

Newsletter

February 2024

Della Swaim

President

LOVE IS IN THE AIR! - LOVE IS IN THE AIR! - LOVE IS IN THE AIR!

I keep trying to convince myself that love is in the air because it is February and soon it will be Valentine's Day.

But it is election year in Texas and the USA, and I don't feel much love in the rhetoric from the news reports on TV or when driving on the streets.

Our Sunshine, Kathy McWhorter, has been ill and hospitalized. (She is now at home recovering. Halleluiaah!) I am praying that she will soon be back to good health. I consider Kathy to be the heart of our organization. She takes care of communicating with our members on our behalf whenever they experience loss or illness. (Along with Sandy Henry who makes most of the beautiful cards Kathy sends)

Kathy shows us all the meaning of love. Now it is up to each of us to care for each other. Please help us by communicating with us when you hear that one of our members needs some care (LOVE). Better still, give them some care (love) on our behalf and then let us know. Helen Morris (972-746-8083) has agreed to help cover our "SUNSHINE" needs for the time being, so please call or text her when you hear that someone is ill or grieving. Thank you, Helen, for stepping up! And thank you, our members, for showing some LOVE!

P.S. I spent time with Kathy this afternoon and she tells me that she and Helen will share duties for a while. Kathy looked wonderful! Thank the Lord! I am so glad!

Pat Enlow

Legislative Chair

The election season has begun!

Primary Election Early Voting: Tuesday, February 20, 2024 – Friday, March 1, 2024

Primary Election Day: March 5, 2024

For information and resources: <https://trta.org/primary-election-2024-trta-members-get-ready/>

WHAT'S ON YOUR BALLOT?

Multiple offices are up for election this year, including President of the United States, U.S. Senate, all 38 U.S. Representatives; 15 members of the Texas Senate, and all 150 Texas Representatives, among others. Get a complete list of the candidates on your ballot by visiting www.trta.org/2024primary.

Please remember that this is the Primary Election, where candidates will be chosen to appear on the November General Election ballot.

ANY REGISTERED VOTER CAN PARTICIPATE IN EITHER PARTY'S PRIMARY ELECTION, BUT VOTERS CAN ONLY TAKE PART IN ONE PRIMARY PER ELECTION CYCLE.

The Primary Election is important! The outcome of the General Election in November is often determined in the Primary, so be sure to vote! If you do not know your Districts, you can find out here: [know your district](#)

You need to become informed about which offices are up for election and the candidates who are running. Here is a quick rundown of candidates in our area. I've included Districts that represent the majority of our membership.

*Incumbent

United States Senate

*Ted Cruz (R)

Colin Alred (D)

United States House of Representatives

District 24 *Beth VanDuyne (R)
Sam Eppler (D)
Francine Ly (D)

Texas Senate

District 12 *Tan Parker (R)
Stephanie Draper (D)

District 16 *Nathan Johnson (D)
Victoria Neave Criado (D)

Texas House of Representatives

District 65 *Krona Thimesch (R)
Dietrich DeBurr (D)
Mitch Little (R)

District 115 Incumbent Julie Johnson is running for U.S. House of
Representatives D 32

Scarlett Cornwallis (D)
Cassandra Hernandez (D)
Jon Jun (R)
Kate Rumsey (D)

Your COLA increase has been added to your monthly annuity. We have been asked to let our legislators know how much we appreciate their efforts on our behalf [by completing this Action Alert](#) thanking legislators for their support of Prop 9!

Shaima Hakimi

1st Vice President, Membership

As most of you know, we are at the halfway point in our year. We have no meeting in the month of March.

Our April meeting will be April 24, not April 17, due to State TRTA Convention the week of April 15-17.

Our membership is dwindling down some, but we are still encouraging our members to please invite friends and colleagues to our meeting. If they

decide to join us and become a member by the end of our meeting, you will both receive a gift card.

It is that time of the year...cha-ching \$\$\$\$!

For the third year in a row, we will be offering incentives for all members who pay their membership dues on time or ahead of time (some have already paid). Once again, we will offer cash incentive.

The drawing of our first cash incentive will be for the amount of \$80 for those who have already paid their dues for 2024-2025 or going to pay by the end of March. The winner will be announced in our April meeting. Our second incentive will be \$55 cash for those who pay from April 1 to April 30. The drawing for that will happen in our May meeting. Our third cash incentive will be in the amount of \$35 cash and the winner's name will be drawn in June.

Judy Carey, who diligently keeps track of our members' dues, will submit a list to me for each of the drawings, thank you, Judy!

Last but not least, I need to clarify one-year free membership being offered by AMBA.

The way this works is that AMBA will have an informative session about all the benefits TRTA and AMBA would offer when one becomes a member of TRTA. They will have this informative session in a restaurant and we can only invite 10 potential members to join us along with 10 of our own current members or board members. They will sign the new members and pay their one-year membership (\$10 local fee plus \$35 state fee) a total value of \$45.

We are looking forward to scheduling this lunch session sometime in the month of March.

I have a list already compiled but if you know of someone who is thinking about joining us, please forward their contact information to me.

Beth Sargent

Field Trips

Two Upcoming Field Trips

The First Field Trip is an Orientation and Tour of the new Metrocrest Services beautiful building.

Date: 10:15 a.m. Tuesday, March 5

Place: We will meet **there** at 1145 N. Josey Lane.



Cost: \$5 cash or check made out to C-FB RSPA.

For lunch: (Optional) El Rincon, Downtown Carrollton, 1114 S Elm St. (Traditional Tex-Mex and Mexican specialties) Mexican Restaurant in Texas | El Rincon | Mexican Kitchen & Tequila Bar (elrincontx.com)

The Second Field Trip will be for the Grapevine Vintage Railroad.

Date: 10:45 a.m. Saturday, May 4

Place: We will gather at Webb Chapel Church of Christ



The train departs Grapevine 12:45 to the Stockyards, Fort Worth (2-hour ride in comfortable seats, on air-controlled, quiet coaches. We'll have lunch and shop, returning to Grapevine about 6:45. We'll be back at the church about 7:30 p.m.

Cost: \$23 (First-class discounted price with authentic 1920's Victorian seats. I hear that there may be outlaws where we help a deputy during this train heist.)

We need more drivers. Let Beth know how many other people can ride with you.

If you will not be at our February meeting and wish to join us, send your full name and names of all those going, email address/s, phone number/s and check made to C-FB RSPA to:

Beth Sargent
1923 Camden Way
Carrollton 75007

Questions: 214-789-9612

If you will be paying by Zelle, pay to judy.carey@verizon.net. But you will need to let Beth know what field trip/s you have paid for, how many for each and include your full name/s, email address/s and phone number/s. Deadline for the discounted tickets will be February 29 as we need to make a deposit to reserve seats. If you can join us after this date, you will be welcomed but you'll need to make your own reservations.

You'll have another opportunity to sign up at our February 21 meeting. Come join us. Family and Friends are always welcome.

Pat Enlow

2nd VP, Programs

Two Speakers for February Meeting

We have two speakers for our February program!

First, you will be hearing from Jeremy Brown, AMBA District Manager. He will be speaking for just 10 minutes. During our social/check-in time, he will have a table set up with AMBA information and can answer your questions at this time.

Our main speaker for February is Megan M. Sorich, D.O. Dr. Sorich was scheduled for our October, 2022, meeting, but had to cancel. In our end-of-year survey, many of you requested that we ask her again.

She 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.



Dr. Megan Sorich

I hope you can join us!

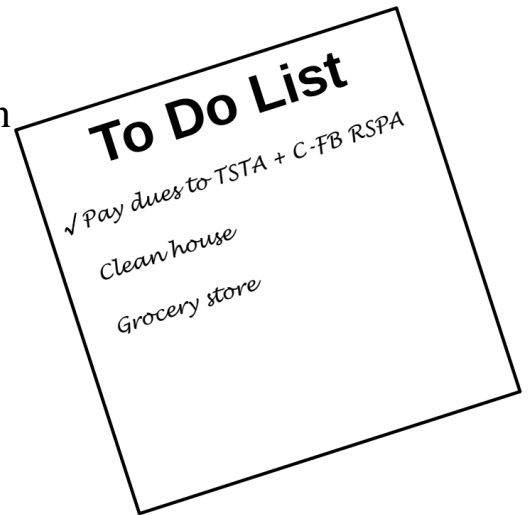
Judy Carey

Treasurer

It is time to pay dues for 2023-2024

Happy 2024 to everyone. If you are one of the members who has not paid their state dues/local dues for 2023-2024, it is not too late.

When paying your dues in February of each year, your dues are due again for the next year beginning in March. Paying your dues early means you can mark one more thing off your to-do list. Just put a check in the mail so I receive it before the end of February. I have several members who pay their dues two years at a time. I indicate that on my spreadsheet so I will know you have paid for two years. You can also pay your dues for 2024-2025 at our February meeting. If you pay your dues with cash, please put it in an envelope with your name on the envelope.



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 2024-2025 membership year. March, April and May are the ideal months to renew. We deeply appreciate your membership for the 2023-2024 year and hope you plan to renew beginning in March! TRTA state dues will be \$35 and local dues to C-FB RSPA will be \$10. The total amount of your dues will be \$45. Make out your check to C-FB RSPA. I really appreciate all of you paying your dues early. Each member who renews their dues helps make a stronger TRTA.

If you have your state dues taken out of your annuity or from your bank account, please consider paying your local dues of \$10. We need your local dues to run our organization. That \$10 comes out to 27 cents a day.

One more important thing, if you have any changes to 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!

Linda Bambina

Children's Book Project

According to our RSPA website~Children's Book Project notes The Children's Book Project is a service activity carried out by Local Units of the Texas Retired Teachers Association. C-FB RSPA purchases books th funds raised or donated by our members throughout the year. Books are presented to elementary school students and then belong to the individual students -- theirs to take home, read, and keep!



How can you help?

We are asking that you donate your time or treasure (or both!)

- This year we are giving NEW books to ALL 2nd graders in CFB-ISD. There are 24 elementary schools in five geographical areas. In order to deliver all 2,000- plus books to this far-flung area, we will need several cars/SUV's to help us in April.
- Prior to delivery we will need help with inserting special Book Plates into the front of each book explaining who we are and why we are giving them this book to cherish and read over and over.
- Please buy and donate brand-new books appropriate for 2nd grade-going into 3rd grade (Levels E-M/ 1st-4th) Remember, these are children moving from little "caterpillar-readers" to lovely "Flutterbys"!
- Can't easily do any of the above? Then please donate a dollar per year to RSPA. (Consider the number of years you taught or your age or a combination of both!) Cash, check or Zelle.



Email Linda Bambina, assistant to Pat Enlow, for this year's Children's Book Project if you can help beyond giving a cash donation.

lindabambina42@gmail.com

Mary Eisenmann

Retirees' Educator

Future Retirees Attend Online Seminar

Happy to report that C-FB RSPA along with the Richardson RSPA hosted a Retirement Ed seminar on Zoom for District 10. There were 456 people who registered from 17 different districts. C-FBISD had 80 of those which is about the number that we have each year. Thanks to Shaima Haikimi for going through the list of 456 and confirming who the C-FBISD employees are. We have the email and home addresses of those registered so our organization will be able to invite them to join us when they retire.

Lori Smith

Lunch Bunch

Hi Friends!

This month our lunch will once again be coming from Two Guys From Italy.

We will be having salad, bread and Chicken Alfredo!

Yummy!

Come and enjoy the fellowship and fun on February 21! I look forward to seeing you!

Carol Sprawls & Maxwell Kashiwa

Health and Safety

Our CFB RSPA is ready for the Region 10 WAT physical challenge/competition from February 25 to April 20. We have enough members participating for four teams with captains!

Our captains are Anita Shepherd, Barbara Gilbert, Cathy Webb, & Linda Bambina.

We have 32 members participating. Yay!

If you did not sign up but want to, we can use you as an alternate if someone drops out due to unforeseeable issues.

Please submit your request to carolsprawls@att.net or sasidancer@gmail.com.



"That's what I call a workout! One hour of walking and 2 hours of running our mouths."

Three Health Issues to Watch in February

Heart Health: February is American Heart Month, and it's a great time to check in on how you're treating your heart. Are you getting enough exercise? How is your nutrition going? Check-in with your primary physician for any recommended tests for your season of life and to discuss any cardiac risks you may have.

Low-Vision Awareness: It is estimated that over 30 million Americans are considered low-vision or have conditions that will lead to significant visual impairments over their lifetimes. The National Eye Institute has designated February as Low-Vision Awareness Month, a great reminder to schedule your vision check-up.

Teen Dating Violence Awareness and Prevention: Teen dating violence awareness is also a key focus area for February. It can be a challenging

topic for parents, grandparents, and kids. Still, conversations with your teen grandchildren about boundaries and healthy relationship dynamics are essential, along with providing a safe place for these discussions.

Estelle Lara

Community Outreach

Volunteering at Metrocrest Services Pantry

Please come join us soon as we volunteer at Metrocrest Services in its new location, 1145 North Josey Lane.

We work on the fourth Tuesday of the month, 10:30-1:30. We enter by the door that says PANTRY, sign in, and are taken to our jobs for that day. In the photos, you can see some of our workers from this last month: Della Swaim, Estelle and Jim Lara, Anita Shepherd, and Kimberley Guinn. Occasionally someone may get ill, but if you call me ahead, I can usually find a substitute. Please talk to Estelle if you have any questions. I know you will enjoy your work a lot. Please come see me and sign up!!



Kay Edmondson

Voluntarism

Volunteer hours reports for 2024

Email Volunteer Hours to Kay Edmondson at mce60@verizon.net

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

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

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
- Caregiver for Family members or friends

C-FB RSPA Online

Our website has helpful information and interesting photos. For example, you can always go there to preview monthly program topics. Go to cfbrspa.atwebpages.com

Kathy McWhorter

Sunshine Committee

RSPA Members,

Please email me at kathysmcwhorter@gmail.com or text me at 972-742-9513 to let me know when someone needs a get well, sympathy or encouragement card. I send cards for illness if the recipient is a member or in a member's immediate family.

I look forward to seeing EVERYONE in February!