

C-FB RSPA



Letter from the president, Lee Nitcholas

Hello all! It looks like spring is here to stay and with it's arrival the hope of many more beautiful days like today. Hope everyone is enjoying the great weather! Such a pleasure after our cold, cold winter!!!

Our April meeting is at Christus St. Joseph Village in Coppell and we have an excellent meal planned for you. Our program will be presented by state and district leaders so expect to come away with the latest information. I'm sure Tim Lee will have interesting things to say about the recent primary elections, the defeat of some key incumbent candidates and how that will effect our future. Please make a special note of the date change (April 9) set so that we meet before the state convention. Your board has been working hard to make this one of our best meetings to date; please let them know what you think!

We are on the final approach to the state convention. Our goody bags have arrived and are being stored by the Plano chapter. The Sheraton Hotel has reserved a work room for us and we will be stuffing the bags on location Saturday, April 12. Our unit will be transporting everything and we will be moving the bags, etc. to the hotel that morning, then will start stuffing bags after lunch. There are 1050 bags to fill and we expect to have the job done before the end of the day. A big thanks to all the volunteers who will be helping out during the convention! (If you are a volunteer plan to meet briefly after the April General Meeting.)

The District X steering committee has done a great job planning and preparing for the convention. We have interesting breakout sessions and a dynamic keynote speaker. Many of you are familiar with our speaker, Tumbleweed Smith, and his entertaining style. Registration will remain open through the convention if you decide to attend at the last minute.

A very special field trip is planned for March and it looks like we will have a good turnout. We are looking forward to a yummy lunch at the new restaurant called Savor and an interesting tour of the stunning Nasher Sculpture center. If we don't see you then we will see you at the April meeting!

From Beth Sargent

MEETING LOCATION INFORMATION

The location of our lunch/meeting will be at Christus/St. Joseph, located west of I-35. It is a gated community, so pull up to the gate slowly and it will open. The entrance is straight in with parking to the right. (Valet parking will be available for those who need it.)

TIM LEE TO SPEAK

Tim Lee, Executive Director of the TRTA, will be driving up from Austin to speak at our April 9 meeting. **He is making this trip just for us and will return to Austin immediately after speaking.**

Our concerns are related to the fact that TRS-Care does not have sufficient funds over the next 2 years without state funding, massive reform or increased premiums

Tim will be addressing these problems. Jo Long, President of TRTA District X, will also make her official visit. Her guest will be Mary Jane Hamilton who is Tim's scheduler.

Membership and More

Linda Bambina, VP for Membership

What a lovely group we had at our February meeting. It was terrific to see newbies Carol Latshaw and Deborah Holmes as well as my old friend, Jane Lerner. The Church Ladies made us a delicious meal, and Dr. Todd Whitthorne lived up to his reputation as a riveting speaker with some new and very interesting information about brain development and health.

As it worked out, we had almost the same number of “walk-ins” as “no-shows,” so our RSVP number of 62 worked just fine with the caterer. **Lucky us** since we don’t exactly have a big budget to absorb too many no-shows.

I say all this because our April meeting is a special one at CHRISTUS-St. Joseph’s again and the RSVP number is really quite important. One more “special” thing about this meeting is that it is on the SECOND Wednesday because the TRTA State Convention is the following week and a number of us will be downtown Dallas doing things as your representatives. (Please RSVP by 4-4) Our hostess at C-St. J Retirement Village, Bethany Candelaria (who will be having her first baby very soon!) has planned a terrific lunch—a choice of 2 soups, a to-die-for salad with shrimp, main entree chicken and veggies as well as their amazing assortment of delightful desserts. (Love my alliteration!) Parking is always a bit tricky, so we would encourage carpooling when you can, but Bethany said that we can park anywhere, even the covered spaces for this meeting. If walking the distance is a problem for you, please pull up under the portico and we will happily park your car for you (especially if you’ve told us ahead of time about this!) If it is closer, come in from the Assisted Living area (marked above the door) and we’ll have signs to get you to the front but without having to walk alllll the way around to the front entrance.

*Technically we started our Big **Membership** Push in March, but since we don’t meet in March anymore,*



*we will be encouraging everyone to pay your yearly dues at our April and May meetings. **Judy Carey will have all the forms** if you are interested in the new DIAMOND PLUS PROGRAM. (Dues of \$2.92 are taken from your TRS retirement annuity monthly instead of a one-time annual payment of \$45.00. Plus you get a permanent membership card.) I personally would like to push this program if you have ANY INSURANCE through TRTA. Your insurance program is tied to your paid membership. If for any reason that membership lapses, the insurance piece lapses, too! Yikes. What a sticky wicket THAT would be.*

Please--Bring your checkbooks and we’ll sign you up!

Book Project Update from Gail Schwamb and Carrie Bodle

We are still in the process of collecting books from Scholastic for our four schools this year: McWhorter, Thompson, Freeman and Stark.

Don't forget that all of your donations go directly to the purchase of books for the children at these schools. They will all receive a new book this year! Thanks to all who have already donated to this worthy cause.

Barbara Shell and Joyce Wagner-HEALTH

March is National Nutrition Month. Here are 5 quick tips for choosing healthy protein foods.

- Upgrade protein on your plate: beans, nuts, tofu, fish, chicken or eggs instead of red meat or processed lunch meats.
- Don’t stress about protein quantity: eat a variety of protein-rich foods instead of bulking up with pricy protein shakes or powders loaded with sugar or additives.
- Try a meatless Monday or more: mix in plant-based proteins. Beans, nuts, seeds, and other minimally-processed vegetarian proteins are often less expensive than meats.

- Eat soy in moderation: Tofu and other soy foods are an excellent red meat substitute in balance with other proteins. But avoid concentrated soy protein or isoflavone supplements as we don't know their long-term effect. Scan Nutrition Facts label if buying vegetarian "fake meat" foods as they may have high sodium content.
- Shift the balance of carbs and proteins: increasing protein improves levels of triglycerides and protective high-density lipoprotein (HDL) in the bloodstream which may reduce heart attack, stroke, or other cardiovascular event. More protein makes you feel full longer and reduces hunger pangs.

You are responsible for your health. Stay well!
 Joyce Wagner and Barbara Shell
 Health Co-Chairs

Dues can always be sent to me by mail at 975 Laguna Drive, Coppell, TX 75019. Checks are to be made out to C-FB RSPA. When mailing your dues please indicate in a note if you have any changes in your information such as address, phone number or email. Also, please call me at 972-393-2956 if you have any questions about dues or the **Diamond Plus Program**.

One more item, if you are paying your dues at the meeting, it would be helpful if you could have your check already filled out so it will speed up the check in time. You can also include your lunch in your check with your dues. See you at the meeting!!!!

Judy Carey

A NOTE FROM YOUR TREASURER

DUES ARE DUE NOW!!!!

Thanks to all of you who have paid your dues for 2014-2015. Beginning March 1 we start paying our dues for the new membership year. **Just a reminder that your state dues have been increased to \$35.00.** So when paying your dues for 2014-2015 you will owe a total of **\$45.00 (\$35.00 for state and \$10.00 for local).** Also new this year is a new program that TRTA is offering all members. It is the **Diamond Plus Program**. If you sign up for this, you can have your STATE dues taken out of your monthly annuity or your bank checking account. The withdrawal will begin on July 1, 2014. I will have forms available for you to fill out at each meeting. If you wish to participate in the **Diamond Plus Program** just fill out two forms, return them to me at the meeting and I will send them in to TRTA for you. TRTA will send you a permanent membership card (like your credit card). This is a money saving program for TRTA because they will not have to mail membership cards each year. If you are interested, I can email you the forms and you can fill them out before our meeting. Send me an email at judy.carey@verizon.net letting me know you want the forms.

For more information about C-FB RSPA check out our webpage:

<http://www.localunits.org/CFBRSPA/>