

Newsletter

May 2024

Della Swaim

President

This is the end of my fifth year as President of C-FB RSPA. It seems like everything is moving faster and faster as the year ends.

Seven of our officers attended the TRTA State Convention last week. We came home tired but inspired by the experience.

Then came our April RSPA meeting and the great program by Scott Starnes from Milano Hat Company.

Now 12 of us are preparing to attend the District 10 Spring Leadership Development Conference on April 29, which is the end of my two years as D10 Recording Secretary. We will be celebrating our D10 President being elected as the state TRTA Secretary Treasurer.

April 30 is the CFB Retirement Luncheon where several of us will be working to recruit the newly retired CFB employees to join C-FB RSPA.

We are delivering personal books to every CFBISD second grader the first week of May.

On May 4 we will have our last field trip of the year riding the Grapevine Vintage Railroad from Grapevine to the Fort Worth Stockyards.

Then, on May 15, is our May RSPA meeting where we will install the recently elected new officers.

Oh, and I forgot to mention that every month on the third week of the month we have a group of our members working in the Metrocrest Food



Pantry serving the underprivileged in our community. Whew! Yes, we are busy.

A big thank you goes to Carrollton Women's Club! We owe them a debt of gratitude. The \$750 they have awarded to us will be used to purchase books for the second grade students in C-FB ISD. Because the cost of the books we donate each spring has increased so much in the past couple of years, we made a grant request to Carrollton Women's Club. The money will be used to purchase books for the second grade students in C-FBISD.

Thank you for being a member of C-FB RSPA! Being an involved member of RSPA means that you are busy. It means that you are meeting with friends, volunteering, learning, contributing to the success of CFBISD students, exploring new places, keeping informed politically, helping to preserve the TRS retirement fund for future education retirees, learning how to stay healthy, and living a fuller, more satisfying life. That is a lot of benefits for a small price.

Please help us extend those benefits to others by inviting retired educators or people who are just interested in education to become members of our organization.

Lyn Abercrombie

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 midnight, Monday, May 13, and you'll be entered in a drawing for \$20!

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"

Pat Enlow

Legislative Chair

School Candidates Said They Oppose Vouchers

A huge THANK YOU to all who arrived early for “Meet the Candidates.” I hope you learned new information about our Carrollton-Farmers Branch ISD Board of Trustees candidates and Carrollton and Farmers Branch City Council candidates. Although I had conflicting information from various sources on the candidates’ stances on vouchers, all candidates told me they were against vouchers. Remember, those elected to city councils and schools boards may move on to state politics, so it is important to know how they may vote in the future.

Shaima Hakimi

1st Vice President, Membership

Congratulations to Sharla Lee for being our first incentive winner for paying her membership dues by the end of March. She won \$80 cash.

Sharla Lee graciously donating her \$80 towards our book fund. How awesome and great idea is this!!!!

Sharla stated:

“Please place my \$80 in the fund towards the purchase of books for CFBISD students.

“Please know that I am donating my winnings in the memory of my first teacher, Marie T. Whitelock, my beloved mother who passed away earlier this month at the age of 94.”

For all members who have paid their dues by the end of April, our next drawing for \$55 cash will be during our May meeting. Remember, all names stay in the drawing pool until the end of May.

We are still honoring our incentive for bringing a friend or family member to our meeting and if they join, you will both receive a gift card from me.

Pat Enlow

2nd VP, Programs

On a personal note, I would like to thank everyone for the nine years I have served as 2nd VP.

It has been a pleasure, a lot of work, and a lot of fun!

I have enjoyed meeting you and getting to know you. Most of all, I have appreciated your support. Please support our new officers by attending meetings and participating in committees and activities.

Thank you, again. -- Pat

May Program: Installation of 2024-2026 C-FB RSPA Officers

Installation of Officers will be conducted by Gary Schepf, newly-elected TRTA secretary-treasurer. Gary has served as TRTA District 10 President and Technology Advisor, as well as Irving Retired School Personnel Association President. Educational consultant, speaker, and humorist can also be added to his credentials. In 2013, he was named Secondary Teacher of the Year in Irving ISD where he taught business and technology courses at Nimitz High School. In 2001, Gary joined in the opening of Irving ISD's Jack E. Singley Academy. He has served as senior class sponsor and Student Council sponsor.



Gary is active in his community on Irving's Youth Council, Irving Sister Cities, and the Irving Heritage Society. He is co-founder of Future Leaders of Irving.

Please join us in welcoming our 2024-2026 C-FB RSPA officers at our May meeting.

Pat Enlow

2nd VP, Programs/Children's Book Project/Communications

Thank you, thank you to all who have contributed to the Children's Book Project Fund this year in both books and money. Nearly 100 books were donated! YOU make this project possible.

It is always tricky to find dates suitable for delivery of books and this year, we are trying something different. We are delivering books to all second graders at 24 schools in the District.

After talking with school personnel, I have found that Wednesday, May 8 will be our delivery date. If we need a second day, Friday, May 10, will also be a delivery date.

A few things to remember:

- Books will be picked up at my house: 1514 Pebble Creek, Coppell 75019. Al will load the boxes into your cars for delivery.
- Some groups will be taking banners. Use them in the picture of your delivery with the name of the school in the background.

If children are included in your picture, their faces must not be visible per TRTA guidelines.

- Email pictures to Pat Enlow patenlow@verizon.net 214.364.9601 and Anita Shepherd ashep98223@aol.com 214.336.6340.
- If you wish to volunteer for delivery, call Linda Bambina 214-616-1936 to get on the list. She will be forming carpools and assigning schools.

Thank you, Linda!

Carol Sprawls

Health and Safety

WAT 2024 REPORT

A big CONGRATULATIONS to all the WAT 2024 participants for an outstanding performance in this year's challenge. THANK YOU to our four Captains (Anita Shephard, Barbara Gilbert, Cathy Webb, and Linda Bambina) who led their teams well. Three of our teams were in the top four rankings, and the fourth team was number 12 out of 49! WOW!

Collectively, our 32 team members walked over 11,000 miles in eight weeks. We had seven C-FB Star Walkers: Anita Shephard, Cathy Webb, Carol Sprawls, Denise Lecocke, Kim Kockritz, Maxwell Kashiwa, and Shaima Hakimi. Star Walkers are chosen for their total weekly mileage, team spirit, and improvement in mileage. Susan Bragg was number eight of 15 individuals with top mileage; an outstanding rookie performance! A presentation of recognition and awards will be at our May meeting. In the WAT District 10 physical challenge and friendly competition, our C-FB RSPA Chapter is a ROCK STAR!

SUMMER ACTIVITIES FOR SENIORS

1. PARTIES AND OTHER SOCIAL GATHERINGS

Socializing can be a powerful way to inject more fun into your life, especially if you reminisce about old times or talk about the other things that interest you. A good conversation may elevate your mood more than anything else. Attending other people's parties, joining clubs, or planning events contributes to connecting with others.

2. TRADITIONAL GAMES AND PUZZLES

Board games and card games provide great ways to socialize and benefit from the joyful challenges of friendly competition. Puzzles can help sharpen your mind and give you a sense of progress and accomplishment. Consider options like Uno, Scrabble, Bingo, and Checkers. Dominoes, Checkers, Mahjong, Solitaire, and Crossword Puzzles.

3. ANIMAL INTERACTIONS

Just like people, animals want and need socializing. Playing with them can be mutually beneficial. If you don't have a pet, consider going to an animal

shelter that welcomes seniors who want to give dogs, cats, or other critters some quality attention.

4. OUTDOOR PAST TIMES

When the weather is comfortable, being outside does wonders for your mood. Consider gardening, bird-watching, walking, picnics, sailing, and nature photography.

5. OUTINGS AND EXCURSIONS

Many great options exist, especially when you gather a small group to share your experiences. Options include the wonderful field trips our C-FB RSPA offers year-round. Benefits include laughter, excitement, exploration, and social bonding.

Judy Carey

Treasurer

The Time to Pay Dues Is Now

Thank you to all the members who have paid their dues for 2024-2025. It is time for another reminder to put your dues in the mail now. Our new membership year did begin March 1, 2024. Last year we had 348 members pay their state dues but not everyone paid their local. If you are one of those members that did not pay your local dues, please consider paying local dues this year.

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. C-FB RSPA really needs your local dues so we can continue to have interesting programs at our meetings, help with expenses for C-FB RSPA and give new members that join at our meetings a little thank you. TRTA state dues are \$35 and local dues are \$10. 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. You can now pay your dues by using ZELLE. Use my email judy.carey@verizon.net not my phone number. If you are paying your dues with cash at our May meeting, 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 2024-2025. Hope everyone has a great summer! I know my articles in the newsletters are the same month after month, but there is not much else to say than to pay your dues now.

Thank you to the members who have already paid their dues for 2024-2025, but it is time for a reminder to put those dues in the mail or pay at our next meeting. A new membership year has begun!!!

Lori Smith

Lunch Bunch

Thank you, Shaima, for the great sandwich trays from Sam's last month! And Kay Edmondson, the banana pudding was delicious and a special treat! I just want to take this opportunity to thank all the lunch bunch team that have served this year. Your hard work is so appreciated by everyone! It takes all of us to get the lunches out in a timely manner and keep everything moving and in order. I love each of you!

I understand that our last lunch for our May meeting will be lasagna from Two Guys again. We are bringing back a favorite! Also, there will be salad and bread. Yummy! Get your reservation in to Judy Carey as quickly as you can.

Lee Nitcholas

Field Trips

Please give us your ideas on what you would like to do next year by completing the CFB RSPA Survey. If you know of a new trip we could take please send information so we can check it out. And if there is a trip we took in the past that you would like to do again, tell us about that. Our goal is to keep things fresh and fun for everyone. Your input is important!

Our next field trip will be this summer. We will be going to Margaritaville! Date and time TBA. Linda Bambina will organize the group going to see the musical at the Firehouse Theatre in Farmers Branch. This is always a fun outing right here in our community.

Linda Bambina

August Field Trip

Margaritaville at The Firehouse Theatre

Come join us for a great Sunday “FIELD TRIP” on August 11 (or possibly August 18) to see a really fun show at The Firehouse Theatre. We’ll start with lunch prior to the 2:30 matinee showing. Tickets are \$32 each.

Jimmy Buffett's Escape to Margaritaville

Be transported to a tropical island getaway in Jimmy Buffet’s Escape to Margaritaville.

This upbeat and energetic new musical is the story of a part-time bartender, part-time singer, and full-time charmer named Tully who thinks he’s got life all figured out, until a beautiful career-minded tourist steals his heart and makes him question everything. This hilarious, heartwarming musical comedy features the most-loved Jimmy Buffett classics, including “Cheeseburger in Paradise”, “Margaritaville,” “It’s Five O’Clock Somewhere,” “Fins,” “Volcano,” and many more! This is the party you’ve been waiting for!

There will be a sign-up sheet at our last meeting in May, but an email blast will be sent in late June as well.

If you are interested in going, please email Linda Bambina.

lindabambina42@gmail.com



Estelle Lara

Community Outreach

Volunteering at Metrocrest Services Pantry

Our spring Metrocrest Services Pantry drive again showed how generous our CFB-
ISD RSPA group is. Our retired teachers brought in over 400 cans and boxes of
pantry items, as well as disposable diapers. In addition, we collected \$370.00 in
checks and change. Norma Rendon and Jim Lara helped me take those goods over
to the “donation” door next to the PANTRY door. Cason, who works there, helped
us load the items for the food pantry. On your own, you can of course take bags of
food items and/or money to Metrocrest Services anytime. And you can ask for a
receipt!

Please come join us by picking a Tuesday that is good for you. Just look for me and
my green folder at the next meeting. Thank you. In the photos below, you will see
Kimberly Guinn training a new volunteer. In the next photo are Maxwell Kashiwa,
Stan Shepherd and Susan Bragg.



Kay Edmondson

Voluntarism

Volunteer hours 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 May!