

# C-FB RSPA Newsletter

Letter from the president, Lee Niticholas



## Thanksgiving, a Time of Reflection.

At this time of year we reflect on the little things in life for which we are thankful.

Tonight I was at a play off game that my son coached. I sat in the stands with Bill, my daughter-in-law and two young grand sons. During the game the cheerleaders periodically threw footballs into the stands and both boys went to the lower seats so they could catch a ball. Bryler, the older brother, caught two.

Meanwhile an older lady sitting a few rows in front of us frantically tried to catch balls each time the cheerleaders came by; standing and waving her hands in an attempt to get their attention. When the balls didn't come her way she would say something like, "Oh darn." in a good natured way.

At the end of the game Bryler quietly went down to where she was sitting and gave her his football. Clearly, he made her day; she was so excited to get her football! She thanked him, kissed the ball and shared with all those around her what Bryler had done. And as I watched the scene play out before me I was so proud of him for his spontaneous act of generosity. Priceless!

In life we often find ourselves in unexpected situations like this when we experience life's little pleasures. Another source of these little pleasures is our organization. I would like to give thanks to all of our members for their contributions to and support of their students, the community and our organization over the years. And for the little pleasures we gift to each other during our time together.



Here's wishing all a happy holiday season full of life's little pleasures!

Again this year, we will be collecting items for Metrocrest Social Services food bank. Below are items that are most needed at the present time but I am sure any donation will be appreciated. A car will be parked in front of the entrance to St. Josephs the day of the meeting. If you need a receipt, you can save your grocery ticket. Thanks for your generosity.

### **Items most needed:**

Laundry detergent  
Shampoo, conditioner  
Baby wipes  
Deodorant  
Toothpaste  
Toilet paper  
Cleaning supplies  
Paper towels  
Shaving items

**From Vicki Barkley**

### **Join us for Some Festive Holiday Entertainment!**

We hope you will join us at 11:30 on December 10<sup>th</sup> for our annual holiday luncheon to be held at CHRISTUS St. Joseph Village in Coppell. We are pleased to welcome Dr. Bobby Burns as our special guest. The highly acclaimed *Newman Smith High School Jazz Ensemble* directed by Kurt Shafer and the award-winning *Gallery in Motion Dance Company* co-directed by Kathleen Higgins and Tamara Coalson will provide entertainment.

## MEMBERSHIP AND MORE

Linda Bambina, VP for Membership

My goodness, we're at "mid-semester" already!  
Guess I'll always think in School Time.

We had a terrific turnout (and delicious lunch) for our first of three meetings at CHRISTUS-St. Joseph this year. Apparently the political candidate program was a real draw. Thank you Vicki Barkley for pulling that off. We hope you'll love the Newman Smith HS music program, too. The Jazz Band and Singer-Dancers will be a grand way to start the holidays!

We have some dedicated members (Joyce Wagner, Barbara Shell, & Susan Tjstvold) who have really embraced the "Each one, Bring one" idea...because we have a record number of new members! I'm sorry their membership came too late to be in the brand new (PURPLE!) Directory, but \*email me if you need their info.

Welcome and big hugs to Chip Melara, Lily Cross, Kathy Doyle, Glenna Snyder, and Donna Yoes!

We're looking forward to seeing you all at CHRISTUS-St. Joseph again. Remember that you can enter either "front" door to get to the Living Room area where we socialize at 11:00. Remember, too that the front gate does not require a code, just skooch up to the gate. You can also park under the carport places, but we still encourage carpooling!

*Let me throw in one gentle reminder: Please contact Pam Pena at CFB if you are interested in becoming part of the district's "Ambassador Program." We need you!*

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*\*Please note:*

*I have a NEW email, so please amend that in your contact information→*

**[lindabambina42@gmail.com](mailto:lindabambina42@gmail.com)**

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## November is Diabetes Awareness Month

Being overweight raises your risk for type 2 diabetes, heart disease and stroke. It can cause other problems, too, like high blood pressure, unhealthy cholesterol, and high blood glucose (sugar). Losing weight can help you prevent and manage these problems. And you don't have to lose a lot of weight. Even losing 10-15 pounds can make a big difference.

### Here's what works for people who have lost weight and kept it off:

- They cut back on calories and fat.
- They're physically active most days of the week.
- They eat breakfast every day.
- They keep a record of their weight, what they eat and drink, and what they do for physical activity.
- It's much easier to lose weight when you change the way you eat and also increase your activity.
- Keep a small notebook with you all day. Write down everything you eat and drink, including the serving size. Make a note of what kind of physical activity you do and for how long. Find a walking buddy or friends who also want to improve their health. Then work together to reach your goals.

<http://www.diabetes.org> is an excellent resource to learn more about type 2 diabetes.

Stay well!

Joyce Wagner and Barbara Shell.

## LAST CHANCE TO PAY DUES FOR 2014-2015

Time is running out for you to pay your state and local dues for 2014-2015. We start collecting dues for 2015-2016 beginning at our February meeting. So.....if you have not paid please put that check in the mail today. Make your check out to C-FB RSPA in the amount of \$45.00 (\$35.00 for state dues to TRTA and \$10.00 for local dues to C-FB RSPA). We really need your support by staying an active member in our organization. Please mail your check to Judy Carey, 975 Laguna Dr., Coppell, TX 75019. If you have any questions about whether or not you have paid dues, either email me at [judy.carey@verizon.net](mailto:judy.carey@verizon.net) or call 972-393-2956.

Judy Carey, Treasurer

### **Gail Schwamb and Carrie Bodle Book Project News**

Great news!! We almost have enough books to complete the schools selected for our project this year. Gail has one more book order from Scholastic that should arrive soon, then we will complete the remaining grade levels and be ready for delivery. We were asked to have our books removed before the Christmas holidays from the TLC where they have been stored. The PTA Gently Used Book Sale will be held at the TLC this year and they need our space for storage. Therefore, we have chosen Friday, December 12 as the date to deliver the books to schools. The schools are: McLaughlin/Strickland, Rosemeade, Rainwater, and McKamy. We will need help delivering the books. If you are interested in helping with delivery, please meet at the TLC on December 12th at 10:00. Park on the side of the building that faces Valley View Lane near the large loading door. We will load from there. We would like four teams of people to deliver so that it can be done in a timely manner. Someone from each delivery team will need to take some pictures to submit for this year's project. Please let us know at our next meeting, Wednesday, December 10th if you are able to help deliver. Don't forget that a basket will be out at each meeting for donations in any amount. This is a terrific project and benefits so many children by placing a brand new book in their hands!