

## SEPTEMBER 2024 NEWSLETTER

Hello fabulous members.

I am humbled and honored to serve as your president for the next 2 years. I will try my best with the help of our fabulous board members, board chairs and their members to have a wonderful and fun year full of exciting events coming your way.

Our meetings in June and July were the start.

This year once again, with the partnership of CFBISD Educational Foundation at the July 18, 2024, New Educator Luncheon, we were able to award 19 new hired, first-time classroom teachers a gift card of \$200.00 each for their classroom setup. Thank you, Pat and Al Enlow for your generous donation to be added to what we collected from our bake sale last December. This is amazing and we will strive to even give more next year. The gifts were presented by Pat Enlow, Lynn Scifo, Kimberly Guinn and me.

As we did last year, we are planning a December bake sale to provide funding for next summer's grants.

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. Incoming donations can be made by check or online. The online gift portal is found at <https://www.c-fbisd.edu/community/education-foundation/give> and we'd ask that

any donations include a note (donation comment section) that these funds are going to the C-FBRSPA Fund. Checks can be mailed to the address below and include the C-FBRSPA Fund in the memo section of the check.

CFBISD Educational Foundation  
1445 N. Perry Rd.  
Carrollton, TX 75006  
Attn: Donna Wald

### **HundredX Fundraising for Book Project and More.....**

Here is a chance for all members to participate without leaving the comfort of your home and spending a penny!!!

This would be our biggest fundraiser ever undertaken in one month. The month is November, and only during this month we will be embarking on this wonderful and easy fundraising. We need as many members as possible to participate.

All you need is your smartphone or computer to give feedback on leading companies and products. You will be donating \$1.60 for each feedback to CFBRSPA but only up to 75 feedbacks for our designated month which is November.

**STAY TUNED! MORE INFORMATION WILL BE PROVIDED DURING OUR SEPTEMBER AND OCTOBER MEETINGS.**

### **NEWS FROM THE TREASURER – Judy Carey**

Welcome back to C-FB RSPA!!!! Look forward to seeing everyone at our September meeting. Reminder..... If you have not paid your

TRTA state dues (\$35) and your C-FB RSPA local dues (\$10) now is the time to do that!! The dues you pay now are for 2024-2025.

Please bring your check to the meeting or send your check (made out to C-FB RSPA) to me at 975 Laguna Drive, Coppell, TX 75019. You may include the cost of lunch (Lunch is \$12.00) in the check with your dues. You are now able to pay your state and local dues with ZELLE. You can also pay for your lunch. Please use my email, [judy.carey@verizon.net](mailto:judy.carey@verizon.net) NOT MY CELL PHONE NUMBER.

We need your support to help pay for programs at our meetings, door prizes, recruit new members, etc. We do put your \$10.00 to good use. Thanks to all of you who have paid your dues. Please look at the Treasurer's Report, it is posted on our C-FB RSPA webpage at <http://cfbrspa.atwebpages.com/>. Also our proposed budget for 2024-2025 is posted there. Please look at this proposed budget. We will be voting on it at our September meeting. I look forward to seeing you at the September meeting. Your new name tag will be waiting for you.

### **Membership** - Lynn Scifo, 1<sup>st</sup> Vice President

Welcome back everyone. I am so glad to be getting back to visiting with our friends and looking forward to the fall season. I am the newly elected 1<sup>st</sup> Vice President/Membership.

We have started our membership drive for 2024-2025 and encouraging everyone to reach out to anyone you know who is retired and not a member, inviting them to join our local unit. Also note that membership is open to *ALL*, not only retired school personnel but also family members and spouses. We can accomplish so much when we work together and grow our

membership. When you bring in a new member and *they join*, you and your guest will receive a \$10 gift card.

### **Lunch Bunch News**

Lunch for our first meeting on September 18<sup>th</sup> will be the delicious pot pies from KFC along with Cole slaw and cookies. The cost for lunch will remain at \$12. Please RSVP to Judy Carey for lunch by Sept. 13. [judy.carey@.net](mailto:judy.carey@.net) or text: 214498-9867

I also want to thank the lunch bunch ladies for working on this committee and taking care of all the pick-up, set-up, and clean-up. They have done such a wonderful job and will continue to do so. Thank you, Lori Smith, Sandy Henry, Kay Edmondson, Linda Anderson, Celeste Craig, Gay Dobecka, Donna Wright, Dana Carol, Ruby Finney, and Patti Sloey.

### **September Program - Fall Landscape Design in Texas – Kimberly Guinn**

Do your plants or landscaping need a new look after our blistering 100 degree days? If you are ready for a refresh to your yard, then don't miss our first meeting of the year!

There is a new landscaping company in town, and you want to hear ideas from Kyle Gaynor, Nursery Manager from Outdoor Warehouse Supply. He will share thoughts on how to make gardening fun! Such as, how to make our outdoor home a place to relax while knowing a few tidbits about design, soil testing, fall planting, good bugs, irrigation, and more.

Outdoor Warehouse Supply is a small local company offering wholesale and retail landscape supplies. This year they opened a Lewisville location. This facility has a 32 bulk bin stone yard consisting of natural stone, paverstone, river rock, sand, gravel, and mulch. Their plants range from various native and adapted vegetation, from ground covers, annuals, perennials, shrubs, and trees to 40 ft trees and plants for sun to shade. Or you can shop inside the 9,000 sq ft greenhouse or outside under the full Texas sun.

Outdoor Warehouse Supply is located at 2791 S Stemmons Fwy in Lewisville (on the Southbound Service Road between Frankford Rd and I-21 - prior location was a Par 3 golf course)

Pull out your yard gloves and shovels, and get ready to make your yard Fall Ready!

## **Health & Safety** - Becky Tucker

Summer is slowly coming to an end, but the heat continues. Sometimes we feel a little cooped up by staying indoors out of the heat, but being out for long periods of time can result in heat stroke/exhaustion, skin cancer issues and dehydration. Remembering to drink plenty of water is more important than ever. Staying hydrated helps regulate your body temperature, support brain function and mood, and is associated with a significantly lower risk of developing chronic diseases. Some simple but effective methods to ensure you're drinking enough water include setting an alarm or using an app for timely alerts and reminders, keeping water bottles within easy reach, or

filling a glass before bed so it's ready first thing in the morning. These small steps can make a big difference in your health.

It's important to protect your beautiful skin when you're in the sun. Just one blistering sunburn as a child or teen more than doubles your risk for melanoma.

Everyone over six months old should follow these guidelines:

- Choose sunscreen that has an SPF of at least 30, is water resistant and provides broad-spectrum protection.
- Apply sunscreen generously before going outdoors. It takes about 15 minutes for your skin to soak up the sunscreen and protect you.
- Apply sunscreen to all bare skin. Remember your neck, face, ears, legs and the tops of your feet. For hard-to-reach areas like your back, ask someone to help. If you have thinning hair, either apply sunscreen to your scalp or wear a wide-brimmed hat. To protect your lips, apply a lip balm with a SPF of at least 15.
- Reapply sunscreen at least every two hours. Reapply right away after swimming or sweating heavily.

Heat stroke and heat exhaustion are the most serious heat-related illnesses and can be life-threatening without immediate emergency care.

Symptoms of heat stroke include:

- confusion and slurred speech
- loss of consciousness
- hot, dry skin or excessive sweating
- seizures
- very high body temperature – up to 106 degrees

Heat exhaustion symptoms include:

- headache
- nausea
- dizziness
- weakness
- anger

Getting urgent help for heat stroke/exhaustion is critical. Here's how:

- Call 911 for emergency medical care.
- Move the individual to an indoor or shaded area and remove outer clothing.
- Cool them down with water, ice, or wet towels, concentrating on the head, neck, armpits and groin.
- Soak their clothing in cool water if possible.

Let's be safe out there!

**VOLUNTEER HOURS 2024** – Kay Edmondson

Email Volunteer Hours to Kay Edmondson at [mce60@verizon.net](mailto: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

#### **School Outreach** – Stefani Johnson

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

This will start sometime in September and we will go out there once a month. If you are interested in helping, please fill out the interest survey and sign up to be a school volunteer. We will have more information at the September meeting.

At our September meeting, please bring 50 little gifts to give to the staff (hand sanitizer, individually wrapped treats, handwritten notes, etc.). I'll put a basket in the lounge with a note that they are from us.



Sign up to be a school volunteer:

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

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

## **Member Benefits** – Carol Sprawls

Welcome to fall! The cooler weather is coming as we welcome another year of C-FB RSPA meetings, field trips, and volunteer opportunities. I am very excited to be the new Member Benefits Chair this year. I want to keep you apprised of the benefits and perks of being a TRTA member, a TRS-Care Standard Plan participant, or a TRTA-Care Medicare Advantage Plan participant.

There is excellent news for the TRS Medicare-Care Advantage Plan. A premium reduction for 2025, saving between \$720- \$4,884 annually, will go into effect on January 1, 2025.

The other good news is we have two dental and vision plan providers. MetLife will administer the TRS-Care Dental and TRS-Care Vision plans.

AMBA will administer the TRTA-Care Dental and TRTA-Care Vision plans. AMBA has been a provider for many years; however, with two providers, RSPA members have two coverage options to choose the best plan for their needs. The enrollment window begins on October 1, 2024, and continues through December 7, 2024, with coverage beginning on Jan. 1, 2025. TRS sent a “packet of information” through the mail in early August that includes the premiums and benefits of the MetLife plans. AMBA’s premiums and benefits are on their website, allowing you to compare these two optional dental and vision plan providers.

I look forward to mingling with all of you this year through C-FB RSPA and informing you of the many member benefits!

### **Field Trips – Lee Nitcholas**

The Field Trip Committee has lined up some great field trips for you this year! We are excited about the line up and think you will be too. The first field trip of the year is scheduled for Wednesday, September 25.

The September field trip includes a visit to John Wayne, An American Experience located in the Stockyards in Fort Worth. Sprawling over 10,000 square feet, the exhibit is designed to give you an intimate tour of the life of John Wayne. Starting with his early childhood and career, each room highlights an aspect of Duke's legacy. For film aficionados, the extensive gallery "Life on the Screen" highlights his iconic film props and costumes. "America, Why I Love Her" is a gallery that immerses guests in patriotism through Grammy-nominated poems, recited by John Wayne. Included are never-before-seen photos and correspondence curated by the Wayne family. When you leave the exhibit there is a lovely lounge area that includes a fridge with free cold drinks and items available for purchase. The discounted cost of a group ticket is \$22.00 to be collected at our September meeting.

For those who are interested, the Stockyards Museum is located next door in the Exchange Building. This is a small museum that is packed with memorabilia from the Stock Yards area. You can see a light bulb from a local theatre that has burned for 115 years and a chuck wagon used in cattle drives. Also of interest is the "Bad Luck

Wedding Dress". A number of brides wore the dress but none were ever married. This museum is filled to the brim with artifacts! And the cost is \$2 at the door.

Every day (weather permitting) the Fort Worth Herd Cattle Drive featuring Longhorns is scheduled for 11:30. This is a wonderful photo op! The drive comes from E. Exchange Ave. and turns north to the pens behind the Livestock Exchange Building where they can also be photographed.

We plan to spend about two hours at the museums and then make our way to the iconic Joe T. Garcia's Mexican Cuisine since 1935 for lunch and a legendary Fort Worth experience. Weather permitting, we will be dining outside in the beautiful gardens. While most people just order "The Dinner" for \$18.50, you can now get a half order for less than \$15.00 or choose something off their menu. This restaurant accepts only cash and checks.

### **CFBISD Educational Foundation Laison – Pat Enlow**

As a first-year teacher just out of college, do you remember having to find the money to set up your classroom? It was not easy. YOU have made 19 newly graduated first-year CFBISD teachers so happy! Through the Bake Sale in December and private donations, we collected \$3,836! At the CFBISD New Educator Luncheon on July 18, we presented \$200 gift cards to the recipients pictured below. They used the money to help set up their classrooms. Look

at those smiles!



Our partnership with the CFBIDF Educational Foundation makes giving these gift cards possible.

### **Legislative Chair – Pat Enlow**

I'm looking forward to a new year and a very active one! We have a super-important General Election coming up and the Texas Legislature will be meeting.

TRTA has determined the Priorities for the Texas 89th Legislative Session which convenes January 14, 2025, and ends June 2, 2025. As you contact your legislators, please let them know our TRTA Priorities:

- 1) Support benefit enhancements for TRS retirees.
- 2) Preserve TRS Pension Trust.
- 3) Fund TRS Pension Trust.
- 4) Protect TRS-Care.

This is the stand TRTA is taking on vouchers: "TRTA will reserve comment on public policy matters related to vouchers - or ESAs - until there may be a reported impact on the TRS trust fund." However, as a constituent, you can say that you are not speaking for TRTA/C-FB RSPA and express your personal opinion on vouchers.

Of course, the election comes first! **Vote early, if possible.**

- October 5, 2024 Last day to register to vote
- October 21 – November 1 Early Voting
- October 25 Last day counties can receive mail-in ballot requests
- November 5 Election Day

Click here <https://www.votetexas.gov/faq/index.html> or here <https://teamrv-mvp.sos.texas.gov/MVP/mvp.do> to find information about the election. Click here <https://wrm.capitol.texas.gov/home> to find your TX Senate District (SD), your TX House District (HD). Look at the chart below to find the candidates running in those Districts. All 435 U.S. House seats are up for re-election, also. Beth Van Duyne and Sam Eppler are candidates for the 24th Congressional District. Take the time to research these candidates.


I have invited several candidates to our September and October meetings so that you can speak with them. They are invited to come from 10:20 - 10:50 am. Make them feel welcome. They may have some questions for you and I know you will have questions for

them. More information to come! See chart below of the candidates for available seats.

**LEGISLATIVE**

*The Texas Retired Teachers Association advocates improved benefits for all education retirees and promotes the well-being of its members.*

<b>State House of Representatives</b> Incumbent: *	<b>HD 66</b> David Carstens D Matt Shaheen* R	<b>HD 104</b> Jessica Gonzalez* D	<b>HD 112</b> Averie Bishop D Angie Chen Button* R	<b>SD 8</b> Rachel Mello D Angela Paxton* R
<b>HD 2</b> Kristen Washington D Brent Money R	<b>HD 67</b> Makala Washington D Jeff Leach* R	<b>HD 105</b> Terry Meza* D Rose Cannady R	<b>HD 113</b> Rhetta Bowers* D Stephen Stanley R	<b>SD 9</b> Kelly Hancock* R
<b>HD 4</b> Alex Bar-Sela D Keith Bell* R	<b>HD 70</b> Mihaela Plesa* D Steve Kinard R	<b>HD 107</b> Linda Garcia D	<b>HD 114</b> John Bryant* D Aimee Ramsey R	<b>SD 12</b> Stephanie Draper D Tan Parker* R
<b>HD 10</b> Brian Harrison* R	<b>HD 89</b> Darrel Evans D Candy Noble* R	<b>HD 108</b> Elizabeth Ginsberg D Morgan Meyer* R	<b>HD 115</b> Cassandra Hernandez D John Jun R	<b>SD 16</b> Nathan Johnson* D
<b>HD 33</b> Katrina Pierson R	<b>HD 100</b> Venton Jones* D	<b>HD 109</b> Aicha Davis D	<b>State Senate</b> Incumbent: * Off-Year: Gray	<b>SD 22</b> Brian Birdwell* R
<b>HD 61</b> Tony Adams D Keresa Richardson R	<b>HD 102</b> Ana-Maria Ramos* D	<b>HD 110</b> Toni Rose* D	<b>SD 1</b> Bryan Hughes* R	<b>SD 23</b> Royce West* D
<b>HD 62</b> Tiffany Drake D Shelley Luther R	<b>HD 103</b> Rafael Anchia* D	<b>HD 111</b> Yvonne Davis* D	<b>SD 2</b> Bob Hall* R	<b>SD 30</b> Dale Frey D Brent Hagenbuch R



**View us on the Web!** – Lyn Abercrombie

Our C-FB Retired School Personnel Association has a website with helpful information and photos!

Our address is <http://cfbrspa.atwebpages.com/>

You'll see our meeting dates and upcoming programs; past newsletters; a listing of our board members; loads of photos of our meetings, field trips, and service projects; legislative information; minutes of previous meetings; our financial reports; our history; and "In Memory" of our members who have passed away.

