

C-FB RSPA Newsletter

September 2, 2013 Volume VII

Letter from the president, Lee Nitcholas

Here we are at the beginning of another school year and how nice that we can help out as we want to but avoid all the stress that goes with starting a new year. Or at least most of the stress. I hope everyone has had a nice summer and managed to keep cool in the process! Welcome to the beginning of the C-FB RSPA new year! Your Executive Board has been busy planning over the summer and looks forward to seeing everyone at our September meeting.

Each officer has set goals for the year with the idea that whatever we do we want to have fun in the process. We reviewed the survey we took of the membership at the May meeting and have used your responses to help us in the process. Linda Bambina has many great ideas for growing our membership. Beth Sargent has been busy planning our programs that you will enjoy. And Della Swaim has been planning adventures you won't want to miss for our field trips including a visit to the new Bush Presidential library.

Our big project for the year is the TRTA State Convention that District X is hosting at the downtown Dallas Sheraton April 13, 14 and 15. We are co-chairing the Goody Bag committee with Plano and the McKinney group is also serving on the committee. Lawynn Rogers, a District X past president, has been assigned work with all the District X organizations to coordinate what goes in the bag and we have been given a generous budget from TRTA to pay for the bags. Linda Bambina has volunteered to coordinate our part in this project. We will provide the man power or woman power as the case may be to fill the bags and transport them to the convention site. At this stage we are working on design and coordinating the three groups. In April we will need help from you putting the bags together and transporting them to the Sheraton. We want to make this an outstanding convention.

Summer Thank You Alerts

Please take time to let the following people know how much they are appreciated:

Linda Tole and Barbara Hunt- C-FB RSPA hosted the August District X Executive Board Meeting and they were in charge. We provided pastries and fruit for breakfast and catered fajitas for lunch. They organized the event and coordinated the volunteers. We received many complements for our hospitality and the great food.

Volunteers that worked as hostesses for the event.
Judy Carey-The best treasurer in District X. She is always ahead of the game and the first to turn in reports, pay dues, etc.

CFB-RSPA Executive Board- They have worked hard over the summer to make your experience as a member the best ever.

Linda Tole- As the past president she has provided spot on advice and support as we begin the new year!

See you in September!

Membership and More

Linda Bambina, VP for Membership

As I begin my 5th year in RSPA (and my 5th year as an officer!), I looked back at past newsletters and realized that with the help of some amazing people in this successful organization, I HAVE accomplished some pretty important goals over the past two years. (OK, so I'm a bit of a slow-learner!) I have set my sights on "**growth, groups, teamwork and collaboration.**"

Our membership continues to **grow**—over 300 strong now. Special thanks go to Judy Thurman and Judy Carey for their never-ending—efforts in this area. In addition, many of you have taken to heart the District X plan of "Each One, Bring One". Thank you.

We have continued to invent and refine our special “**groups**”: your Executive Board, the Lunch Bunch, our Field Trip Duo, and the Children’s Book Project Team. Lee asked those of you at the last meeting in May to fill out a Survey evaluating what we have done and what you would like to do. Some of you mentioned you were interested in getting more involved at the organizational level of the groups named above, but of course, many of you were not able to come to that meeting, so please know that we would still love to hear from YOU, too! Without **teamwork and collaboration**, I assure you, this organization would not be the successful one it is and we would welcome you into that part of our group.

I would also like to take this opportunity to officially welcome Beth Sargent (2nd VP), Irene Edwards & Donna Wright to the Lunch Bunch, Della Swaim, our new co-hostess for Field Trips and of course, Lee Niticholas as our Fearless Leader!

On your mark,
get set,
here we go!

Field Trip News

Our first field trip of 2013 - 2014:
Sign up at our [September 18 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 @ 9:30 am to carpool

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

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

PROJECT: HEALTHY LIVING

The TRTA WALKS–A–MILLION project has served our members well for nine years in the effort to encourage everyone to stay healthy through exercise. This year the Health Committee is expanding the walking program to include other types of exercise so the program will be a more inclusive, holistic program. Through the expansion of the program the committee encourages TRTA members and families to focus on the physical, psychological and social areas that lead to a healthy lifestyle. Each month the Health Care Chairman will provide the members with various health information.

During each monthly meeting the membership will be asked “who exercised 3 times weekly”. Be ready to RAISE YOUR HAND with PRIDE!

Keep moving – use it or lose it!!!

August is the National Prostate and Ovarian Awareness Month. Scientists continue to do research to study the genes responsible or linked to each of these cancers. If you have not had an annual exam recently and are having problems, please go see your doctor.

If you would like more information on either Prostate or Ovarian Cancer, go to www.cancer.org.

BE PROACTIVE!!!

Barbara Shell and Joyce Wagner, Health Co-Chairs

September Program– from Beth Sargent

"Getting Ready for Fall Flowers"

Jackie Peel is a landscape designer with Ruibal's Plants of Texas and is a Master Gardener. She is a graduate of Texas A&M and is a horticulture instructor at Tarrant County College. Jackie will help us get ready for Fall garden plantings.

DON'T FALL BEHIND IN PAYING YOUR DUES FOR 2013–2014

It is hard to believe that September is already here. Soon we will be having our first meeting. Thanks to all of you who have been paying your dues over the summer. I have sent emails to members a couple of times this summer and received a good response with members paying dues. Most everyone was grateful for the reminder. If you are unable to attend our September meeting, you can mail your dues directly to me.

Dues for 2013–2014 were due beginning March 1, 2013. **Dues are \$35.00 (\$25.00 for state dues and \$10.00 for local dues).** I will send your state dues to TRTA. **Your local dues stay with C–FB RSPA to help run our organization.** Your local dues help pay for programs at our meetings, donation to Texas Retired Teachers Foundation, printing of brochures and contact cards used to recruit new members, door prizes, donating to our Book Fund so we can purchase books to donate to elementary schools in our district, to name just a few of our expenses. We do put your \$10.00 to good use. For those of you who have only paid state dues, please consider supporting your local unit as well. When you join our local you do not have to attend any meetings (but it is fun to get together and see people you have worked with in the past and have lunch with them) and you do not have to volunteer to help with anything. Just come and enjoy the meeting. If you are interested in viewing the **Treasurer's Report**, it is now posted on our C–B RSPA webpage at www.TRTA.org **Also our proposed budget for 2013–2014 is posted there.** Please take a look at this proposed budget. We will be voting on it at our September meeting.

YOU MUST PAY STATE AND LOCAL DUES TO BE AN ACTIVE MEMBER. Please consider renewing now. If you plan on attending our September meeting and paying your dues with cash, please put your money in an envelope with your name on it. This makes it much easier to keep track of dues paid with cash. You can mail your dues to **Judy Carey, 975 Laguna Drive, Coppell, TX 75019.** Please make your check out to **C–FB RSPA.** As always, feel free to call (972–393–2956) or email me if you have any questions about your dues.

When you arrive at the meeting on September 18th and pick up your name tag, there will be a form for you to make any corrections to the information that we have for you. If anything has changed such as address, phone number, email, etc. please fill out this form and leave it with me. Many members are no longer using their home phone and want to be contacted only by their cell phone.

Look forward to seeing all of you at our meeting.

Judy Carey,