

# C-FB RSPA



## Letter from the president, Lee Nitcholas

It is so nice to be enjoying the spring weather once again! Flowers are in bloom and the trees are greening up making this a truly beautiful time of year! Blue skies, temps in the 70s and low 80s; what more could we ask for. Well, maybe no pollen.

I just returned from the District X Executive Meeting in Dallas and bring good news. The House members are committed to funding our health care at the current level for the next two years! We are excited to have this response but the battle is not yet won. We will need to stay in touch with our legislators as the process moves forward and continue to let them know our wishes. Tim Lee in Austin does an outstanding job of keeping us informed and knowing when to call for action from us but you need to subscribe to his Inside Line for the most current information. (You can do this by going to [trta.org](http://trta.org) and clicking on the link on the upper left hand side of the page.) Yes, we do forward messages from Tim but there is always a time lag and we do not forward everything he writes.

We also need to keep up with what our own local legislators are doing and there is now an App for that! I have downloaded it and played with it a bit and found it gives quick and easy information on your phone. It works on Apple products and, I believe, others as well. Information about legislators, committees, district maps, meetings, bills and more is at your fingertips! Just go to the App Store on your smart phone and search for TexLege to download it for free.

District X announced totals for the Children's Book Project today and Carrollton Farmers Branch had the third largest donation after Plano and Dallas. Thanks to our wonderful leaders, Gail Schwamb and Carrie Jacobson, and all those who contributed and helped deliver books.

We have a busy spring ahead starting with the State Convention next week at which Pat Enlow, Della Swaim, Mary Bass and Lee Nitcholas will be our delegates. In addition to the usual convention activities they will be representing our organization at Rally Day and meeting with legislators and their staffs on April 8.

Up coming events:

April 8-10, TRTA State Convention in Austin

April 10, Rally Day at the Capitol in Austin

April 15, CFB RSPA Meeting at CHRISTUS St. Joseph's

May 4, Spring Leadership Conference in Allen

May 20, CFB RSPA Meeting at Webb Chapel Church of Christ,

## From Vickie Barkley

### April 15<sup>th</sup> Speaker-

You will not want to miss out on hearing **KATHY HARWELL KEE** speak at our April 15<sup>th</sup> meeting! She is one of our own, who spent many years in leadership roles in CFBISD. Quite a few of you may remember Kathy as the director of staff development. She had a profound impact on me personally through the many teacher trainings she led for the district. To this day, whenever I hear "Joy to the World" by Three Dog Night I think of Kathy and all the convocations she was an integral part of.

Kathy, a professional certified coach, is a dynamic speaker who uses her engaging storytelling, humor, and intellectual skills to inspire people all over the nation. Her topic will be "The Neuroscience of Collaboration" where she will introduce us to a helpful model to improve the quality of our everyday interactions with others. Please join us- you will be so glad that you did!

## Membership and More

Linda Bambina, VP for Membership

Our February meeting was wonderful for so many reasons: We had over 60 people come to hear Ty Poynter, and I think almost ½ of them went away with a gift from his Calloway's Garden in Flower Mound! We also had

several new members join us: Welcome Cindy Sine (thanks to Linda Anderson) and Carol Sprawls—a friend of mine from DFL and my *grand old* friends, Nancy Prochaska and Sally Cramer! I'll bet more of you know Sally than you realize. She was **The Voice** of the HELP desk for years and years!

Our April meeting will be at CHRISTUS-St. Joseph again, with our very own Kathy Harwell Kee as guest speaker. Many of you remember Kathy from all the years she was a vibrant force in CFB-ISD. Some of you even remember her at Convocation dressed as the EveryReady Bunny...she kept going and going and going! Those were the days. Kathy is coming down from Shady Shores near Corinth. We're thrilled she is speaking with us. She definitely has a way with words.

Again I suggest that you carpool if possible since parking is always tricky at this retirement village. They have allowed us to park even under the awnings which is normally parking for the Independent Living Cottages out front. There is no "tour" scheduled for this location, but you are welcome to visit with Bethany Candelaria, our hostess about their facility. I remind you also that if you come in the other door (Assisted Living), angle left and left again to find us in the Living Room/Lobby area to check in.

Looking forward to seeing everyone! I'll bring Directories and Blue Contact Cards for those folks who still need them. **EACH ONE, BRING ONE!!!**

Many of you know that I am eye-lash-deep in the operations of the Farmers Branch Community Theatre called **The Firehouse Theatre** off of Valley View, across from the City Hall. I would like to organize a group to see our next show, **"Into the Woods."**

There are 5 shows each week for 3 weeks, but I am interested in setting things up for Thursday night (7:30) April 16 (yes, the day after our luncheon) AND also for the Saturday April 18 Matinee show (2:30) for those who don't like to drive at night. The Saturday matinee performance is ½ price (\$9). I'll have some sign up sheets on the Round Table behind the Nametag/Pay table, or you can call or email me for more information.

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

It's hard to believe we only have two meetings left!

As we wind down the year have you thought about donating to the book fund? Many of you have already contributed to the fund at past meetings, but if you haven't please consider donating in April or May. According to Judy Carey we only collected \$15.00 at the last meeting and our balance is \$1400.39. Donations have dwindled since we started receiving the contribution from CHRISTUS St. Joseph. If every member would put in \$1.00 or \$2.00 at each meeting that would really add up. She stated that we seem to be averaging around 60 - 65 people at each meeting. The idea of donating \$1.00 for each year you worked is another idea to consider.

Judy said that she would be glad to make a receipt for tax purposes since those amounts would be larger than a few dollars. Remember that none of the money collected from your yearly dues goes to the book fund. With your help we have been able to give a new book to a multitude of students in the CFB school district. Let's keep up this wonderful work!

### **IT'S THAT TIME AGAIN!!!!**

#### **YOUR DUES ARE DUE FOR 2015-2016**

Beginning March 1 we start paying our dues for the new membership year 2015-2016. Your dues will be \$45.00, \$35.00 for state dues and \$10.00 for local dues. If you are renewing you can still sign up for the TRTA 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, 2015. I will have forms available at the meeting. If you wish to participate just fill out the forms, return them to me and I will send them in to TRTA for you. TRTA will send you a permanent 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 the meeting. Send me an email at [judy.carey@veizon.net](mailto:judy.carey@veizon.net) letting me know you want the forms.

Dues can always be sent to me by mail at 975 Laguna Drive, Coppell, TX 75019. 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 include your lunch in your check with your dues. Lunch will be \$10.00 since our meeting is at Christus St. Joseph in Coppell. If you are paying your dues with cash, please put your money in an envelope with your name on it and the amount you are paying.

See you at the meeting.

Judy Carey

Treasurer

### Field Trip News

Our final field trip of the year was a private guided tour of the AT&T Stadium Art Collection.

The collection is quite amazing and varied. Our group received special VIP treatment.

Comments: "GRAND and amazing visit to places at the stadium that were eye-popping."

"Changed my preconceived ideas about art at the stadium." "It was terrific."

After 5 or 6? years, I am "retiring" from planning RSPA field trips. I've enjoyed working with Beth and then Della. Beth will take on field trips once again along with Suzi. I am sure they have amazing plans for next year. I have truly enjoyed the experience.

Thanks for coming along with me on these adventures.

Pat Enlow

**FROM Barbara Fletcher and Joyce Wagner ,**  
Health Co-Chairs.S

### Sciatica

Sciatica occurs when the sciatic nerve becomes pinched. Pain that radiates from your lower (lumbar) spine to your buttock and down the back of your leg is the hallmark of sciatica. It's especially likely to follow a path from your low back to your buttock and the back of your thigh and calf. The pain can vary widely, from a mild ache to a sharp, burning sensation or excruciating discomfort, numbness, tingling or muscle weakness in the affected leg or foot, or sometimes feeling like a jolt or electric shock. It may be worse when you cough or sneeze,

and prolonged sitting can aggravate symptoms. Usually only one side of your body is affected.

Risk factors include:

- **Age.** Age-related changes in the spine, such as herniated disks and bone spurs, are the most common causes of sciatica.
- **Obesity.** By increasing the stress on your spine, excess body weight may contribute to the spinal changes that trigger sciatica.
- **Occupation.** A job that requires you to twist your back, carry heavy loads or drive a motor vehicle for long periods may play a role in sciatica.
- **Prolonged sitting.** People who sit for prolonged periods or have a sedentary lifestyle are more likely to develop sciatica.
- **Diabetes.** Affects the way your body uses blood sugar and increases your risk of nerve damage.

For most people, sciatica responds well to self-care measures which include:

- **Cold packs.** Initially, you may get relief from a cold pack placed on the painful area for up to 20 minutes several times a day.
- **Hot packs.** After two to three days.
- **Stretching.** Stretching exercises for your low back can help you feel better and may help relieve nerve root compression.
- **Over-the-counter medications.** Pain relievers such as ibuprofen (Advil, Motrin, others) and naproxen (Aleve) are sometimes helpful for sciatica.

Mild sciatica usually goes away given time and patience.

Call your doctor if self-care measures fail to ease your symptoms or if your pain lasts longer than a week, is severe or becomes progressively worse. Stay well!