

DECEMBER 2024 NEWSLETTER

**President – Shaima Hakimi**

We ended the month of October with the District 10 Fall Conference on October 28, where 11 of our members attended, Della Swaim, Pat Enlow, Kimberly Guinn, Judy Carey, Carol Sprawls, Mary Eisenmann, Maxwell Kashiwa, Debbie Moss, Ellen McLoughlin, Lee Nicholas and myself.

Congratulations to four of our members who became **the Stars of District 10**.

Congratulations to Della Swaim, Carol Sprawls, Mary Eisenmann and Maxwell Kashiwa.



What a well-deserved honor!!!

The month of November started with our Book Project Fundraising, HundredX. Our goal is \$5000 or more and hopefully we will reach it by December 3rd.

Our annual CFBISD luncheon on November 13 was, as always, absolutely amazing with great fellowship, food and incredible performances by McCoy elementary 4-5 graders, Creekview high school Mariachi band and Vivian Field Middle School Dance Company. We are so very thankful for CFBISD and Dr. Eldredge's ongoing support of our partnership.

2nd Vice President – Kimberly Guinn

What's happening with our Children's Book Project?

Money is being raised, books are being bought, and campuses are giving us their 2nd Grade numbers! All for the love of our young readers.

Our fundraiser is in full swing with time to spare to complete your HundredX reviews. As of 11/21/24, our stats are:

87 participants

2336 completed reviews

\$3728 for CFB RSPA

But we aren't done yet... Our goal is \$5000!

Ways to participate in HundredX: **2**

1. Text **"CONTRIBUTE"** to **90412**
2. Website Link: <https://programs.hundredx.com/contributewithoutcas>

Deadline to participate is **December 3**

But do not despair, if a technology-based type of fundraiser isn't your thing for a fundraiser, we have another way to participate! Jars with black and white ribbons will be placed around our December meeting where you can drop-in your contribution for our 2nd grade book fund (CBP). Or you can send your monies to Judy Carey. For financial contributions we ask you to consider it to be the same as the number of years you worked in the school systems.

For questions - contact Kimberly Guinn - guinnk83@gmail.com

Program – Kimberly Guinn

Oh Come All Ye Faithful Oh Come All to our Meeting. Enjoy the sounds of the Holidays! We will be entertained with beautiful music from our very own CFB Students! The NSHS Chamber Ensemble will play during our Social Gathering and Lunch Time!

The *Newman Smith Chamber Ensemble* is made up of members of the Symphonic Orchestra, which is the Varsity Orchestra at Newman Smith High School. Each of the students in the ensemble are very talented musicians who have been selected for the All-Region Orchestra numerous times and make large contributions to the ongoing success of the Newman Smith Orchestra (NSO) every day. Within the group, there are many students ranked in the Top 10 students at NSHS in their cohorts, student leaders for various organizations throughout the school, and conscientious young people who not only have a passion for music, but who are also good citizens and contributing members to their school community.

Members of the Newman Smith Chamber Ensemble include: **Violinists:** *Christine Lee* (Grade 12), *Mi Truong* (Grade 12), *Emily Chung* (Grade 12), *Kelvin Da Silva* (Grade 12), **Violists:** *Maila Caperida* (Grade 12), *Dheeraj Dinesh* (Grade 9), **Cellists:** *Diego Jones* (Grade 12), *Bethany Milbrandt* (Grade 10), and **Bassist:** *Jaime Sandoval* (Grade 11.) They are directed by *Mrs. Jessica Harry*, Head Orchestra Director and Newman Smith High School alum, Class of 2000, and assisted by *Mrs. JeRae Dublin-Henry*, Associate Orchestra Director at NSHS.

Plan to come early to enjoy the beautiful sounds of the holidays!

Program: 'Tis the Season for Weather Preparedness, Are you Ready?

Are you weather prepared? Do you know what that even means?

Come hear from Dan Henry who is an Emmy award-winning meteorologist with 35 years of broadcast television experience. Dan currently works at FOX 4 in Dallas, where he has served as the station's Chief Meteorologist since 2003.

Dan attended Penn State University where he earned a B.S. in Meteorology. While at Penn State, he completed a three-semester internship at the National Weather Service's Techniques Development Lab in Washington, D.C. that landed him a job as a research meteorologist upon graduation. After two years of number crunching, Dan was ready to chase his dream of becoming a TV meteorologist. He landed his first on-air job at WECT in Wilmington, NC in 1990 and never looked back.

It was shortly after the 2015 December 26th tornado outbreak that Dan set out to write a book to help educate people about the importance of severe weather preparedness. Over the next two years, he tracked down several Texas storm survivors and interviewed them. Their harrowing stories, combined with an explanation of the science that caused the deadly events they survived, are collected in his recently published book, "Menacing Skies: Texas Weather and Stories of Survival."

Dan has been awarded five Emmys, including three for best television weathercaster in Texas. He earned the American Meteorological Society's Seal of Approval in 1992, and was the first meteorologist in the Dallas-Fort Worth area to earn the prestigious Certified Broadcast Meteorologist Seal in 2007.

Dan continues to volunteer his time for charitable fundraisers and speaking engagements on such topics as severe weather preparedness and climate change. In his spare time, he enjoys working out in the yard and in the gym, exploring the outdoors, and admiring beautiful Texas sunsets. Don't miss the great information Dan will be sharing with us as we advance into our winter season.

1st Vice President, Membership – Lynn Scifo

Please join me in welcoming the following new members:

Jim Lara, Lucy Mora, Pat Steed, and Marcia Murray. Thank you for joining. Our organization is growing stronger with every new member that signs up and pays their dues.

District 10 is starting a program called **Miracle Grow**. If we can increase our membership by 10 new members, we can receive \$100 for our chapter. Also remember that if you bring a guest to a meeting, and they sign up and become a member, you and your guest will receive a \$10 gift card. Our December meeting would be a great time to bring in a friend to join - Lasagna for lunch, and our delicious bake sale for dessert.

If you have any questions about membership or anything. Please email me at scifol@verizon.net .

Coming Soon:

AMBA once again is offering a free one-year membership and lunch for new TRTA members. They will pay the \$45 for one year which will include our local fee.

This lunch will be at one of our local restaurants, which will include a presentation about AMBA's partnership with TRTA and all the benefits they offer.

This would be an excellent time to bring in new members for our **Miracle Grow** program. So, start talking and encouraging your family members, and friends to join. You can't beat free membership and lunch!

Lunch Bunch News – Lynn Scifo



Lunch for our December 11th meeting will be the delicious Lasagna, Salad, and Bread from Two Guys from Italy. The cost is \$12.00, payable to Judy Carey.

How would you like to show off your decoration skills for the holidays? Well, here is your chance. If you would like to decorate a table, bring in your decorations and

centerpieces and pick your table. If you don't want to decorate, but have decorations, please bring them in and we can help put them on the tables. We will have 12 tables, all with white tablecloths, so let's get festive and decorate. Email me, Lynn Scifo, at scifol@verizon.net if you can do a table or just bring in decorations. You can come before the meeting at 10:00am.

Legislative Chair - Pat Enlow

HR 82 (repeal of WEP and GPO) passed the House 327 to 75 on November 12! It is now up to the U.S. Senate. Repeal of WEP and GPO is still a possibility, but your help is needed! **If you have not called Senate Majority Leader, Chuck Schumer, please use the information below.**

Here's How You Can Help!

Contacting Sen. Majority Leader Schumer

Call **(202) 224-6542** and ask to speak to the staff member who works on Social Security issues. Here is a short script you may use:

- *Hello, I am a member of the Texas Retired Teachers Association (TRTA). I am asking Sen. Majority Leader Schumer to please add **repeal** of the WEP and GPO to the Senate agenda now that H.R. 82 has passed the House of Representatives, before the end of this cycle.*
- *As a sponsor of repeal, and as a person who has direct influence over whether or not the **repeal** of WEP and GPO will win this Congress, we NEED Leader Schumer to bring this bill forward for a vote!*
- *Thank you for your support!*

Do not forget to call our Texas Senators! Ask them to support **repeal** of WEP and GPO.

Senator John Cornyn 202-224-2934 and 512-469-6034

Senator Ted Cruz 202-224-5922 and 512-916-5834

Tell them your story – or mine: I paid into Social Security, but can only collect 35% of my **earned** Social Security because of the Windfall Elimination Provision. I cannot collect my spouse's **earned** Social Security if he should pre-decease me because of the Government Pension Offset.

I have talked to friends in Ohio, Missouri, California, and Colorado. They all have similar campaigns underway. We are not alone – 15 states are affected by WEP and GPO. Please ask anyone you know to help support us by also making these calls to Leader Schumer and their state Senators.

CFBISD Educational Foundation Laison- Pat Enlow

This time of year, members of C-FB RSPA donate to one of our most important causes – the support of newly hired, first time teachers. In July at the New Educators Luncheon, 19 very happy, thankful teachers each received a \$200 gift card to help defray the cost of setting up their classrooms. There are 3 ways to donate:

1. The C-FB Educational Foundation is a 501c3 organization to which **tax-deductible donations** can be made in the name of C-FB RSPA at any time of year. Donations can be made by check or online. The online gift portal is found at https://crm.bloomerang.co/HostedDonation?ApiKey=pub_fd37460f-7936-11ec-80fa-0a19d3e1b33b&WidgetId=336896 **Don't forget to include a note in the Donation Comment section that this donation is for the C-FB RSPA Fund.**

Checks can be mailed to CFBISD Educational Foundation, 1445 N. Perry Rd. Carrollton, TX 75006 Attn: Donna Wald. **Please write "C-FB RSPA Fund" on the memo line of the check.**

2. Buy goodies for you, neighbors, and friends at the **Bake Sale at our December 11 meeting.**
3. We have two Corey Seeger World Series Bobbleheads (\$20 each) and one Adolis Garcia World Series Replica Ring (\$50) if you are looking for **unique gifts.**

UPDATE FROM THE TREASURER – Judy Carey

Happy Holidays to all our members. Before you get too busy this holiday season, please pay your state and local dues. This is just a quick reminder to members who have not paid their dues for 2024-2025. The last date to pay your dues for 2024-2025 is February 28, 2025. If your dues are not paid by this date, you will become an **inactive member** of TRTA and C-FB RSPA. You can now pay your dues with ZELLE. Use my email judy.carey@verizon.net not my phone number. Dues

are \$45.00, \$35.00 for state and \$10.00 for local. You can always mail me a check made out to C-FB RSPA. My address is 975 Laguna Dr., Coppell, TX 75019.

Hope everyone has a wonderful holiday season. See you next year in 2025.

Adopt Kathryn McWhorter Elementary – Stefani Johnson

We have a great opportunity to help the staff and kids at McWhorter Elementary!

Our first day to help was October 29. Thank you to Kathy McWhorter, Della Swaim, Shaima Hakimi, Kim Brady, Pat Enlow, and Kathi Sullivan for being there to setup the treat table for the staff at McWhorter and help Kindergarten and 1st grade, Oh, My!, Library, and book room from 10:00-12:00.

Shaima and I met the principal Eddi Reed to go over the dates we can help.

The **3rd Tuesday** of each month from 10:00-12:00 is the date agreed. Please let me know if you can help.

December 17th is your next opportunity to help. We would like to take gift bags, notes or cards and little gifts in the bags, and cookies for the staff. If you would like to donate bags, cards, little gifts, or cookies, let me know. If you would like to help put the bags together, please meet us at McWhorter Elem. at 9:00 on Dec. 19th.

If you are interested in helping, please fill out the interest survey and sign up to be a school volunteer.

Fill in the interest survey: <https://forms.gle/Srzo9N4aUXtPnDKDA>

Sign up to be a school volunteer (this allows you to work directly with students):

<https://www.cfbisd.edu/community/become-a-partner>

Be sure to click on “Background Check” and fill it out even if you already work in the schools. There’s no charge to you. Fill in the schools and areas you want to volunteer. You will get an email confirmation.

Stefani Johnson sapntx@msn.com 214-316-9190



ATTENTION ALL VOLUNTEER BAKERS!!!

PLEASE BRING YOUR BAKED ITEMS TO THE BAKE SALE TABLE BY 10:15 AM ON DECEMBER 11TH SO THAT WE CAN MAKE SURE THAT YOUR ITEMS ARE LABELED.

BAKE SALE ITEMS MUST BE IN QUART BAGGIES AND WILL SELL FOR \$5 PER BAG.



**COOKIES, MINI LOAVES, BROWNIES,
FUDGE, TOFFEE, CAKE BALLS, ETC.**

ALL MEMBERS: PLEASE BE PREPARED TO SUPPORT THIS WORTHWHILE FUNDRAISER WHICH WILL FUND SMALL CLASSROOM GRANTS TO FIRST YEAR TEACHERS.

QUESTIONS:

**CONTACT DEBBIE MOSS: TEXT: 972-978-2649 OR EMAIL:
DEBBIEMOSS67@GMAIL.COM**



Chili Cook-off and Bingo Jan. 15, 2025



(The backup date will be January 22nd in case the weather doesn't cooperate on the 15th)

Please join us for an afternoon of great chili and Bingo games.

Wednesday, January 15th 12:00 pm - 3:00 pm at Webb Chapel Church of Christ (our normal meeting place).

\$5 to play Bingo. We will play 5 games and you will get 1 card per game. You may buy more cards at each game.

We'll have a sign-up sheet at the December meeting to list what you will bring:

Chili (Judged with prizes), chips, crackers, cornbread, cheese, sour cream, relish tray, salad, drinks, dessert, plates and bowls.

If you don't want to bring anything, please pay \$5 so we can fill in the gaps.

Here is the signup sheet if you want to sign up in advance: [Chili Cook-off and Bingo 2025](#)

If you are bringing chili, please give it a name (not yours), write down a few of the ingredients and come at 11:30 to set it up.

We will need several people to help set up the room at 10:30.

If you are unable to sign-up at the meeting, please RSVP with the items you will bring no later than Jan.10th to:

Stefani Johnson 214-316-9190 (text or call) sapntx@msn.com



HEALTH & SAFETY – Becki Tucker

Happy December everyone!

It's that time of year when we gather with family and friends to celebrate. Sharing old memories of those that have passed on and making new memories that will live on with our children and their families.

Stay happy, healthy and enjoy all the good things that life has to offer. Be present, put those phones away, play board games with the grandchildren. Life is too short.

Coming soon to a trail near you is our annual WAT (Walk Across Texas)! For those who do not know what this is, it's a statewide, 8-week program to help people of all ages and abilities establish the habit of regular physical activity. As soon as I get the information, I'll pass it on. Start warming up those walking shoes and think about joining a team for 2025 season.

Merry Christmas



December 2024

Member Benefits – Carol Sprawls

Holiday Greetings to all! December is filled with a flurry of activities and deadlines to meet. Here are the reminders of deadlines with our health insurance with the TRS Medicare Advantage Plan with United Healthcare.

- December 7 - the final day to choose an optional dental and vision coverage. You have two options: one with TRTA or one with TRS. You should have received information by email or regular mail for both of these options.
- December 7 - also the final day to re-enroll yourself or your spouse in the TRS Medicare Advantage Plan with United Healthcare if either of you left the plan or were using another health plan.
- December 31 - the final day to use your credits totaling \$160 for the 2024 year of “Over the Counter” medical products. Use it or lose it!

December 31 - the final day to submit Rewardable Activities to United Healthcare so the dollar rewards can be loaded onto a Visa Card when the following activities are completed: Breast cancer screening \$25, Annual Physical or Wellness Visit \$25, Colon Cancer screening with a provider or at home - the \$ amount varies, Osteoporosis screening \$50, sign-up for Paperless Delivery of EOB's \$5, sign-up for Text Messaging with UHC \$5, Complete your HouseCalls Visit \$15. You may call UHC Customer Service (866-347-9507) to report your activities. Rewards are added to the Visa card.

I'm looking forward to seeing everyone at our December Meeting!

Retirement Ed Seminar- Mary Eisenmann

Tell your Friends: Coming Retirement Ed. Seminar on Zoom, Feb. 22, 2025 at 10 a.m.

Many of you attended a Retirement Ed. Seminar before retiring. Our CFBRSPA and Richardson RSPA will again be hosting a Retirement Ed. Seminar on Zoom on Feb. 22, 2025, at 10 a.m. that will have a speaker from TRS (our retirement system). If you have colleagues that are still working for the schools, but they plan to retire within the next 5 years, please tell them about this seminar so they

can plan. We want them to continue working for and helping our students in the schools as long as they can, but we want colleagues to have a plan for when they retire. If they have questions about the seminar, they can contact us.

Mary.Eisenmann@gmail.com or Ellen.McLoughlin@verizon.net

or you can send them this link to register for the seminar

www.trta.org/retirementseminars

VOLUNTEER HOURS 2024 - Kay Edmondson

VOLUNTEER HOURS ARE COUNTED FROM JANUARY 1 – DECEMBER 31, 2024.

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 from the time you leave your house 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
- Caregiver for Family members or friends
- Phone conversations with a friend, family member, or colleagues who is ill or need help

A LUMP SUM OF HOURS IS ALL THAT IS NEEDED. A BREAKDOWN BY MONTH IS NOT NEEDED

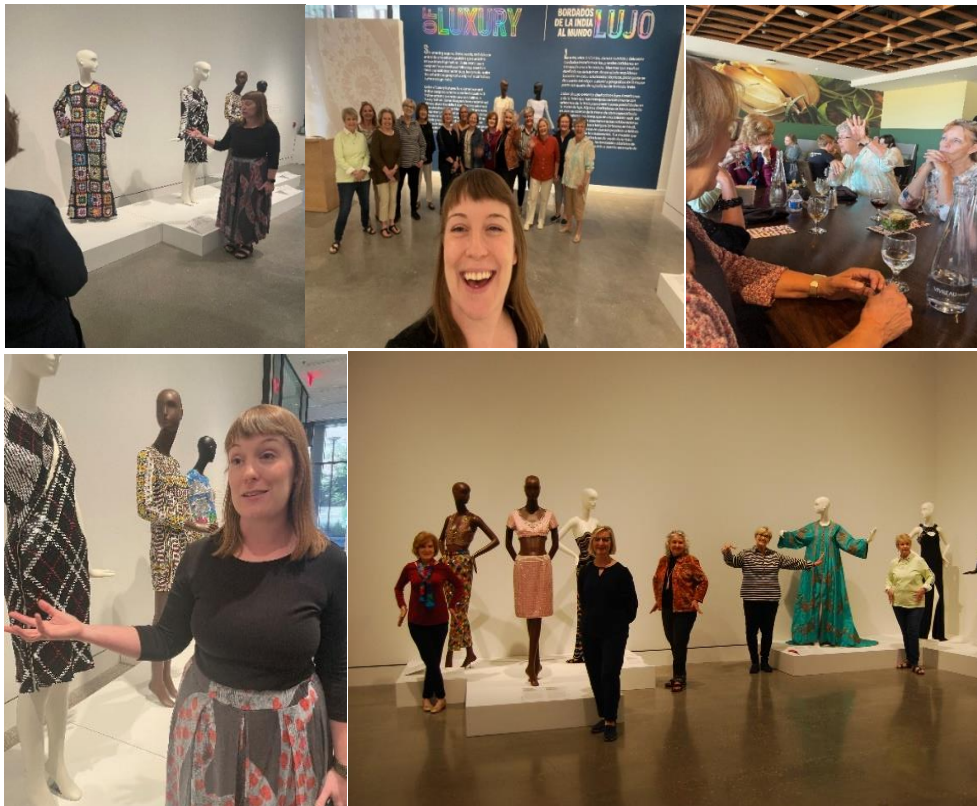
Please email your volunteer hours to Kay Edmondson at mce60@verizon.net

Field Trip Committee - Pat Enlow

Our next field trip is in February and I hope you will take advantage of a tour of CFBISD. So many changes have taken place since you retired – renovated buildings, new programs, innovative teaching techniques. You'll discover how to help students in the Cosmetology Program at R.L. Turner and get a free haircut or manicure among other exciting possibilities. More information to come. We will begin signup at our December meeting.

OCTOBER FIELD TRIP – Lee Nitcholas

Members enjoyed a special tour of the Labor of Luxury exhibit in October led by director Annette Becker. Following the tour we ate at Avesta, an excellent restaurant in the UNT Union building.



Metrocrest Services – Estelle Lara

Thank you, dear teachers, for being so generous at our last food and money drive for Metrocrest Services. You donated about 200 cans and other items for the Food Pantry. In addition, you donated \$500 in cash and checks! Jayme Dooley was so excited to receive our donations.

So, what can you do NOW? “Giving Tuesday” is coming up on Tuesday, December 3. **Please go there or mail in a donation designated as GIVING TUESDAY.** All donations designated in this way be utilized to ensure that their Senior Clients have access to hygiene items. These are the items most requested, yet least donated to the Food Pantry. This means items like soap, toothpaste, and incontinence supplies are needed. By doing this, our senior neighbors maintain their health, confidence, and quality of life.

Please lend our seniors a helping hand and mail your donation to:

Tracy Eubanks
Metrocrest Services
1145 N. Josey Ln.
Carrollton, Tx. 75006