

President – Shaima Hakimi

It is that time of the year, our last meeting until September!

We had District 10 Spring Leadership meeting Monday, April 28 and we came out

with many awards and celebrations. It is gratifying to see our contributions to our organization pay off little by little. Thank you to our membership, our board and community chairs who put their hearts into everything they do and it shows.

Thirteen of us attended the conference, Della Swaim, Judy Carey, Beth Sargent, Linda Tole, Lee Nitcholas, Pat Enlow, Stefani Johnson, Kimberly Guinn, Anita Shepherd, Lynn Scifo, Maxwell Kashiwa, and Becki Tucker.

Beth Sargent and Lee Nitcholas were awarded the Star of District 10.

Congratulations!

Pictures of the event are included at the end of this newsletter.

Certificate of recognition was awarded to Kay Edmondson for Outstanding Contribution in Time and Services on a Volunteer Basis in submitting 90,824 hrs.

Congratulations, Kay!

For the Biggest Increase in 2024/2025 and the Largest Membership Increase 2024/2025 in category 4, certificates were awarded to Lynn Scifo.

Congratulations, Lynn!

For Walk Across Texas, in category 4 our organization was awarded the Largest Percentage certificate. Becki Tucker received the award. Congratulations to all members who participated in WAT this year!

Our chapter was also in charge of ordering and organizing lunch for over 200 members and it was a success...GO TEAM!!!

Wednesday, April 30, Kimberly, Lynn Scifo and myself attended the newly retirees' luncheon. This was yet another successful recruiting opportunity for our chapter.

Pictures are included in the last pages of the newsletter

Membership - Lynn Scifo

No new members to welcome this month. I will be trying to encourage new retirees to join our organization over the summer. Please help me with names of people that I can contact.

CONGRATULATIONS to Gretchen Biery who won the \$100 raffle last month. Her name was drawn from all of the others who paid their dues early. We will have another raffle for \$65 at this May meeting. If you paid your dues already, your name will be in the drawing. Good Luck! 🍀

Lunch Bunch - Lynn Scifo

Lunch will be from **Two Guys from Italy** 🍕 and will be chicken alfredo, salad, and bread and is \$12. RSVP for lunch to Judy Carey, at 214-498-9867 or email at judy.carey@verizon.net. You may also use Zella to pay for lunch. Use Judy's email address.

I would also like to thank our Lunch Bunch ladies who made sure that our lunch was picked up and ready for us to eat every month, put our decorations, set up, and cleaned up.

They are Lori Smith, Gay Dobecka, Celeste Craig, Linda Anderson, Donna Wright, Sandy Henry. A special thanks to Dana Carroll, who picked up the food and brought it to the meeting.

Also, a special thanks to Patti Sloey for getting our iced tea donated and picking it up every month.

Our tea was donated from **HTeaO** in Dallas on Frankfort & Marsh. If you stop in there, please be sure to thank them for the donation.

Program – Kimberly Guinn

Aging Essentials - Join us for a lesson on empowering yourself with the knowledge needed to navigate the aging process. This program delves into crucial topics, including crafting a personalized plan for aging, understanding changes in activities of daily living, and the importance of legal documents. Learn how to access a wealth of community resources to support your journey. Don't miss this

opportunity to equip yourself with the essentials for a fulfilling and well-prepared aging experience.

Our speaker, Kimberly Knight is a seasoned Master Social Worker boasting over 15 years of dedicated expertise. Her impactful contributions within the nonprofit sector have cultivated a strong foundation in program development, curriculum design, program administration, community outreach, as well as individual and group counseling. Presently, Kimberly holds the esteemed position of Director at The Senior Source, overseeing the Caregiver Support Program.

Kimberly earned her bachelor's degree from Alcorn State University in Mississippi and pursued her passion further by obtaining a Master of Science in Social Work from the University of Texas at Arlington.

Driven by an unwavering commitment to helping others, Kimberly firmly believes that transformative change occurs when individuals receive the guidance necessary to harness their inherent strengths, unlocking their potential for a life filled with fulfillment and happiness.

Additionally, Kimberly is a Certified Alzheimer's Disease and Dementia Care Trainer, Certified Dementia Practitioner, and actively serves as a council member for both the Dallas Area Agency on Aging and the

North Central Texas Council of Governments, further exemplifying her dedication to enhancing the well-being of her community.

Treasurer – Judy Carey

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. If you do not pay your local dues, your name will be removed from our directory, and you will no longer receive our newsletter and other information that we send out.

Thank you to all the members who have paid their dues for 2025-2026. It is time for another reminder to put your dues in the mail now. Our new membership year did begin March 1, 2025. **TRTA** encourages local chapters to recruit/renew as many members as possible early.

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.

We are now accepting ZELLE as a form of payment for dues and lunch. Use my email, judy.carey@verizon.net, to pay.

Over the last few years, TRS retirees have seen the repeal of the Windfall Elimination Provision (WEP), and Government Pension Offset (GPO), a cost-of-living increase, a 13th check, increased state funding for the pension fund, and reduced TRS-Care premiums. These successes have been due to the strength of TRTA's membership. Together we are stronger and more powerful! [Join and renew your membership today!](#)

C-FB RSPA appreciates your membership and hopes you will continue to support us by renewing NOW for 2025-2026.

Field Trip – Stefani Johnson

May Field Trip

Titanic: The Exhibition in Dallas

May 7th, 2025, 10:30 am \$22

(Be there at 10:00) ⌚ Duration: 1 hour


Deadline to sign up is May 3rd

Email Stefani Johnson at sapntx@msn.com or text 214-316-9190 to sign up.


Send a check to Judy Carey or Zelle at judy.carey@verizon.net and send her a text with your name and the words "Titanic field trip \$22".

Lunch at Kenny's Wood Fire Grill on Belt Line after the tour.

Titanic: The Exhibition is making its way to Dallas after a sold-out run in Macau, Moscow, Riga Latvia, Perth, Sydney, LA, and Chicago. It brings with it an interactive experience that allows you to step inside recreations of the Titanic's interior. Immerse yourself in the stories of its passengers, see hundreds of artifacts, and discover the tale of the design, creation, launch, maiden voyage, and tragedy of the historic ship.

 Receive your very own boarding pass corresponding to a real passenger on the ship

✦ Walk through incredibly detailed recreations of the ship's dock, staircase, and interior, complete with a starry night sky scene

 See over 300 artifacts from the Titanic and its sister ships' survivors, brought with them on their journey

🌐 Explore the immersive Discovery Gallery with its raised glass floor and see what discovery teams saw during dives to Titanic's wreck site

🎮 Enjoy a VR experience providing an in-depth look at the most recent forensic research related to the ship's downfall.

School Outreach – Stefani Johnson

Adopt Kathryn McWhorter Elementary

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

May 20 - Volunteer - all hands-on deck to help the tired staff

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We'll provide Root Beer/Coke floats (bring donations of soda).

If you are interested in helping, please email, text or call Stefani Johnson. sapntx@msn.com 214-316-9190.

You must sign up to be a CFBISD 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.

C-FB RSPA Members:

We want your input! Help us to be the best chapter ever by taking our End-of-Year Survey! You'll have the opportunity to give us your input on our programs, lunches, field trips, and other things!

If you do it by midnight, Monday, May 19, 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 (under the photo)
- 3.) Click on "End-of-Year Survey"

Thank you!

Your C-FB RSPA Board

METROCREST NEWS – Estelle Lara

Our RSPA group is well known at the FOOD PANTRY for their wonderful volunteer work and their generosity. We had another successful collection this last meeting. You donated hygiene products, needed food items, some clothes and linens, and lots of



money.....\$542.00! Thank you, dear members. Our next food drive will be in the fall.

But, be on the lookout for SACK SUMMER HUNGER sign-up as well as other opportunities for community service. See you at the next meeting, and be on the lookout for my green folder!!

VP Programs/Grants, CFBISD Educational Foundation C-FB RSPA Liaison – Pat Enlow

On April 17, 2025, the CFBISD Teacher of the Year Celebration was held at the Nancy Watten Event and Technology Center. Hosted by CFBISD Educational Foundation and co-chaired by Pat Enlow, it gave C-FB RSPA the opportunity to participate for the first time, further strengthening our ties with the Educational Foundation.

A HUGE THANK YOU to Linda Bambina, Patsy Maulding, Lee Nitcholas, and Wanda Patterson for volunteering to help set up, welcome guests, and take down table decorations. Their help was invaluable. Again, please let me know if you would like to join the list of volunteers for future opportunities. patenlow@verizon.net

We celebrated 37 Campus Teachers of the Year. Summer Garcia, 2nd grade bilingual at Farmers Branch Elementary was named Elementary Teacher of the Year. Jonathan Cartray, CTE (Law) Academy Facilitator at Creekview High School was named Secondary Teacher of the Year. Mr. Cartray was with his students at a mock trial competition. Summer Garcia is pictured below. It was a pleasure to meet and talk with all CFBISD Teachers of the Year. We have such dedicated, talented, innovative teachers in our district! #Proud!



Legislative News – Pat Enlow

After 10+ years as your C-FB RSPA Legislative Chair, I am stepping aside to give more time to my other volunteer obligations. I will remain on the Board as the CFBISD Educational Foundation (VP Programs/Grants) Liaison and member of the field trip committee. I hope the research and resources I've provided over the years have answered your questions and been valuable in helping you make your independent decisions as you vote.

Thank you, RSPA members, for all your support during our local and state RSPA candidate forums, Senate Bill 2, COLA and stipend campaigns, Prop 9/yard signs and WEP/GPO campaigns. We won them all! Your participation in these

events, action alerts, and visits with, and education of, candidates has made our chapter one of the most active in legislative issues. Unfortunately, our annual Meet and Greet was cancelled this year, but this has been an excellent avenue to get to know both local and state candidates and for them to get to know us and our legislative priorities as retired school personnel.

I was honored to have been asked by TRTA Executive Director, Tim Lee, to testify before the Texas Pensions, Investments, and Financial Services Committee on behalf of Texas retired school personnel. This was an experience I'll never forget.

I have enjoyed the opportunity to serve as your C-FB RSPA Legislative Chair and as representative on the TRTA District 10 Legislative Committee. It does help to have a husband who is supportive and involved, also. Thank you, All!

Health & Safety – Becki Tucker

First and foremost, Congratulations to our Walk Across Texas teams! We had 24 members complete the journey culminating in 8310.09 miles walked.

As a part of Region 10, there were 54 teams participating this year through

Howdy Health that resulted in 95,907.58 miles!!

This is how we ranked:

CFB Health-ercisers in 2nd place: 3089.77 miles, Capt. Ruth Root

CFB Defeeters in 3rd place: 3018.74 miles, Capt. Anita Shepherd

CFB Wandering Walkers in 11th place: 2201.60, Capt. Becki Tucker

This is an annual event in early spring. The announcement and sign-ups are during the December meeting. Please consider joining us for the 2026 Walk Across Texas.



Spring can be a great time for a road trip, with mild weather, colorful flowers, and breathtaking landscapes – without the summer heat and crowds. Whether you're looking for a relaxing escape or an adventure-filled journey.

While spending time with family and friends is a top motivation for travel, go and enjoy your time. It can have a positive impact on your mental health. It is a great way for people to relax and rejuvenate. Do you have a bucket list of places to see or visit?

