



From the President's Pen

Lee Nitcholas

The C-FB RSPA delegation had a busy time in Austin at the State Convention the last week of March. We attended training and informative meetings at the convention and then went to the Capitol to rally for you. We have been honored by being cited as having an exemplary web page and newsletters in training sessions thanks to Barbara Hunt and Lyn Abercrombie. Barbara set the foundation for what we now have and Lyn has worked diligently to grow and improve our publications. Check them out online!

On Rally Day we were prepped and ready to go as we went to the Capitol to be recognized in the House and Senate Chambers and lobby individuals in the legislature. The delegation included Della Swaim, Pat Enlow, Judy Carey, Wanda Patterson, Mary Eisenmann, Lyn Abercrombie and Lee Nitcholas. We divided into teams so we could meet with as many people as possible. Senator Don Huffines and Chairman of the House Budget Committee, Representative John Zerwas, were in their offices so Pat and Lee spoke directly with them.

Our teams met with staff members of the following legislators: Representatives Matt Rinaldi, Rafael Anchia and Ron Simmons and Senators Jane Nelson, Don Huffines and Van Taylor. We had three main talking points: 1) Support the budgeted \$500 million dollars from the Rainy Day Fund and increased contributions from 1% to 1.25% of the active teacher payroll which will keep TRS-Care affordable, 2) Support our Defined Benefit Plan and 3) Oppose Josh McGee, VP of the John and Laura Arnold Foundation, as chairman of the Pension Oversight Committee. All of us stopped by the offices of Representatives John Zerwas and Trent Ashby to thank them for their work on the budget. At the end of the day we had pictures made on the Capitol steps and ate Amy's Ice Cream with friends on the Capitol lawn.

We headed home feeling like we accomplished a lot. The sun was shining, Texas wildflowers were blooming in a riot of color and the traffic never slowed. Certainly a good omen. We made strides and we must continue to do so with your help.

Looking forward to seeing you at CHRISTUS St. Joseph Village on April 19.



April 19th Program

CHRISTUS St. Joseph Village, Coppell
1201 E. Sandy Lake Rd., Coppell, 75019

Pat Enlow, 2nd VP, Programs

These days, *safety* has become a top priority. At our April 19th meeting, [Peter Dirks, Crime Prevention Officer for the Coppell Police Department](#), will be sharing and demonstrating ways to assure personal safety. Topics include basic self-defense moves, tips and tricks to keep yourself safe in public and at home, and how to keep your personal information safe from ID thieves and scammers. Officer Dirks is a Certified Crime Prevention Specialist.



[Woody Schober, TRTA District 10 1st Vice President](#), will also speak briefly. Woody is a member of Irving RSPA. He is retired Fine Arts Director for Irving ISD and Music Director for the "Silvertones" singing group. Perhaps he'll share a song with us!

It's that time of year and soon you will be asked to fill out the Annual Survey to guide us through the next year. [Please consider becoming a part of the Program Committee, Book Project Committee, or Publicity Committee.](#) These are easy ways to participate in our organization and we always welcome new ideas.

Social hour begins at 11:00 and program/lunch begins at 11:30. Lunch \$10. **RSVP by Wednesday, April 12th to Della Swaim by text: 214-926-6981 or email: jldhswaim@gmail.com.**



Lee Nitcholas and Pat Enlow with Representative John Zerwas in Austin.



Membership

Della Swaim, VP for Membership

Our C-FB RSPA membership has steadily increased over the past few years. In 2013-2014 we had 280 members. In 2014-2015 we had 295. In 2015-2016 we had 305 members. And in 2016-2017 our numbers are approaching 320. I hear that our unit may even be honored by Region 10 TRTA for our increase in membership! Please attend our meeting in April because this is an award for YOUR efforts!

We keep track of these numbers because a strong membership speaks volumes when we speak to our legislators about the issues that are important to every retired school person; helping us keep our pension fund a defined benefit, and making sure our health insurance stays solvent. As I write this, we have seven officers and delegates preparing to leave for Austin March 27th to contact those legislators on your behalf.

Equally important to each of us is keeping abreast of the issues facing public education. Texas retired teachers are the best cheerleaders for Texas public schools. You are very important people for the children of Texas!

But one of the best reasons for belonging to C-FB RSPA is the camaraderie we share with our education friends. This is the season when many educators are retiring. **Please help us contact them and invite them to become part of our organization.** Invite your friends to come to our luncheon and to join. Pick up the yellow contact cards at our meeting and pass them to your friends. If they join when they visit, they get a free lunch. See, there is such a thing as a free lunch! Also, when someone you invite joins and tells us that you invited them, your name is entered into a drawing for a \$50 gift card to be given at the May meeting.

I am so very impressed that so many of you have invited your friends to our meetings! Thank you!

Be sure to tell me if you are bringing a guest! We like to be prepared to welcome them.

Welcome to our recent new members

Wylene Brannon	Sandra Ninemire
Tyson Garrison	Darcy Perreault
Trini Garza	Karen Ritchie
Janet Gumbert	Joshua Seff
Carolyn Kollmeier	Gayle Thompson
Sharla Lee	

News from the Treasurer

It's Time to Pay Dues for 2017-2018

Judy Carey, Treasurer



I wish every one of our members could have attended the TRTA State Convention in Austin. For those of us who did attend it was so invigorating to hear Tim Lee, legislators and others speak so highly of educators. Many of them have educators in their family. They are eager to fight for our health care to keep it affordable and our pension, but they need our support. **The way you can help is by paying and keeping current with your dues.**

Beginning March 1, we start paying our dues for the new membership year, 2017-2018. Your dues will be **\$45.00**, \$35.00 for state dues and \$10.00 for local. Please be prompt in paying your dues. It is important that you pay dues so we can add more power to TRTA. Numbers matter and we need to increase our membership numbers each year. **We also need to keep our current members renewing their membership. The only way to do that is by paying your state and local dues.**

We have many members who pay their state dues by bank draft, out of their annuity or pay directly to TRTA. **PLEASE don't forget to pay your local dues. As I have said many times before, we need your local dues to run our organization.**

Dues can be mailed to me, **Judy Carey, 975 Laguna Dr., Coppell, TX 75019.** Make your checks out to **C-FB RSPA.** If you have questions about your dues please call me at 972-393-2956 or email me at judy.carey@verizon.net. If you are paying your dues at a meeting, you can also include your lunch in your check. Lunch is \$10.00. Also, please make your check out ahead of time so the check-in process will be faster.

Hope to see you at our April meeting at CHRISTUS St. Joseph Village in Coppell.



Our delegation at the Capitol for Rally Day! Della Swaim, Judy Carey, Lee Nitcholas, Lyn Abercrombie, Wanda Patterson, Mary Eisenmann, and Pat Enlow.

Take Care

Linda Bambina
Information & Protective Services



The official title for my “committee of one” is Informative and Protective Services.

Too much. At least for me. Gotta keep it simple in my way-too-busy-retirement-life!

So “Take Care” it will be.

I get 4 pages a month of things to warn you about: Scams, fraud, recalls, natural disasters, criminal activity and potential accidents. I’m not kidding.

So let me share some BIGGIES from one of the multiple pages of great ideas that I recently got:

Prevent Falling: Watch Out for Medication Side Effects

- Age can affect the way some medications work in your body, so if you have been taking any over-the-counter medications for awhile, it's important to tell your health care provider. He or she will be able to tell you if the over-the-counter medications are still safe for you to take. This is especially important with over-the-counter cold and flu medications, which can often increase drowsiness.
- Look out for drugs--or combinations of drugs--that have side effects including drowsiness or disorientation. These side effects can increase your risk of falling.
- And don't forget herbal remedies. Some remedies increase sleepiness and many react with other types of medication, which could increase your risk of falling down. Be sure to check with your health care provider before trying new medication, especially if you are already taking prescription drugs. And ask your doctor or pharmacist for a complete list of side effects you might expect when taking them.

Take care.....Linda Bambina

June 22 Field Trip Rangers Baseball!

Beth Sargent, Suzi Urban, Linda Frith, Linda Winkenhofer



TAKE ME OUT TO THE BALLGAME

Our last field trip is to watch the **Texas Rangers** play the **Toronto Blue Jays**. The date is Thursday, June 22nd, starting at 1:05 pm. You will have a chance to sign up at our April 19th RSPA meeting. And as the time gets closer we will email all members about the details, at which time you can sign up or confirm your plans.

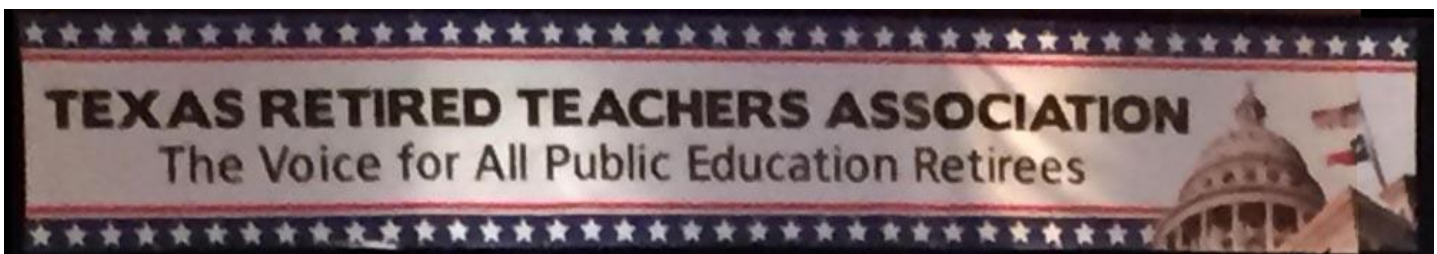
Our field trip committee is always glad to welcome new members; we would love to have you join our committee. We have so much fun! You can email Beth Sargent (bsarg1923@tx.rr.com) or express your interest on the survey that will be going out.



Our April 5 field trip to Waco:
Magnolia Market at the Silos, and Homestead Craft Village.

More photos here:

<http://www.localunits.org/CFBRSPA/assets/Image/2017/Waco%20Field%20Trip%202017.jpg>



This is the banner over the dais at the Legislative Luncheon at the TRTA Convention in Austin.

See more photos from our visit to Austin here:

<http://www.localunits.org/CFBRSPA/assets/Image/2017/2017Mar%20TRTA%20at%20Capitol.jpg>



View us on the Web!

Our C-FB Retired School Personnel Association has a website with helpful information and photos!

The address is localunits.org/CFBRSPA

Please note: if you are typing the address into your browser, you must use capital letters for CFBRSPA.

Sunshine

Kathy McWhorter

Please notify me if you know of a member who is ill or needs a note of encouragement!

kathymcwhorter@verizon.net



Volunteer Hours For 2017

Kay Edmondson

This is a reminder for you to **count your Volunteer Hours** and email Kay Edmondson with your count. mce60@verizon.net. The State of Texas likes to know how many hours retired school personnel give back to the community. Hours are counted from January 1 to December 31, 2017. Keep track of your volunteer hours and report them monthly or in a lump sum at the end of the year. Count obvious things such as volunteering as a school mentor as well as counting hours spent babysitting grandchildren and care-taking ill family members; even count the hours driving to and from such tasks.

TRTA BENEFITS FOR MEMBERS KEYS



TO MEMBER BENEFITS "DEALS"



SAVE MONEY **save money**

- Apple Products Discount call 1-877-377-6362
- Dell Computers visit trta.org & access the Member Benefits information under Membership
- 1-800-Flowers Discount save 15% Discount code is AMBA
- Reverse Mortgage Program Solutions 1-800-258-7041
- Dallas Zoo Employee discount



HEALTH

AMBA administers many of the insurance products.

Call 1-800-258-7041 or visit www.trta.org

- Ameritas Group Dental Insurance
- American Hearing Benefits 1-888-200-5701
- Hearing Aid Express 1-866-478-8782
- Vision Service Plan (VSP) 1-800-258-7041
- Medical Air Services Association (MASA) 1-800-258-7041
- Acadian on Call 1- 800-259-1234
- Texas Mobile Imaging 1- 832-437-1296



TRAVEL

- AMBATravelPerx 1-800-480-4080
- Road Scholar www.myambabenefits.info/trta
- Drury Inn and Suites 1-800-378-7946
- La Quinta Inn & Suites 1- 866-468-3946
- Avis Rent-a-Car save up to 25% off using D404600 1- 800-331-1212
- Budget Rent-a-Car save up to 25% off using X885500; 1-800-527-0700
- Enterprise Rent-a-Car 5% or 10% if rented from airport location Use 65TRTA 1- 800-736-8227
- Orlando Employee Discounts 1.877.413.3557
- Cruise and Vacation Benefits 1.855.577.9497



PROTECT HOME AND FAMILY

- Private Practice Educators Professional Liability Ins. 1-512-476-6566
- John A. Barclay Agency Professional Liability
- CSID Start protecting your identity from one of the fastest growing crimes. www.myambabenefits.info/trta
- Veterinary Pet Insurance (VPI) www.petinsurance.com/amba

***ASK FOR SENIOR DISCOUNTS**

FOR SPECIFIC INFORMATION OR UPDATES ON MEMBER BENEFITS VISIT:
www.trta.org/memberbenefits

Legislative Tools

The Inside Line

If you are interested in email updates on issues pertaining to pension, health insurance, Social Security, and other hot topics, sign up for *Inside Line*. This email update is written by Tim Lee, TRTA Executive Director, and offers fact and opinion on the issues facing current and future education retirees. Sign up here: <http://trta.org/features/insideline/>

TexLege

You can download an app on your phone called *TexLege*. It will give you all kinds of information about your legislators: what committees they are on, the issues in this session, the legislators' past voting records, district boundaries, local office addresses, phone numbers, email addresses, and much more.



VISIT THE DALLAS ZOO! As a TRTA member, you are now able to buy discounted tickets with the added convenience of printing your admission tickets from your computer and presenting them at the entrance turnstiles, bypassing ticket booth lines. Purchase tickets immediately by visiting our exclusive Dallas Zoo Employee & Affiliate Online Discount Tickets Store: Go direct to <https://zootickets.dallaszoo.com> and enter this personalized store name: trta.