

C-FB RSPA Newsletter

February 1, 2013

Letter from the president, Linda Tole

Hope your holidays were wonderful! AND I hope that you are well and flu free.

We had a wonderful meeting at the Christus, St. Joseph Retirement Village in Coppell in December. The choir was awesome and the fellowship outstanding. We had a wonderful surprise! The Christus St. Joseph Village gave our group a check for two thousand dollars to use toward our Book Project! What a wonderful Christmas gift for us! We greatly appreciate their generosity.

With the gift from the Retirement Center, we have well over \$3000.00 to buy books for CFB students this spring. If you are interested in helping purchase the books, please let us know.

We will be electing a new slate of officers in February. The list of proposed officers will be published in this newsletter.

It is with a heavy heart that we tell you about two outstanding educators who passed away in January. Charles Thacker who was an administrator in C-FB for many years passed away January 15th. He had been battling cancer for several years. Charles was one of the founders of our C-FB RSPA. He served as President of our organization for three years. Many of you knew him for his humor and kind heart.

Clay McGee who taught music at Country Place Elementary for many years died in a house fire January 16th. He also taught private voice lessons, many of his students went on to receive scholarships to many universities.

The legislative session is hard at work! We need to be attentive to what they are doing. We will be sending out alerts throughout the session when we feel that you need to contact your representatives.

Upcoming RSPA Election

Because of TRTA State Requirements we will have our May Election for RSPA Officers **at our February meeting**. According to our Constitution, **all terms are for two years**.

Nominated candidates:

Lee Nitcholas (President)
Linda Bambina (1st VP)
Beth Sargent (2nd V.P.)
Judy Thurman (Secretary)
Judy Carey (Treasurer)

Lee and Beth will be serving in offices new to them. Linda, Judy and Judy will be running for re-election to the offices they now hold.

BOOKS for C-FB STUDENTS

We in RSPA have another opportunity to promote the literacy and appreciation of reading in our elementary students. Once again we will give each student in several of our elementary schools a book of their own.

I am asking your support to achieve this good work. Donations for the purchase of books would be much appreciated. Also, we will need shoppers at the Gently Used Book Sale (Feb 28th) and then volunteers to sort and deliver the books to the schools. There will be more information shared during the upcoming meetings but please be thinking how you can be a help in this project.

Thanks,
Pat Scoggin

Membership and More

Linda #2 Bambina-Membership VP

I consider our last Luncheon/Meeting one of the very best we have ever had! Of course, since I didn't have to do ANYTHING except visit and enjoy the beautiful meal and facility of the CHRISTUS St. Joseph Village, you can understand why I would say that. But truly, the event was a very lovely one: a private dining room, elegantly decorated for Christmas, and then an award-winning choir from Creekview entertaining us with perfect harmonies. Our buffet lunch was over the top in choices and quality. Special thanks to Bethany Candelaria, hostess for CHRISTUS St. Joseph Village who was extremely welcoming and generous in every way possible.

We had about 60 members and guests at this December meeting including Barbara Gilbert's mother-in-law who now lives at The Village. While we didn't have any new members join at this meeting, we had some old friends return after being out of touch for awhile (Special Hellos to JoAnn Redwine, Leola Bracey, Andrea Bailey and Barbara Glenn). In addition, A Big Welcome Hug goes out to first-timer

Lynn McDonald! (Lynn, you must tell us about your email name!)

Speaking of new members, believe it or not, the state organization kicks off their Annual Membership Drive in March. Since we don't meet in March anymore, we actually start talking about our "Drive" at the upcoming February meeting, then have a BIG push in April, still push in May since we're supposed to finish up our Drive in the summer! So please help us out, and let us know if you have any friends who are retiring at the end of the school year! Even if you are completely content to remain a "whisper" in the background, we need you.

Numbers Count with the Legislature.

From Beth Sargent and Pat Enlow

On a sunny January day, 10 of us visited the beautiful **Museum of Biblical Arts** which has been voted "Dallas Best Museum". Each of us had our favorites: The Resurrection of Christ mural, King James versions of the Bible, Jewish art gallery, European artists, American art gallery, Contemporary gallery, Tapestry of the Centuries' mural and the Sculpture atrium. The audio gave us more in depth understanding of the artists' work. Afterwards, Marie Huie, Lyn Abercrombie, Linda Bambina, Barbara Johnson, Lee Nitcholas, Suzi

Urban, Linda Winkenhofer, Richard and Donna Wright and I enjoyed conversations over lunch at Nordstrom Bistro. We're looking forward to our next field trip March 19.



MARCH FIELD TRIP

Get ready to be AMAZED!

When: Tuesday, March 19, 2013

Where: Perot Museum of Nature and Science

How: Sign up at our February 20th

RSPA meeting.

You must pay a non-refundable \$12 if 65 or over and \$15 if under 65 at the RSPA meeting.

We must collect the admission fee at the meeting in order to make reservations. The money is not refundable.

If you cannot come to February RSPA, but want to go on the field trip, email Pat Enlow at patenlow@verizon.net. All monies must be collected by February 20.

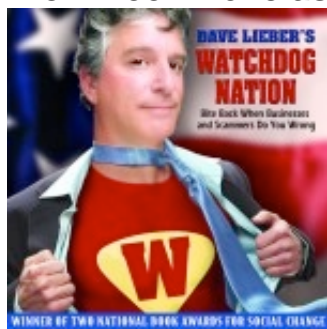
We also plan to visit Klyde Warren Park (weather permitting) and have lunch at a restaurant nearby.

Once we have a reservation time at the museum, we will let those of you who have signed up and paid know when we will meet at Webb Chapel Church to carpool.

It will be fun!

February Program

From Lee Nitcholas



**BECOME A CITIZEN OF WATCHDOG NATION:
"BITE BACK WHEN BUSINESSES AND
SCAMMERS DO YOU WRONG."**

Dave Lieber is coming back to C-FB RSPA! Last year Dave talked to us about his life making it as a New Yorker in Texas. The response was one of the most positive I can remember and he offered to come back. So we took him up on his offer and this time he will be talking about **Watchdog Nation**.

From Dave's people:

Star-Telegram Columnist Dave Lieber successfully fought for the 95-year-old man against the cable company which blocked him from watching his beloved baseball games. Dave helped a confused grandmother find the insurance company that owed her money. And he came to the rescue of the struggling woman who overdrew her checking account by two cents and incurred \$100 in bank penalty fees. By going to bat for these folks and hundreds more, Dave learned how to beat businesses and scammers before they beat you.

Now after thrilling hundreds of groups with his funny story about moving to Texas and the dog of his nightmares, Dave is taking audiences to the next level.

His dynamic talk - and accompanying book - **"Dave Lieber's Watchdog Nation: Bite Back When Businesses and Scammers Do You Wrong"** - gives you great information about one of the most important topics of our time. Come to our February meeting for the rest of the story.

Volunteer Hours

From Celeste Craig

We hope one of your resolutions for the new year is to volunteer more and to record and report those volunteer hours. Did you know that you can report the time you spend in meetings as part of your volunteer hours? This includes church meetings, choir practices, social club meetings, and even RSPA meetings! So, when you report your volunteer hours each month, be sure to include the time you spend in meetings, as well as the time you spend driving to and from those meetings. It all adds up!

Physical Activity and Heart Disease

From Barbara Shell

February is Heart Month. Couch potatoes, there's no easy way to put this. So here goes: Being sedentary could kill you. It's time to get moving.

You've probably heard this before, but a lack of physical activity comes with great risks including blood clots, [high blood pressure](#), heart attack, stroke and other heart related problems. On the other hand, becoming more active can lower your blood pressure by as much as 4 to 9 mm Hg, which is the same reduction in blood pressure you'd get by anti-hypertensive medications. Physical activity can also boost your levels of good cholesterol.

Becoming more active keeps the No. 1 killer in women at bay by reducing heart disease by 30-40 percent and stroke by 25 percent in people who do regular moderate to vigorous activity. Not too shabby, right?

Aside from its heart health benefits, with a more physically active life you can look forward to:

- More energy
- Less [stress](#), tension, depression and anxiety
- A better overall mood
- An easier time falling asleep and sleeping soundly
- Increased muscle strength and bone loss prevention
- Delaying or preventing chronic illnesses and diseases associated with aging

For each hour of regular exercise you get, you gain about two hours of additional life – even if you don't start until middle age. So [start moving](#). Aim for at least 30 minutes of exercise daily, and you'll be on your way to a heart healthy life.

If you're new to exercise, try moderate forms of physical activity like brisk walking. You can also incorporate small changes into your daily routine like taking the stairs instead of the escalator or elevator. Every little bit helps.

ATTENTION ALL MEMBERS OF C-FB RSPA!!!!!!

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We had another great year for 2012-2013!!!!!! We added **21 new members** and had a total of **232 members** pay their state and local dues. Thanks to all of you who paid your dues so promptly. Well here I am again reminding everyone it is time to start paying your dues. Beginning **March 1, 2013**, you can start paying your state and local dues for 2013-2014. You can bring a check or cash to our meeting on **February 20, 2013** or you can mail me your check. If you do bring cash to pay your dues, please put it in an envelope with your name on the front of the envelope. The membership year begins July 1, but beginning March 1 TRTA starts its membership drive for the year 2013-2014. Let's try and add more members this year and encourage everyone to join TRTA and pay their dues to TRTA and our local organization. We have many members pay their state dues but not their local. We need their local dues to help our organization be able to grow. Please fill out the form below and return it to me with your dues. Send a check for \$35.00 (includes \$25.00 for TRTA state dues & \$10.00 for C-FB RSPA local dues) to **Judy Carey, 975 Laguna Drive, Coppell, TX 75019**. Make the check out to **C-FB RSPA**. For the members who pay their state dues out of their monthly annuity or send state dues directly to TRTA, only send me a check for your local dues of \$10.00. **You do have to pay state dues in order to be a member of our local.** If you have questions, just call (972-393-2956) or email judy.carey@verizon.net

_____ FILL OUT THE FORM BELOW, CUT OUT AND RETURN WITH DUES _____

NAME _____

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ADDRESS _____ CITY, STATE,

ZIP _____

PHONE NUMBER _____

EMAIL

ADDRESS _____