

C-FB RSPA



Letter from the president, Lee Nitcholas

Greetings all! A new year is beginning and we look forward to being with friends both old and new. This year we will be splitting our meeting locations between Webb Chapel Church of Christ and Christus St. Joseph's. Our first meeting is September 17 and will be held at the church.

Your executive board has been busy planning programs, field trips and activities for you to enjoy over the summer. Others will be connecting you with the information you need for a better retirement. Our goal is to grow our numbers as our friends retire and have fun while we do it.

Our great challenge this year will be convincing the legislature to continue funding our health care insurance at a level that will sustain our needs. Tim Lee in Austin continues to do an outstanding job as our representative but his power to influence is rooted in us. We will be called upon to educate our legislators and those around us as well as letting our representatives know how we think on the issues. Pat Enlow, legislative chairperson, will be speaking to us about how we can do this and will be creating a committee to help as we work to get the legislation we so badly need passed.

I am looking forward to an exciting new year! See you in September!!

From Vickie Barkley

"Nutrition You Can Live With...Live Well Age Well" Amber Odom will be our guest speaker on Wednesday, Sept 17th. Don't miss this opportunity to hear some of the latest ideas on nutrition and aging from a Cooper Center Nutrition expert. "Nutrition You Can Live With... Live Well Age Well" Amber Odom will be our guest speaker on Wednesday, Sept 17th. Don't miss this opportunity to hear some of the latest ideas on nutrition and aging from a Cooper Center Nutrition expert. **Amber Odom** joined Cooper Clinic Nutrition in 2004, and specializes in preventive and cardiovascular nutrition and weight management. She leads grocery store tours educating attendees on how to select healthier food items. In 2002, Amber was named "Recognized Young Dietitian of the Year" by the Texas Dietetic Association. She received a Bachelor of Science in Food and Nutrition from Texas Tech University and completed a combined Bachelor of Science and interned at The University of Texas Southwestern Medical Center Dallas.

Membership and More

Linda Bambina, VP for Membership

As I gear up for my 6th and final year as your VP in charge of Membership (and more!), I can say that I am quite enthused about this

next “year” with RSPA. We are going to have some great luncheons, split between two wonderful locations: the Webb Chapel Church of Christ in Farmers Branch and CHRISTUS St. Joseph’s Retirement Village in Coppell. Vicki Barkley has already worked out our programs and it’s full steam ahead with planning our menus. We have a number of returning folks in the Lunch Bunch, but there is always room for more volunteers!

Speaking of volunteers, I have just begun working with the minister at WC Church of Christ, Bert Alexander. Without going into explicit details, we are looking for anyone and everyone who might be able to work with kiddos from either Janie Stark or McWhorter elementaries this fall as part of their After the Bell programs. Depending on your interest and experience, you would be paired with one student and perhaps do no more than encourage them to read out loud to you. You’ll hear a bit more about this idea at our first meeting, but to be honest, I stay pretty busy hustling and bustling about, so I’d rather you email or call for more information because this is a project that “needed you yesterday” as they say!

And speaking of projects (don’t you just love all these silly segues?) I have been asked by Pat and Della (Our Field Trip organizers) to share one of my favorite projects with you. I love to take pictures AND I love, love, love to put them into those professionally made PhotoBooks so that I can share them with family, friends. As a sort of “Field Trip,” I have scheduled a Class at a Computer Lab at the TLC for Tuesday, Oct. 21 from 9:30-noon to teach you how to create one of these PhotoBooks with pictures of your grandkids

or a favorite travel adventure. I’m going to limit the session to a dozen “students,” but again, you can sign up or just talk to me off-line with any questions you might have.

**One last important thing:
I want to get a new DIRECTORY to
everyone by our October meeting.**

**If you have address, phone or EMAIL
changes that you haven’t shared with
either Judy Carey or myself, please do so
immediately. Thank you!**

Looking forward to seeing everyone for our first meeting on Sept. 17th.

*I have a NEW email, so please amend that in
your contact information:*
lindabambina42@gmail.com

Gail Schwamb and Carrie Bodle Book Project News

Gail and Carrie are already planning strategies for this year's Book Project. Gail will begin the first book order from Scholastic in September using bonus points from last year's orders. They will soon decide which schools will receive books from our group this year. Gail prepared a list of schools which have received books in the past, so that information together with enrollment numbers for this school year will be used in making the decision.

The donation basket will again be placed on the sign in table at every meeting this year. Please consider making a donation in any amount from \$ 1.00 to \$ 1,000,000 !!!!! (Well, maybe someone won the lottery over the summer or struck it rich in Vegas!!)

A NOTE FROM YOUR TREASURER
DON'T FALL BEHIND IN PAYING YOUR
DUES FOR 2014-2015

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 2014-2015 were due beginning March 1, 2014. **Dues are \$45.00 (\$35.00 for state dues and \$10.00 for local dues).** TRTA increased state dues this year from \$25.00 to \$35.00. 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 posted on our C-B RSPA webpage at www.TRTA.org **Also our proposed budget for 2014-2015 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.

We will be printing a new directory in October. When you arrive at the meeting on September 17th and pick up your name tag, there will be a form for you to make any corrections to the information that we have. 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

Treasurer