

FEBRUARY 2023

CARROLLTON-FARMERS BRANCH RETIRED SCHOOL PERSONNEL ASSOCIATION

Please RSVP for lunch by Feb. 10th to Judy Carey:

judy.carey@verizon.net or call 214-498-9867



Beth Sargent
President, C-FB RSPA



Dear RSPA Friends,

Our Board met on January 18 with a full Agenda. As each chairperson made her report on what she has and will be doing, I was overwhelmed with gratitude. No wonder our local unit is recognized as one of the best in TRTA District X. Come join us in working with a chairperson. You'll be able to sign up on the survey that will go out in May.

In August of 2022, our local chapter adopted Vivian Field MS as part of Adopt A School Project initiative. In August we delivered school supplies and a check for \$1300 to Vivian Field MS. Additional amount of \$500 was delivered in January 2023 to Principal Chad Hunter to show our support for Vivian Field MS

As we have been sharing all year, our 25th C-FB Retired School Personnel Association Anniversary will be Wednesday, April 19. Since we do not have a meeting in March, we need to share with you our plans now.

1. There will be no charge for lunch. You will have an opportunity to RSVP at our February 15 meeting. You can also email Judy Carey at judy.carey@verizon.net or text her at 214-498-9867. Leave your name and let Judy know if you will be carpooling from the Webb Chapel Church of Christ.

2. When you RSVP at the meeting, you can indicate if you wish to carpool from the church.

3. If you RSVP but do not come and it is not an emergency, you will need to pay \$18+ to RSPA.

4. Our celebration will be at the Nancy Watten Technology and Education Center in Irving. Socializing will be from 10:30-11:15 to Newman Smith's chamber orchestra, followed by Introductions, a brief history of RSPA by Kathy McWhorter, Announcements and prayer before lunch, provided by CFB culinary students. We'll end with dance performances by Blair and Vivian Field students.

5. We will send out reminders for RSVP through March.

On a more somber note, our lunch chairperson, Lori Smith's husband passed on recently. And our member Carole Doty passed on in December. Recall that on our webpage cfbrspa.atwebpages.com, you can click on In Memory to view who are no longer with us.

Just a reminder, we will be voting on our Standing Rules at our February meeting. You'll want to familiarize yourself with this document. Thank you to Linda Tole, our Parliamentarian, Past Presidents Lee Nitcholas and Della Swain who met several times to update our Rules. After the Board read them, we put them out to you for review.

We look forward to seeing you at our February 15 meeting.

You'll want to come for the program that Pat Enlow has planned for us.



Shaima Hakimi
1st VP Membership



Lori Smith
Lunch Coordinator

Frist of all lets welcome **Ruby Finney** as our newest member in our local chapter. It was a pleasure to welcome Ruby during our chili cook off day.

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.

Here are some of incentives we are offering new members and current members:

- Invite your family and friend to one of our meeting. If they decide to become a member by the end of the meeting, not only they receive a **\$15.00 gift card**, you will also receive a **\$10.00 gift card**.
- This year, all **new member’s \$10.00** local due will be paid by us.

Cash Incentive

For the second year in a row, we will be offering incentive for all members who pay their membership dues on time or ahead of time. This year, we are offering cash incentive instead of visa card.

The drawing of our first cash incentive will be for the amount of **\$80.00** for those who have already paid their dues for 2023-2024 or will be paying by the end of March. The winner will announce sometimes in April.

Our second incentive will be **\$50.00** cash for those who pay from April 1st to April30th. We will draw one member’s name during our meeting in May.

Our 3rd cash incentive will be in the amount of **\$30.00** cash and the winner’s name will be drawn in June. Judy Carey will be keeping track of who paid when. Thank you, Judy!

Dear Friends,

I am going to take this opportunity to thank you all so much for your loving kindness on the death of my husband. The cards, the food, the comforting words and hugs have given me peace and positive thoughts. Best of all is knowing I have a wonderful group of friends that will never let me be lonely, I love each and every one of you!

The lunch bunch will be serving an Italian favorite this month with salad and pizza for our menu. Special valentine dessert will also be served. Looking forward to seeing everyone on February 15th!

Please RSVP to Judy Carey by Friday, 2/10 judy.carey@verizon.net or 214-498-9867

Have a Happy Valentine's Day!



C-FB RSPA Website

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

cfbrspa.atwebpages.com



Pat Enlow
2nd VP
Programs Chairman
C-FB RSPA Legislative Chair
Member TRTA District 10
Legislative Committee

LEGISLATIVE NEWS

The 88th Texas Legislature is in session! Is a Cost of Living Adjustment in our future? We **ALL** must work together in order to achieve this goal.

Our District 10 President, Gary Schepf; District 10 Legislative Chair, Thomas Poore; and chapter Legislative Chairs (including me!) have been working hard to set up Zoom meetings with Legislators. **You are receiving a weekly list of Zoom links** so that you can attend these meetings. You do not have to be a constituent of the Legislator to attend. **Please join as many Zoom meetings as you can.** We need to have large numbers attending, so that our Legislators understand our need for a Cost of Living Adjustment. These meetings have been lasting about 20-30 minutes.

Remember that political lines have been redrawn and you may now be in a different District. Find your correct Districts, the boundaries of your Districts, and the names of your Legislators here:

<https://www.texastribuneorg/directory/>

Follow directions to find your Legislators by entering your address.

Go up to Editor's Note and click on 'redrawn political districts' to find the boundaries of your districts.

Follow your Legislators to discover committees, bills introduced or co-sponsored, and how each has voted.

Senators: <https://capitol.texas.gov/Members/Members.aspx?Chamber=S>

Representatives: <https://capitol.texas.gov/Members/Members.aspx?Chamber=H>

Get the latest news on TRTA Legislatives issues in Tim Lee's Inside Line. If you are not subscribed, go to <https://trta.org/> and scroll down to "About Inside Line".

PROGRAM:

The holidays are a fond memory and many of us are looking for delicious ways to prepare healthy meals that will get us back on track for a healthy lifestyle. Whether you have made a New Years Resolution to eat healthier - or not - you won't want to miss our February program.

Chef Suzy McGray is a gourmet chef and lead instructor of the cooking school at Central Market. She is also administrator of the Facebook group, "Suzy's Health and Wellness". Bring your questions about how to simplify food preparation and how to stay motivated to enjoy cooking. Bon Appetit!



Judy Carey
NEWS FROM THE TREASURER
It is time to pay DUES!!
For 2022-2023 & 2023-2024

Happy 2023 to everyone. If you are one of the members who has not paid their state dues/local dues for 2022-2023, it is not too late. Just put a check in the mail so I receive it before the end of February. You can also pay your dues at our February meeting. If you pay your dues with cash, please put it in an envelope with your name on the envelope and give it to me when you check in at our meeting.

TRTA uses the month of March to “change over” the membership roster year, so all dues that I receive after March 1 will apply to the 2023-2024 membership year. March, April and May are the ideal months to renew. We deeply appreciate your membership for the 2022-2023 year and hope you plan to renew beginning in March! TRTA state dues will be \$35.00 and local dues to C-FB RSPA will be \$10.00. The total amount of your dues will be \$45.00. Make out your check to C-FB RSPA. I have many members that are paying their dues for two years instead of one. If you would like to do that the amount would be \$90.00 for two years. I really appreciate all of you paying your dues early. Each member that renews their dues helps make a stronger TRTA to fight for things like hopefully receiving a COLA this year.

If you have your state dues taken out of your annuity or from your bank account, please consider paying your local dues of \$10.00. We need your local dues to run our organization. That \$10.00 comes out to \$0.027 a day.

One more important thing, if you have any changes in your information such as address, phone number, etc., you must notify TRS yourself to change this information. I can change it with TRTA but not TRS.

Please consider mailing me your dues in February or March. My address is 975 Laguna Drive, Coppell, TX 75019. For questions, contact me at 214-498-9867 or email judy.carey@verizon.net. Hope to see you at the February meeting.

Please consider mailing me your dues in February or March.

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Hope to see you at the February meeting.



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.

Kay Edmondson
Community Volunteer Service

VOLUNTEER HOURS 2023

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 datebook or calendar is useful.

WHERE TO VOLUNTEER:

- Schools, Libraries, Museums, and any Non-Profits
- Hospitals and Nursing Homes
- Friends, Neighbors and Family
- Babysitting grandchildren and cooking meals for family and friends
- Driving family members and friends to appointments
- Senior Citizen Centers and other Community Services
- Raising money for worthy causes



Estelle Lara
Food Pantry At
Metrocrest Services

Metrocrest Services

“If it wasn’t for the help I get from **Metrocrest Services**, I don’t think I’d still be alive. They make sure I get to my doctors’ appointments on time, set up wheelchair ramps at my home, installed grab bars in my shower, and regularly call just to check up on me. Their support means the world to me.”
– CONNIE

Besides the above named services provided by Metrocrest, our teacher group helps out by donating food and money. At our DECEMBER meeting, we donated over 250 canned goods, as well as \$547.00 in cash and checks to help Metrocrest Services aid their clients . Thank all of you for being so generous. You are an awesome group!

Linda Bambina
Take Care:
Information & Protective Services

RESOLUTIONS TO MAKE 2023 FRAUD-FREE

I RESOLVE TO BE CAUTIOUS WITH EMAIL Be wary of unsolicited emails from a person or a company. Scammers can make emails look like they are from a legitimate business, government agency or reputable organization. Never click on links or open attachments in unsolicited emails.

I RESOLVE TO NEVER SEND MONEY TO STRANGERS. If you haven't met a person face to face, don't send them money. This is especially true if the person asks you to transfer funds using a prepaid debit card or Cash App. Money sent to strangers in this way is untraceable and once sent, there is no getting it back. Scammers will try to trick you into panicking – so before making a move, think the situation through. Don't fall for it.

I RESOLVE TO DO RESEARCH BEFORE MAKING ONLINE PAYMENTS AND PURCHASES. When shopping online, or if asked to make a payment online, research the retailer before entering payment information. Ask: is this a person or business I know and trust? Do they have a working customer service number? Where is the company physically located? Would I be making payment through a secure server? ([https.....com](https://www.https.com)) Have I checked to see if others have complained?

I RESOLVE TO USE MY BEST JUDGEMENT WHEN SHARING MY PERSONAL INFORMATION. Sharing sensitive personal information with scammers opens the door to identity theft. Never share financial information, birthdate, address, Social Security/Social Insurance number or Medicare number with an unsolicited caller.

I RESOLVE TO BE SOCIAL MEDIA SMART. Make use of privacy settings on social media and only connect with people you actually know. Be careful about including personal information in your profile and never reveal address and other sensitive information – even in a fun quiz. Scammers use this information to make themselves pass as a friend or relative and earn your trust

Knowledge gives you power over scams.

Debbie Moss
TRTF Representative

Cookies, breads, and brownies...Oh my!!!

We had twenty members volunteer to bring brownies, cookies, fudge, peanut brittle and many other wonderful home made goodies for our Holiday Treats bake sale. Their efforts along with the generosity of all of our members who purchased items (often multiple bags) made our sale tremendously successful. We made \$535 for "A Helping Hand" which is an initiative of the Texas Teachers Retirement Foundation.

"A Helping Hand" provides public education retirees with charitable assistance for a one-time special need or other short-term hardship. If you are a member of TRTA and you (or someone you know) need(s) assistance, please contact Debbie Moss or [email help@trtf.org](mailto:email_help@trtf.org) or call 1.800.880.1650. Thank you so much for supporting this worthwhile cause.

Field Trip Committee

Lee Nitcholas, chair; Stefani Johnson, Pat Enlow

Kudos to Stefani J. for organizing the spectacular Chili Cookoff and Bingo Day in January. What a fun experience! Cooks worked for days to come up with winning concoctions and we had many delicious entries. The food was wonderful and we had more than enough for everyone to eat. The Bingo Games were fun and the winners were happy with their cash prizes. A good time was had by all !!!



CHILI COOKOFF WINNERS

1st Place: Anita Shepherd

2nd Place: Lee Nitcholas

3rd Place: Shaima Hakimi

Our next field trip will be on Sunday, April 23 when Linda Bambina will arrange for us to go to the Firehouse Theater in Farmers Branch for a production of the perennial favorite musical *Hello Dolly!* Showtime is 2:30 and there will be an opportunity to have lunch prior to the performance. Tickets cost \$30 and Linda will be signing people up for the event at our February meeting.

Later in the spring we will be visiting the Fort Worth Botanical Gardens. Pat E. is working on setting up a wonderful experience for us. It is always so nice to have a relaxing stroll through beautiful gardens in the springtime. And of course we will be having lunch at one of the many outstanding restaurants in Fort Worth.

C-FB RSPA Website

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

cfbrspa.atwebpages.com



Carol Sprawls
Healthy Living

FEBRUARY is HEART Month

Fun facts about the amazing organ that keeps us alive!

1. The more education you have, the lower your risk of heart disease.
 2. The first heart pacemakers were plugged into a wall socket.
 3. Happiness and a strong sense of emotional vitality help lower your risk of heart disease.
 4. The number of heart attacks peaks on Christmas Day, followed by December 26th and New Year's Day
 5. The blue whale has the largest heart – weighing over 1500 pounds!
 6. Before the invention of the stethoscope, doctors had to press their ears directly to the patient's chest.
 7. Heart disease has been found in 3000-year-old mummies.
 8. Your heart beats 100,000 times a day.
 9. A woman's average heartbeat is faster than a man's by almost eight beats a minute.
 10. Your heart will continue to beat when separated from your body.
- Hmm, who knew?

WALK ACROSS TEXAS

Give me a W! Give me an A! Give me a T!

You have got **Walk Across Texas!**

February 26th is the time to put on those boots that are made for walkin'!

Register on the Howdy Health website, wash your socks, and start your watch.

You want to count all the steps you accumulate throughout the day and activities with step equivalents.

Remember: The most important aspects of this program are to be healthy, feel good, and have fun!

WALK ON!

I am excited to announce that CFB has four WAT Teams with four amazing captains: **Linda Bambina, Barbara Gilbert, Barbara Taylor, and Cathy Webb!** Stay tuned!

This girl is on FIRE!!

