

# C-FB RSPA Newsletter

September 30, 2013 Volume VII



## Letter from the president, Lee Nitcholas

We got off to a great start to the new year at our September meeting! A big thanks to Kathy McWhorter who is our new Sunshine Chairman; please let her know if one of our members needs a note or card sent. So far we have eleven people who have volunteered to work at the TRTA State Convention in April and we have fourteen people signed up to go to the District X Convention on October 7. We had **two** people volunteer to head up our book project. We are happy to announce that Gail Schwamb and Carrie Jacobsen will co-chair the project! What a great group of people we have!

We did not talk much about the success TRTA had in the legislature this spring and summer: on **June 14, Governor Perry signed SB 1458 into law**. With this new law TRS becomes actuarially sound and that has opened the road to the first COLA in many years. TRS retirees who retired in 2004 or before are receiving an increase in their annuity beginning in October! And for those not receiving an increase, know that this legislation paves the way for future increases! Many of our members worked hard behind the scenes to make this happen by sending emails and making calls to their legislators at critical times during the process of passing this bill. A big, "Thank you!" to all who helped.

At this time I am **asking all our members to contact their legislators and thank them** for their part in making all this possible. Those

attending the District X Convention will have an opportunity to thank legislators personally. Of course nothing beats a handshake and a hearty thank you, but notes, emails and phone calls all convey the same message. We need to let our legislators know that we appreciate their support! And now is the time to let them know how much we appreciate what they have done.

Our next meeting is on Wednesday, October 16 and we hope you will all come and enjoy the company of your comrades, a good meal and an interesting program. And with some luck you may go home with one of our great door prizes! It is wonderful to see so many new faces in the crowd and I, for one, am looking forward to even more in October. See you then!

Lee Nitcholas  
[blnitch@aol.com](mailto:blnitch@aol.com)

## Membership and More

Linda Bambina, VP for Membership

Wowee! A record number of smiling faces at our first meeting of this new year. There were 76 of you altogether. We were positively cozy, weren't we? Pat Enlow (Legislative Chair and Field Trips Co-Chair) brought a small herd of guests! Several of them were folks we hadn't seen in awhile and newcomer Becky Brewer joined on the spot! Suzi Urban brought her friend, Terri Grimes—and voila: another new member! Blanche McClain also brought us Ginny Biggs and Lee somehow lured Jody and Mary Bass from Frisco to join our growin' group as well! Welcome all.

A special welcome to our latest New Members who joined late spring or during the summer: I hope everyone had a chance to say "hello" to Joe Patterson, Bill Rogers, Gail Schwamb, Debra Holmes and Lynn McDonald!

Please take a peek at sights of 2013–2014 on our local website: <http://www.localunits.org/CFBRSPA/> to see pictures from our meeting including some of our outstanding program speaker, Jackie Peel.

Speaking of busy, Judy Carey and I have been busy updating our Directory. As you know, we are trying to save some money this year, so we are **just printing** the CHANGES in the directory. Many of you have given us your updated information as things have changed for you. I will have Barbara send out an attachment for the single page of UPDATED information that I have to share with everyone. We'll have a few copies of these UPDATES available at our October 16<sup>th</sup> meeting for those of you with printer problems!

I'm sure there are many of you who have not given us your changes, and it is not too late to do so. Just email or call either Judy Carey or myself and we'll see that everything is taken care of.

Don't forget that we don't have a meeting in November. Look at the programs page on our website: we have a really special meeting planned for December 11<sup>th</sup>!

## Field Trip News

Our first field trips of 2013 - 2014:

Sign up at our [October 16th RSPA Meeting](#)

**When:** Wednesday, November 13, 2013

**Where:** George W. Bush Presidential Center and Museum with lunch at Cafe 43

**How:** Meet in Webb Chapel Church of Christ Parking Lot @ 9:00 am to carpool

**Etc.:** Admission = \$16 or \$13 (62 and over)

**New! A 'Mini' Field Trip**

**What:** Hear Tim Lee, Executive Director, TRTA

**When:** Friday, November 8

**Where:** DISD Retired Teachers (Ross Ave.)

**How:** Meet in church parking lot at 9:15 to carpool

Let's have some field trip fun this year!!

## Breast cancer prevention: How to reduce your risk

BE PROACTIVE!!! Barbara Shell and Joyce Wagner, Health Co-Chairs

### What can I do to reduce my risk of breast cancer?

Some risk factors, such as family history, can't be changed. But lifestyle changes have been shown in studies to decrease breast cancer risk even in high-risk women. The following are steps you can take to lower your risk: **Limit alcohol, Don't smoke. Control your weight, Be physically active, Limit dose and duration of hormone therapy. Avoid exposure to radiation and environmental pollution**

### What else can I do?

Be vigilant about breast cancer detection. If you notice any changes in your breasts, such as a new lump or skin changes, consult your doctor. Also, ask your doctor when to begin mammograms and other screenings.

## October Program- from Beth Sargent

"Those of you who heard Jackie Peel from Ruibals' Plants of Texas are now ready for Fall planting. Did you know that your membership at Arboretum gives you also a 10% discount on flowers at Ruibals?"

"Smarter Water for North Texas and the 3 R's"

Have you ever wondered what happens to your trash once the city picks it up or how we can save water?

We will have 2 presenters at our October meeting: Carol Spruiell and Frances Meador.

Carol will show us that there is enough water in existing lakes to meet the DFW areas' future demands by employing low cost, how impact water supply options. Carol is employed by the Texas Conservation Alliance. She gives presentations to adult groups, including several retired teachers' groups.

Frances' presentation will briefly discuss landfills and why it is important for us to limit the amount of trash. Using the 3 R's-reduce, reuse and recycle-we can do that. Frances is employed by the city of Plano and gives presentations to adults and school children.

A NOTE FROM YOUR TREASURER

TRTA NEEDS YOUR SUPPORT

BY PAYING YOUR DUES FOR 2013-2014

I recently received a letter from TRTA stating that there has been a decline in renewals compared to last year. They have processed all renewals through our local unit through the month of August. For members that have not paid, you will be receiving a "second notice" to renew your membership. Even though this is called a "second notice", this is the first time any TRTA member who belongs to a local unit will receive renewal information from the state. This may cause confusion with some of you so please check with me if you receive a "second notice" but think you have paid your dues so I can verify that you have. Call 972-393-2956 or email me at [judy.carey@verizon.net](mailto:judy.carey@verizon.net).

**INTRODUCING DIAMOND PLUS!!!!**

Members of TRTA have been asking for a permanent membership card for years. Diamond Plus is the solution! It allows TRTA to be better stewards of membership dues by spending less on mailing renewals and paper cards and more on legislative activity! In order to get a permanent membership card you need to pay your state dues monthly (\$2.08 per month) instead of annually. You pay this \$2.08 monthly by a bank draft or out of your monthly annuity check (current monthly). There is a "\$5.00 off" voucher for **first-time members** for local membership dues. If you are interested in the new Diamond Plus please contact me or attend our meeting in October for more information. There is a form that you need to fill out and I will have those at our October meeting. Any and all TRTA members who wish to become Diamond Plus participants by converting to either current monthly or bank draft methods may do so upon their next renewals.

**Please support your local C-FB RSPA by paying \$10.00 for local dues!!!!**

The more members we have the more delegates we can send to the TRTA State Convention next spring here in Dallas, TX next April. The number of delegates that we can

send to convention is determined by the number of members who have paid their dues by the end of February. One thing I keep repeating is that you have to pay state and local dues to be an active member. Some of you have paid local dues but do not forget to pay your state dues too. Some of you have only paid your state dues and we would really like for you to support your local for only \$10.00 more dollars a year. You can mail your dues to Judy Carey, 975 Laguna Dr., Coppell, TX 75019. Dues are \$35.00 (\$25.00 for state dues and \$10.00 for local dues). Make your check out to C-FB RSPA. You can also pay your dues at our October meeting.

A BIG THANK YOU to everyone that turned in their name badge at the end of the meeting. I hope everyone enjoyed having a name badge that did not keep falling off their clothes. We had 100% return their badge so it will be waiting for you at the next meeting.

Look forward to seeing you at the October meeting.

Judy Carey