup>. It was so wonderful to see so many familiar faces. We assembled goodie bags for them along with membership forms and our local chapter information cards. We gathered over 28 newly retiree information in order to stay in touch with them once they leave the district.

Please be reminded that the growth of our membership is vital to a greater representation and influence in Austin. The fight for Cost of Living Adjustment (**COLA**) and Windfall Elimination Provision (**WEP**) will be our focus again this year and for years to come!

A reminder if you bring a guest to any of our meeting and they join us by the end of the meeting, she or he will receive a \$15 gift card!



**Welcome to our New Members!**

**Josie Davis**  
**Ellen McLaughlin**  
**Leslie Reeves**

## 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.

Kay Edmundson

## 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  
News from the Treasurer

Welcome back to C-FB RSPA!!!! Look forward to seeing everyone at 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!! 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. I have had a few members get in touch with me saying they have received texts and emails telling them that their benefits have lapsed due to not paying their dues. If you have any extra benefits through TRTA you should consider paying your dues now.

If you have any changes in your information, please let me know. When you change your information with TRTA, TRTA does not share the changes with TRS. You must contact TRS to have changes made.

If you are interested in viewing the Treasurer's Report, it is posted on us C-FB RSPA webpage at <http://cfbrspa.atwebpages.com> Also our proposed budget for 2022-2023 is posted there. Please look at this proposed budget. We will be voting on it at our September meeting.

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



**Estelle Lara**  
**METROCREST SERVICES FOOD DRIVE**

As before, our local Retired Teachers group will be donating food and money to the food pantry at Metrocrest Services on Hutton St. **Please make plans to do this at our December and April meetings this year.** In the meantime, you can also donate useful items for their Metrocrest Resale Store at 2661 Midway Rd. Unit 207, in Carrollton. They are open Monday to Saturday, 10am to 6pm.

Did you know this organization is building a \$12,000,000+ support facility at Josey Ln. and Pearl St. to help the needy in our community? It will house more volunteers and social workers to help with domestic violence, education, mental health services, legal help and homeless prevention. There will be a larger computer lab, as well as more meeting space. Watch for more news on this much needed project!

Canned soups	Instant Potatoes
Canned pumpkin	Boxed Mac & Cheese
Canned cranberry	Sugar or Flour (1 or 2 lb. bags)
Rice (box or bag)	Baking mixes, muffins, cornbread Stuffing

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



**Lori Smith**  
 Lunch Coordinator

Dear Friends,  
 Isn't it nice to be receiving some cooler weather? I'm coming out of my house now and enjoying the temperature! As we approach our first meeting of this school year, I am looking forward to seeing all of you again in September.

We will be having a Super Salad Sampler for our lunch at our first meeting on September 21. No choices to make this time! Everyone will get a sampling of several different salad favorites! Hope to see you soon!  
 Happy September!



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

Hello Everyone!  
 I hope you had a pleasant summer and accomplished most things on your to-do list. I'm still working on mine. 😊  
 As in years past, we are launching our new year with a familiar face. Our guest speaker will be **C-FB Superintendent of Schools, Dr. John E. Chapman III**, who will kick off our year with a "Welcome Back" message and district updates. Hope to see many of you there!



Linda Bambina

Information & Protective Services

## Take Care

The “Watchdog” Dave Lieber reported on a Zelle/Bank scam in a recent DMN article. The woman tried several ways to verify if the caller was really from the bank or a scammer. The article went on for 2 pages. The most important part of the story for you to remember was in the last two paragraphs:

“When your bank calls you, **assume it’s fake.** ....

**Hang up** and call the bank using the phone number on your bank card. The TIME WHEN A COMPANY CALL OUT OF THE BLUE TO HELP YOU IS ABOUT OVER. **In modern times, you must assume the worst.**”

My bank has sent me SEVERAL notices about not using Zelle for anyone or anything that I did not initiate. Zelle is basically UNRECOVERABLE. Especially remember: Scammers will try to make the situation sound urgent, so you'll react and give them what they want before you realize what's happening.



# THE FIREHOUSE

**You’re Invited to join us to see the musical *VIOLET*.**

(Starring Lucy Shea—from “Bright Star” and “Matilda”)

**Sunday, September 18, 2:30**

(Lunch at Starwood @1:00 if you’d like to join us)

RSPA members and their guests @ \$30 each (special rate)

Synopsis of VIOLET: Facially disfigured in a childhood accident, Violet dreams of a miraculous transformation through the power of faith. Convinced that a televangelist in Oklahoma can heal her, she hops aboard a Greyhound bus and starts the journey of a lifetime. Along the way, she meets a young black soldier who teaches her about beauty, love, courage and what it means to be an outsider. A powerful and moving story of one young woman’s quest for beauty amidst the image-obsessed landscape of the 1960s.

**Deadline for RSVP  
Wednesday, Sept 7**

Contact Linda Bambina for questions  
214-616-1936



**Della Swaim, Past President**

## **BOOK SORTING PARTY 10-5-2022 and LUNCH WITH FRIENDS!**

C-FB RSPA has been asked to distribute about 3000 children's books to C-FBISD students. Many of these are gently used and must be sorted by grade level. WE hope to distribute these books through the PTA's of the Elementary schools.

We are having a "Sorting Party" at the Metrocrest Services warehouse, 3210 Skylane Dr. across Midway Road west of Addison Airport, (It is a nice place and even has a ramp so you don't have to climb stairs!) on Wednesday, October 5 from 8-12. (Yes, I know that's early!) There is plenty of parking. Don't worry if you are not great at determining the grade level of books! We have at LEAST one expert to help. (Pat Scoggin) **AFTER WE WORK, WE CAN GO TO LUNCH!** I will look for a restaurant close by.

**If you can volunteer for book sorting on Wednesday, October 5, TEXT me please, 214 926 6981!**

Leave your name and phone number.

Wear your jeans and come have fun!

**Stephani Johnson**  
Field Trips

**Grapevine Ghost Tour Field Trip**  
October 27, 2022 Thursday evening

Grapevine Ghost and Wine Tour  
@ Grape Vine Springs Winery  
Downtown Grapevine

<https://www.grapevinespringswinery.com/new-index-1#ghost-tours>

Grapevine has a history of the paranormal and what better way to hear the stories and see the locations. The tour combines stories of hauntings, past and present, along with the history of the city. Bring your cameras, as many of our guests have recorded images that seem to defy explanation. The tour begins and ends at Grape Vine Springs Winery, with a complimentary glass of wine for each guest on the tour.

\$17 for Seniors

5:30pm Meet at Webb Chapel Church of Christ to carpool

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

Sign up and pay at the September or October meeting or contact Stefani Johnson 214-316-9190

**Limited to 25 people**







Carol Sprawls  
Healthy Living

Hello and welcome back to RSPA! I'm the Healthy Living Chairperson leading you in STRETCHING exercises between lunch and the program at each meeting. Our new motto for Healthy Living this year is H2O – Happy and Healthy as An OX. Enjoy!

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**THE HEALTH AND LIVING  
NEWSLETTER FOR TRTA DISTRICT 10**



**HAPPY AND HEALTHY AS AN OX**

PUBLISHED BY KAROL KUYKENDALL

**BEWARE! HEALTH FRAUD!  
BOGUS PRODUCT!**

You'll never see these words on a bottle of medicine, but, unfortunately, there are some medicines and supplements that should say them! Be careful to avoid health product scams! Here are some Tip-offs to staying away from Rip-offs:

**1. ONE PRODUCT DOES IT ALL.** Be suspicious of products that claim to cure a wide range of diseases. The agency continues to send warning letters and take enforcement action as appropriate against companies marketing fake cure-all products. These miracle cures don't exist - they're bogus and the only thing these companies are selling is false hope.

**2. PERSONAL "SUCCESS" STORIES.** Success stories, such as, It cured my diabetes or It immediately stopped my COVID-19 infection, are easy to make up and are not a substitute for scientific evidence. Reviews found on popular online marketplaces and social media can be fake.

**3. QUICK FIXES.** Few diseases or conditions can be treated quickly, even with legitimate products. Beware of language such as, Lose 30 pounds in 30 days, protects from viral infections, or eliminates skin cancer in days.

**4. ALL NATURAL CURE OR TREATMENT.** Don't be fooled by descriptions like "all-natural cure." Such phrases are often used in health fraud as an attention-grabber to suggest that a product is safer than conventional treatments. These terms don't necessarily equate to safety. Some plants found in nature (such as poisonous mushrooms) can be harmful or even kill when consumed.

**5. MIRACLE CURE.** Alarms should go off when you see this claim or others like it such as, new discovery, guaranteed results, or secret ingredient. If a real cure for a serious disease were FDA-approved, it would be widely reported through the media and prescribed by licensed health professionals not plastered on advertisements in social media and messaging apps, or buried in websites, print ads, and TV infomercials.

\*US FOOD & DRUG ADMIN.

**DID YOU KNOW...**  
Olive oil consumption has been found to reduce the risk of death due to cancer, heart disease and Alzheimers.

**LOOKING FOR A HEALTHY  
SNACK?**

Here ya go!  
**Spiced Nuts:**

Toss a combination of nuts: pecans, almonds, peanuts, cashews with chili powder, black pepper, and a pinch of cayenne. Roast in a 400 F oven for 10 minutes, until warm and toasty.

**Ants on a Log:**  
Slather celery sticks with smooth or chunky peanut butter. Dot with raisins. Yum!

**Exercise time!  
Who are you?**



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