

# C-FB RSPA



## Letter from the president, Lee Nitcholas

The 61st Annual TRTA State Convention in Dallas was a great success thanks to the hard work of volunteers from all around District X and our TRTA staff from Austin. We had a record number in attendance; the final credentials report showed 1131 people attending, over 100 more than any convention in TRTA history! Keynote speaker, Tumbleweed Smith, gave an entertaining speech at the general session. The break out sessions were interesting and well attended and of course it was exciting to see all the retired educators from around the state.

Our delegates, Barbara Hunt, Beth Sargent, Linda Bambina and Lee Nitcholas, represented C-FB RSPA in the House of Delegates where they completed business, heard reports from officers & committees and were addressed by state politicians and Dallas superintendent Mike Miles. Lieutenant Governor, David Dewhurst, dropped in and spoke to the delegation early in the day. Both candidates for governor addressed the assembly. Wendy Davis (D) attended our morning session and delivered a speech while Greg Abbott (R) sent a short video which was viewed after lunch. Politicians are paying attention to us this election year largely as a result of all the calls, contacts and emails that you made during the last legislative session. The overriding message was that we need to continue our efforts, educate legislators, and bring active teachers into our numbers to protect our health care benefits as well as education in the state of Texas during the next session. We must continue to get our message out there. And of course vote, vote,

vote! Together we continue to grow in strength and influence!

## Special Appreciations & Recognition

Heartfelt thanks are expressed to the C-FB RSPA members and friends who gave graciously of their time and talents to make this convention an enjoyable and successful event. A team transported all the bags and most of the contents from Plano to the Sheraton Hotel. Thanks to Allen and Linda Bambina, Judy Carey, Bill Nitcholas and our grandson, Josiah Gonzales, for their muscle and the use of their vehicles. We had a big turnout to stuff the bags on Saturday afternoon! Linda Anderson, Judy Carey, Celeste Craig, Pat Enlow, Barbara Hunt, Beth Sargent, Della Swaim, Judy Thurman, Linda Tole, Kathy McWhorter, Gayle Vrana and her husband, Larry, all represented C-FB RSPA well. We joined with others from Plano and elsewhere to stuff over 1100 bags. And we were done by 3:00 o'clock! What great workers!! Thanks to all!!!

And I would like to say a very special thank you to Linda Bambina for being my right hand woman during the convention. She stepped in whenever possible and used her considerable expertise to help move things along. I can't thank her enough for keeping the process fun and for sharing her contagious energy with us all! Thank you Linda!!!

## From Vickie Barkley

### MEETING LOCATION INFORMATION

Matt Rinaldi, the Republican candidate for the Texas House of Representatives for district 115, will speak to us about his positions on

issues affecting TRS and our retirement benefits. We hope you can be there on Wednesday, May 21st to hear his message.

This should be an enlightening topic near and dear to all of us.

## Membership and More

Linda Bambina, VP for Membership

Many, many thanks go out to our hostess at CHRISTUS-St. Joseph's Retirement Village, Bethany Candelaria (who will be having her first baby very soon!) Bethany had a very special soup and salad lunch for us and Beth Sargent had a fabulous program with Tim Lee driving in from Austin, just for us!

Our May 21<sup>st</sup> meeting will again be at our usual place on Webb Chapel, but the all-salad lunch will be catered by someone new—La Spiga Italian Bakery in Addison. As one of CFBISD's Ambassadors, I have sampled a number of this bakery's dishes before our meetings, so I thought I'd introduce them to you. (And I'd love to visit with you about this important CFB program.)

Again, speaking of NEW things, I also want to ask for some NEW ideas about someone to take my place when we have elections in February. Mary Beth was your **ROCK** for 12 years as VP in charge of Membership and the Luncheons at our 6 meetings a year. I will have been your VP for 6 years and that seems like a good time to give someone else a chance to step up to be part of this very active & amazing group! Now don't you all raise your hands at once! ☺ No, really truly, please visit with me about becoming involved in any aspect of 1<sup>st</sup> Vice-President. Perhaps we'll end up splitting the Luncheon part out away from the actual Membership part. Suggestions are extremely welcome.

*Don't forget that this is our last meeting of the "year" and we need everyone to pay their dues asap. The DIAMOND PLUS program is great, great, great,*

*but it is just for STATE dues, not for our \$10 a year LOCAL dues.*



## “Book Project Update from Gail Schwamb and Carrie Bodle

Our C-FB RSPA Book Project has been a huge success this year, thanks to the generous donation from the folks at Christus St. Joseph and YOU!

New books have been delivered to McWhorter and Thompson for every child in each school. The principals were so excited! McWhorter used the books in conjunction with their Read-In Night event, which was attended by our own Kathy McWhorter and Linda Bambina.

Books for the other two schools, Stark and Freeman, are almost ready to be delivered.

Again, thank you, thank you to everyone who made a contribution to this project!

## Barbara Shell and Joyce Wagner-HEALTH Daily Water Intake

With the Texas summer heat looming, we want y'all to enjoy the coming months safely and in good health. That being said, how much water do you need each day?

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

So how much fluid does the average, healthy adult living in a temperate climate need? The Institute of Medicine determined that an adequate intake (AI) for men is roughly 3 liters (about 13 cups) of total

beverages a day. The AI for women is 2.2 liters (about 9 cups) of total beverages a day.

Generally if you drink enough fluid so that you rarely feel thirsty and produce 1.5 liters (6.3 cups) or more of colorless or light yellow urine a day, your fluid intake is probably adequate. If you're concerned about your fluid intake or have health issues, check with your doctor or a registered dietitian. He or she can help you determine the amount of water that's right for you.

To ward off dehydration and make sure your body has the fluids it needs, make water your beverage of choice. It's also a good idea to:

- Drink a glass of water or other calorie-free or low-calorie beverage with each meal and between each meal.
- Drink water before, during and after exercise.

For more information, see <http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/water/art-20044256?pg>

Hydration Calculator Helps You Be Water-Wise <http://www.mnn.com/health/fitness-well-being/sponsorstory/hydration-calculator-helps-you-be-water-wise>

Stay well.

## A NOTE FROM YOUR TREASURER

### DUES ARE DUE NOW!!!!!!

It is hard to believe that our May meeting is approaching. I have a few reminders for you before we have our summer break.

1. Dues - Your dues are now due for 2014-2015. The dues are \$45.00 (\$35.00 for state and \$10.00 for local. Please pay your dues as soon as possible. **YOU MUST PAY STATE AND LOCAL DUES TO BE AN ACTIVE MEMBER.**

2. Diamond Plus Program - If you are interested in joining the TRTA Diamond Plus Program, just send me an email and I can email you forms to join. You then need to return the forms to me and not directly to TRTA. A brief summary of Diamond Plus....Your state dues are taken out of your monthly annuity or bank account each month starting July 1. The amount will be \$2.92. You are sent a permanent membership card (like a credit card) and also have access to the Diamond Plus website ([www.trtadiamondplus.org](http://www.trtadiamondplus.org)). You can turn these forms in to me at our meeting. I will have forms at the meeting.
3. When 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. If paying in cash, please put your cash in an envelope with your name on it.
4. Dues can always be mailed to me at 975 Laguna Dr., Coppell, TX 75019. If you have questions about your dues or TRTA Diamond Plus Program, please email me at [judy.carey@verizon.net](mailto:judy.carey@verizon.net) or call at 972-393-2956.
5. One last thing, your local dues of \$10.00 are so important to our organization. This is where we get money to have programs, luncheon supplies, TRTA State Convention, yearbook, door prizes, directory, etc. Take a look at our TRTA website [www.TRTA.org](http://www.TRTA.org) click on Local Units and go to our local organization to view the Treasurer's Reports that are posted. We need your support to keep C-FB RSPA strong!!!!!!