

MAY 2023

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 Monday, 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
- 2.) Scroll down to the bottom of the page
- 3.) Click on "End-of-Year Survey"

Thank you!

Lyn Abercrombie

Beth Sargent—President

Happy Spring!!! May is here and we hope you are celebrating all that comes with it: family celebrations, visiting with friends and long-awaited summer get-a-ways.

What a fun 25th Anniversary Celebration was had by all* - From The History of C-FB RSPA by Kathy McWhorter, entertainment by 3 CFB groups of students, receiving the Volunteer and Partner of the Year Award from CFBISD Superintendent, Dr. Wendy Eldredge, and a 3 course luncheon prepared by our CFB Culinary Arts class. Thank you to Linda Bambina and her committee: Shaima Hakimi, Linda Tole, Donna Wright and her husband, Stefani Johnson, Della Swaim, Kay Edmondson, Lori Smith, Pat Enlow, Judy Carey, Kimberly Guinn, Carol Brown, Darcy Perreault and her granddaughter.

We hope you will be joining us for our last RSPA meeting on May 17. Gary Schepf, our TRTA District 10 President, will be installing new officers for 2023-2024: Della Swaim, President; Shaima Hakimi, 1st Vice President; 2nd Vice President, Pat Enlow; Darcy Perreault, Secretary and Judy Carey, Treasurer.

Many thanks to our C-FB RSPA Board members who have put many hours to make our association the Best of the Best: Della Swaim, Shaima Hakimi, Pat Enlow, Darcy Perreault, Judy Carey, Linda Tole, Debbie Moss, Kay Edmondson, Carol Sprawls, Linda Bambina, Pat Revall, Lee Nitcholas, Stefani Johnson, Lori Smith, Estelle Lara, Mary Eisenmann, Kathy McWhorter, Lyn Abercrombie, Mary Johnson, Jamie Smith, Anita Shephard. Please consider joining our fun team. You will have a chance to sign up on our survey which is included in this newsletter.

TRTA District 10 presented RSPA with a Certificate of Achievement for donating the most books in the 2022 Children's Book Project. Thank you to Della Swaim and all of you who gave money donations. We are looking for a member who will be chairperson for this project 2023-2024.

As you can see, the format of our May newsletter is very simple. Our newsletter chairperson needed to resign and we had not found her replacement. Thank you to Linda Bambina who has put together our articles for it. If you have computer skills and are willing to take this over 6 times this coming year, please contact Della Swaim at 214-926-6981.

We need your input on the survey. What programs and field trips would you like? We're listening.

As I sign off on this newsletter, I want you to know that it has been my honor to serve as your C-FB RSPA President for the past 2 years. Having a positive, innovated, energetic, fun Board has made my job easy. Thank you!!! Beth

**photos on last page*

Shaima Hakimi -- 1st VP Membership

New Members

Please join me in welcoming our new members

Carol Brown

Cheryl Congrove

Gail Courson

Dr. Wendy Eldredge

Leona Huettmueller

To all members who have paid their dues early for 2023-2024 membership year, the drawings will be held during our May meeting. We will have 2 cash drawings for the months of March and April. It will be for the amounts of \$80.00 for those who have paid their dues by the end of March and \$50.00 for those who have paid by the end of April. Since we will not have any more meetings until September, we will have the last drawing of \$30.00 in June and will inform the winner.

The lifeline of our local chapter is our members. We lose members due to various reasons each year and it is absolutely crucial to recruit more members. Please invite your friends and family members to join. I will continue to give away Starbucks gift cards of \$10.00 for members and \$15.00 for any new member they bring to any of our meetings and they join us by the end of the meeting.

Beth and I were invited to the luncheon for 2022-2023 CFBISD retirees May 4th.

We prepared goodie bags which included our membership forms and information cards.

Directory

Our updated Directory went out to all members in early May. If I have not taken your picture for our Directory or you would like an updated picture, please come and see me at one of our meetings, or you can email me a headshot/photo of yourself to: hakimishaima60@gmail.com.

Pat Enlow -- Legislative Chair

Day at the Capitol

On April 11, RSPA members Pat Enlow, Shaima Hakimi, Lee Nitcholas, Martha Portman, Beth Sargent, and Della Swaim traveled to Austin to attend TRTA Day at the Capitol on April 12th. We also celebrated 70 years of TRTA! Dr. Ray Perryman, an economist and humorist, was keynote speaker. He compiles statistics for the Teacher Retirement System of Texas publication, "A Great Value for all Texans." [TRS Value Brochure \(texas.gov\)](#) This is an important source of statistics when talking with your legislators along with COLA Talking Points.

We were in the House Chamber during their session on April 12th when they read a Proclamation honoring retired school personnel. We visited the offices of Lt. Governor Dan Patrick, Senators Tan Parker, Drew Springer, Representatives Julie Johnson, Kronda Thimesch, Reggie Smith, Rafael Anchia to thank them for their support and encourage them to pass a COLA and stipend for retired school personnel. It is so important to visit legislators in person, when possible. I believe we were the last group to leave the Capitol! We got in as many visits with legislators as possible.

Please continue to call/write legislators to keep the COLA and stipend for retired school personnel uppermost in their minds. THANK them for all they have done so far. Lt. Governor Dan Patrick is the driving force behind Senate Bill 10. He prioritized a COLA and stipend for retired school personnel with a low SB#, met with the Senate Finance Committee to write the bill, then convinced all Senators to become co-authors and vote unanimously for SB 10. He held up a Coca COLA in the Senate chambers and said our school personnel would get a COLA! The House is meeting today (April 28) to pass HJR 2, a combination of SB 10 and HB 600 – one step closer!

**photos on last page*

Pat Enlow –Field Trips

We had a lovely field trip visiting the Ft. Worth Botanic Japanese Garden. Sixteen RSPA members braved a bit of rain, but the beauty of the garden was definitely worth it. We had lunch at Rock Springs Café on the grounds of the Botanic Garden.

**photos on last page*

Judy Carey –Treasurer

For those who attended our 25th Anniversary Celebration Luncheon, I hope you had a good time and were able to visit with members you have not seen in a while. It was great to have so many attend from CFBISD and other VIPs.

Thank you to all the members who have paid their dues for 2023-2024. It is time for another reminder to put your dues in the mail now. Our new membership year began March 1, 2023. Again, this year the State Membership Committee is offering a cash incentive to reward its dedicated local chapters for their recruitment efforts: **TRTA** 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 the 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. C-FB RSPA really needs your local dues. 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, Coppell, TX 75019. Any questions, call me at 214-498-9867 or email me at judy.carey@verizon.net You may also pay your dues at our May meeting. If you are paying your dues with cash, you must put the dues in an envelope with your name on it before you give them to me.

If you have any changes in your information, address, phone number or retiring soon, please let me know.

C-FB RSPA appreciates your membership and hopes you will continue to support us by renewing NOW for 2023-2024.

Carol Sprawls –Health & Safety

Welcome to Spring, my favorite season when the landscapes burst with green grass and bountiful colored flowers. Thirty-two C-FB participants just completed **WAT 2023** with overwhelming success. In addition, each person actively committed to improving their overall

health. See below for C-FB's recognitions in District 10's WAT, consisting of forty-two teams with over three hundred thirty participants.

District 10 C-FB Team Rankings:

Cathy Webb's team, **Cirque du Sore Legs** - 3rd Place

Linda Bambina's team, **Heart & Sole** – 4th Place

Barbara Taylor's team, **Easy Striders** – 5th Place

Barbara Gilbert's team, **En Route** – 13th Place

C-FB Top Walkers of each Team:

Cathy Webb-Cirque du Sore Legs

Anita Shepherd-Heart & Sole

Kim Kockritz (**also the TOP WALKER of District 10**) – Easy Striders

Maxwell Kashiwa - En Route

Walker Spotlights in District 10 Newsletter Recognition

Cathy Webb & Shaima Hakimi

Star Walkers in District 10 Newsletter Recognition

Kim Kockritz – Week 1

Carol Sprawls – Week 5

Anita Shepherd – Week 8

Denise Lecoche & Shaima Hakimi – Week 9

Team Spotlights in District 10 Newsletter Recognitions

Heart & Sole and Cirque du Sore Legs

Chapter Recognition for Most Miles per Participant in Bracket 2:

C-FB RSPA

Our C-FB RSPA Participants & Teams were Shining Stars in the District 10 WAT 2023 Physical Challenge.

Congratulations to ALL!!!

SUNSHINE COMMITTEE OF ONE: *Kathy McWhorter*

Thank you to everyone who has notified me 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 incoming president, Della Swaim.

Kay Edmondson

THINK VOLUNTEER HOURS 2023 over the summer!!

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—Metrocrest Services

Please circle May 17 on your calendar.

At this meeting we will be collecting items for the Metrocrest Food Pantry. Food items, cash or checks, etc. are absolutely welcome at this time. Please remember that Metrocrest serves the hungry, the homeless, and the unemployed who cannot drive.

Recently, Metrocrest Services hosted a Hearts for Hygiene Challenge.

Often, these are the very last items people will buy when they need food more: dish soap, bath soap, hand sanitizer, shampoo and body wash, toothbrushes and toothpaste. To some, these have become luxury items. Please add these items to your list. Please be generous.



**photos on last 2 pages*

Photos from some very special occasions since we last met!



Our loyal leaders visited Representative Julie Johnson at the Capitol in Austin:



And Representative KrondaThimesch, too!

Field Trip at Japanese Gardens in Ft. Worth:

