



# C-FB RSPA

Carrollton-Farmers Branch Retired School Personnel Association

December 2018



## From the President's Pen

Della Swaim

Our December meeting is a great time to get in touch with our recently retired colleagues who have not yet attended C-FB RSPA, and invite them to attend to hear C-FBISD Superintendent John Chapman speak. As I remember from when I retired, I was fed up with inactivity and ready to find outside stimulation by December. **So call your friends and invite them!** or, forward this newsletter to them. Make **your** reservation with Wanda, and bring something to **donate to the Metrocrest Food Pantry** for our meeting on December 12<sup>th</sup> at Webb Chapel Church of Christ.

I would like to thank Dr. John Chapman and C-FBISD for entertaining and honoring our members and other C-FBISD retirees with a lovely luncheon on November 9<sup>th</sup>. The student artwork, musical entertainment, food, and service by CFB administrators made it a very special time.

Several of your C-FB RSPA officers and members served as hosts for THE CIVIC LEAGUE Holiday Home Tour in November. This is their major fundraiser each year. My thanks to you who volunteered (for 12 shifts!). THE CIVIC LEAGUE made a monetary grant to C-FB RSPA's **A Book a Child** fund this year. We are grateful to them, and they were very grateful for our help, plus it was fun!

With the outcome of the recent election, there are many new people representing us in the Texas Legislature. It is crucial for our TRTA membership numbers to increase and stay strong so that these new Texas Senators and Representatives will be influenced to pay attention to the issues that retired educators find important, i.e., keeping TRS solvent and strong so that educators can be given cost of living raises; putting additional money into public education; and providing additional funding for TRS-Care.

### SO, PAY YOUR DUES AND ASK OTHER EDUCATORS (ACTIVE OR RETIRED) TO JOIN C-FB RSPA

Please consider joining our Legislative Teams to visit our legislators and candidates to let them know of our wishes as retired educators. Contact Pat Enlow, Leta Nelson or Nichie Hoskins and volunteer to help. You can do that at our December meeting.

**I hope to see you there!**

## Meeting: Wednesday, December 12

**Program:** Dr. John Chapman, C-FBISD Superintendent:  
"The State of C-FBISD"

Performances by Blalack MS men's choirs  
ABC (A Book a Child) Raffle tickets available: \$2 or 3 for \$5  
Drawings for ABC Raffle

*Webb Chapel Church of Christ  
13425 Webb Chapel Rd., Farmers Branch 75234*

**11:00** meet and greet; **11:30** program/lunch. Lunch \$10.

**RSVP by Wed., Dec. 5** to **Wanda Patterson** by email:  
[pattersonwow@gmail.com](mailto:pattersonwow@gmail.com) or text: **214-766-1431**.

**Collecting donations for Metrocrest Food Pantry**



## December Program

Pat Enlow  
2<sup>nd</sup> Vice President (Programs),  
Children's Book Project, Publicity,  
Member TRTA District 10 Legislative Committee

I hope you all had a Thanksgiving full of fun, family, and blessings and are enjoying our beautiful fall season! Dr. John Chapman, Superintendent of C-FBISD, will be speaker at our December 12<sup>th</sup> meeting. He will be updating us on "The State of C-FBISD." We are very happy that he has reached out to our organization on several occasions since becoming Superintendent.



For our annual December entertainment, we welcome Sara Bayles, Choir Director at Blalack Middle School, who will be bringing two groups. The Chamber Men's Choir and the men's a capella group, Acafellas, will be performing. What a wonderful lineup to get us into the holiday spirit!

### Upcoming Programs

**February 20, 2019**

**Program:** Rose-Mary Rumbley, Teacher, Actress, Dallas Icon

**April 17, 2019**

**Program:** Dr. John Boyd, "History of Parkland Hospital" (Includes interesting info and pictures about JFK assassination.) (Dr. Boyd will have his books available for purchase.)

**May 15, 2019**

**Program:** Health program TBA



## Membership

Wanda Patterson, VP for Membership

I am looking forward to seeing everyone at our December 12th meeting! Please remember to invite any recently or not-so-recently retiree to our meeting. We want to continue to increase our membership in TRTA so that we can have an effective voice with the Texas Legislature!

Don't forget that for each new member you recruit your name will be entered for a special door prize in May.

Welcome to our New Members!

Mai Lui

Stefani Johnson

Nan Naugher

## Food (and more!) Drive

Terrie Grimes



It's that time again! At our December meeting, we will be having our annual drive for **Metrocrest Services Food Pantry**. Of course non-perishable cans of food dated 2019 or later are always needed, especially canned meat (but NOT tuna), soup and fruit. The pantry also has consistent needs for household items such as laundry detergent, cleaners, paper towels, and baking goods, such as small bags of corn meal, flour, sugar, cake mixes, etc. Please buy average size containers, not jumbo family size. (Hint: Shopping at Dollar Tree saves you money and their products are just the right size.)



My crew and I will be in the church parking lot to accept your donations as you come in to the meeting. And yes, cash or check donations are most welcome. In fact, Metrocrest can make their dollars stretch a lot further by buying items at North Texas Food Bank than we can at our local grocery store. Please make your checks out to: *Metrocrest Services* and your donation will go toward buying much-needed items at the Pantry. Tax deduction receipts will be given upon request.

Thank you!



## A Book a Child Project

Pat Enlow, 2<sup>nd</sup> VP, Children's Book Project

This will be your last chance to help fund the Children's Book Project for this year by participating in the **A Book a Child Raffle!** Raffle tickets are **\$2 each or 3 for \$5**. Drawings will be at the end of our December 12<sup>th</sup> meeting. You need not be present to win! **Treat yourself or they make awesome stocking stuffers!**

The following gift cards are being raffled:

- \$60 Pilates Reformer Instruction, Kay Lynn Lyon, instructor
- \$60 Ballroom/Social Dance Session, Kay Lynn Lyon, instructor
- \$50 Home Depot
- \$50 Amazon
- \$50 Applebee's Grill & Bar
- (2) \$15 Target (Total of \$30)
- \$25 Starbucks
- \$25 Amazon
- \$25 Amazon
- \$25 Chili's/Macaroni Grill/Maggiano's Little Italy/On the Border Mexican Grill and Cantina
- \$25 Olive Garden/Cheddar's/Season's 52/Longhorn Steakhouse/Yard House/Bahama Breeze



## News from the Treasurer

**Last chance to pay dues for 2018-2019**

Judy Carey, Treasurer

You are almost out of time to pay your state and local dues for 2018-2019. We start collecting dues for 2019-2020 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. If your state and local dues are not paid, you become an inactive member with TRTA.

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.



## Field Trips

Beth Sargent, Linda Frith, Lee Nitcholas, Sharla Lee

### The Craft Guild of Dallas and lunch at Public School 972

9:30-2:30, Friday, January 25, 2019

Sign Up: at December Meeting

We are excited to be offering a fieldtrip to **The Craft Guild of Dallas** this January. Professional artists in this organization have been teaching the arts since 1948 and just this year moved their studios to Carrollton on Midcourt Road. The studios include metals, glass, clay, drawing & painting, bookbinding and fiber arts. We will tour the facility; take part in an hour-long class in which we will do a make-and-take project, and then we will lunch at **Public School 972** in Addison.

We will be signing people up at our December meeting. The cost of the trip is **\$25** (make checks out to C-FB RSPA). Be thinking about which project you want to do as we will need to make our choices at signup. Questions? Contact Lee Nitcholas, [blnitch@aol.com](mailto:blnitch@aol.com).

### Project Choices

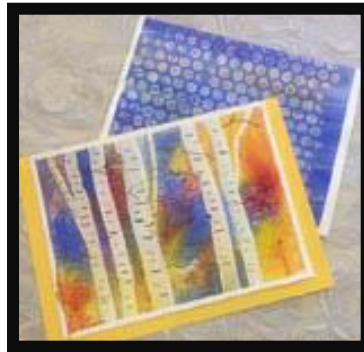
(You may choose only one)

<u>Craft Classes</u>	<u>Instructor</u>	<u>Class Limit</u>
1. Jewelry Making: Earrings	Becky Moore	6 people
2. Watercolor Cards	Alice O'Leary	8 people
3. Glass Picnic Blanket with Ant (add \$5 to trip cost)	Diana Morrison	6 people
4. Clay Votive	Barrie Curtsinger	6 people
5. Bookbinding: Journal	Laura Easterling	6 people

1.



2.



3.



4.



5.







## Legislative News

Pat Enlow, Member TRTA District 10 Legislative Committee

The 2018 elections are OVER! I hope you participated and wore your "I Voted" sticker proudly! Our new legislators are:

HD 106: Michelle Beckley defeated Ron Simmons

HD 115: Julie Johnson defeated Matt Rinaldi

SD 16: Nathan Johnson defeated Don Huffines

These legislators represent the majority of our membership.

Governor Greg Abbott, Lt. Governor Dan Patrick, and Attorney General Ken Paxton are all returning.

The 86<sup>th</sup> Texas Legislative Session begins January 8, and we will continue to be in contact with those who represent you to insure that our TRS **Defined** Benefit Pension Plan and TRS-Care Health Plan are adequately funded. We will also be working to provide a Cost of Living Adjustment (COLA) to our pension.

Senator Ted Cruz and Representative Kenny Marchant were re-elected to represent us in Washington, D.C. Ted Cruz has introduced a bill to overturn the Windfall Elimination Provision (WEP) which affects many of us.

The \$350 million C-FBISD Bond Election passed.

It was an exciting election season. We were ahead of the game as we were able to meet the candidates in February at our Candidate Forum, thus forging a relationship with those who were newly elected in November.

## Volunteer Hours

Kay Edmondson



This is a reminder to **count your Volunteer Hours** and email me with your count at [mce60@verizon.net](mailto:mce60@verizon.net).

The State of Texas likes to know how many hours retired school personnel give back to the community.

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.

**Hours are counted from January 1 to December 31, 2018.**

Keep track of your volunteer hours and report them monthly or in a lump sum at the end of the year.

Thank you!



Fun times at our November field trip to the Chi Omega Christmas Market!

## Upcoming Field Trips

**January 25, 2019 (Friday)**

The Craft Guild of Dallas  
*(see page 3 for details)*

**March 20, 2019 (Wednesday)**

Kimbell Art Museum in Fort Worth

**June 2019 (TBA)**

Lavender Farm



## Take Care

Linda Bambina  
Information & Protective Services



Your new Medicare card will have a new Medicare Number that's unique to you, instead of your Social Security Number. This will help to protect your identity.

Mailing takes time. Your card may arrive at a different time than your friend's or neighbor's.

Watch out for scams. Medicare will never call you uninvited and ask you to give personal or private information to get your new Medicare Number and card.

If you suspect identity theft or feel like you gave your personal information to someone you shouldn't have, contact the Federal Trade Commission at [ftc.gov/contact](http://ftc.gov/contact) or 1-877-FTCHELP (1-877-382-4357).

Scam artists may try to get personal information (like your current Medicare Number) by contacting you about your new card. If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call us at 1-800-MEDICARE (1-800-633-4227).

### Worried About Your Memory?

#### Memory Loss Warning Signs: When Should You Worry?

Probably Normal Aging	Potential Signs of Cognitive Decline
Walking into a room and forgetting why you entered	Getting lost in familiar surroundings
Having trouble recalling the names of unfamiliar people.	Having difficulty remembering important details of recent events.
A change in memory compared with when you were younger.	Difficulty following the plot of a television program or book because of memory problems.
Memory changes similar to other people of the same age.	Memory changes that are worse than those of people your same age.
Misplacing items, but later recalling where you put them.	Misplacing items, and being unable to relocate them later.

*Source: Rebecca Amariglio, Harvard Medical School*

*This chart makes a distinction between normal aging-related memory loss and possible signs of cognitive decline or dementia.*

*If you answered "yes" to signs in the right column, consider getting an assessment.*

### 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](http://localunits.org/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](mailto:kathymcwhorter@verizon.net)