



# C-FB RSPA

Carrollton-Farmers Branch Retired School Personnel Association

October 2018



## From the President's Pen

Della Swaim

October is my favorite month of the year! The weather finally begins to cool down, the leaves begin to turn, and pumpkins are everywhere! I love it! My Mom will be 95 years old on October 26th. How lucky we are to have her!

What a marvelous meeting we had in September! The program was so good (thanks Pat!), and we had lots of visitors and new members. Welcome and come back soon! Thank **you** for inviting your friends!

**C-FBISD NEEDS YOUR VOTE!** C-FBISD is having a bond election for the first time in 15 years on November 6<sup>th</sup>. The bond information says, "The \$350 million in proposed bond financed improvements include renovations and improvements to **all** campuses. The bond will also include safety and security, facility-based program improvements, fine arts improvements, athletic improvements, and new technology. **Taxes will not increase as a result of the bond.**" **REMEMBER TO LOOK FOR THE C-FBISD BOND ELECTION ON YOUR BALLOT.** (It may be at the end of your ballot or on a SEPARATE ballot, depending on if you vote in Denton County or in Dallas County.)

**C-FBISD invites you to lunch!** Our new Superintendent, Dr. John Chapman, has planned a splendid luncheon in your honor on Friday, November 9<sup>th</sup> at 11:30 a.m. in the ESDC Texas Room, 1820 Pearl St., Carrollton 75006. He announced at our meeting, that the CFB School Principals will serve us our lunch! That sounds like fun! **RSVP** by email to [reservations@cfbisd.edu](mailto:reservations@cfbisd.edu) by November 2, 2018. **PLEASE PLAN TO ATTEND!**

**Research the candidates and prepare to VOTE!** Your C-FB RSPA Board members will be meeting the local candidates who will be on the ballot and asking them questions at the District 10 TRTA Fall Conference on 10/22/18. If you have questions about how to make your vote count for public education and your future TRS benefits, ask your officers!

Thank you for being a valued member of C-FB RSPA!

## Meeting: Wednesday, October 17

**Program:** (1) Kathy Anderson, Bloomin' Colors Nursery, "Putting Your Beds to Bed for the Winter"  
(2) Dr. John Chapman, Superintendent C-FBISD, Bond Election  
(3) ABC (A Book a Child Children's Book Project) Raffle tickets available at \$2 each or 3 for \$5

*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., Oct. 10 to Wanda Patterson by email:** [pattersonwow@gmail.com](mailto:pattersonwow@gmail.com) or **text: 214-766-1431.**



## October Program

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

Cooler weather, pumpkins, a riot of colors, soup simmering on the stove – I love fall! Our speaker for October is **Kathy Anderson of Bloomin' Colors Nursery**. This year, she will bridge the seasons with her presentation, "Putting Your Beds to Bed . . . for the Winter."



After enjoying all that fall has to offer, it is important to prepare your plant beds so that you can enjoy a refreshing burst of plants and color in the spring. She will tell us how we can best accomplish this. Think about any questions as she will take the time to answer those you may have.

**Dr. Chapman, Superintendent of C-FBISD,** will return to present the details of the **C-FBISD Bond Election**. The average age of C-FB campuses is 30 years. If passed, the monies will provide upgrades to infrastructure, security, technology, and renovations to campuses among other projects. Every campus will benefit in some way.



**A Book a Child Raffle** benefiting Children's Book Project will continue with a variety of gift cards as prizes (see Children's Book Project article below for a list of gift cards) – just in time for gift-giving or as a special treat for yourself! **There will be a special door prize drawing for those who buy raffle tickets at our October meeting!**



## Membership

Wanda Patterson, VP for Membership

A big thanks to all who attended our September meeting. It was great seeing everyone and we hope you will continue to join us at each of our meetings this year.

Don't forget about the "Bring a Friend to Homecoming" membership campaign that the state has launched to recruit new members to TRTA. This campaign continues until October 31, with members who recruit new members earning **Double** entries into the **Each One Bring One** state drawing. Recruiting new members will also earn you a chance in our own **Each One Bring One** drawing for \$50 that we have at our May meeting.

Once again please contact retired friends and invite them to join C-FB RSPA and attend our October 17<sup>th</sup> meeting! Thank you!

## Welcome to our New Members!

Kathie Johnson & Helen Morris



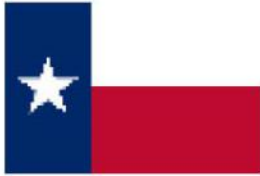
## News from the Treasurer

Judy Carey, Treasurer

Time is running out for you to pay your dues for 2018-2019. If you have not paid by the end of February 2019 you will be delinquent in paying your dues and become an inactive member. If you wait until January or February to pay 2018-2019 dues, then in March 2019 your dues for 2019-2020 are due again. You need to pay your dues to continue your dental and vision insurance, long term care insurance and any other insurance offered through AMBA.

I would like to thank the audit committee consisting of Bob Mora, chairman, Judy Thurman, and Linda Tole for auditing the treasurer's books for the year 2017-2018. The books were audited on September 10, 2018 and were found to be in order. Thanks again!

If you do not plan to attend our October meeting, please mail me a check for your dues made out to C-FB RSPA. TRTA state dues are \$35.00 and local dues are \$10.00. Mail your check to Judy Carey, 975 Laguna Drive, Coppell, TX 75019. Any questions about dues please call (972-393-2956) or email me [judy.carey@verizon.net](mailto:judy.carey@verizon.net).



# TIM LEE

Exec. Dir. Texas Retired Teachers Association

# RALLY FOR EDUCATORS

## PROTECT YOUR FUTURE!

All Public School Employees and Retirees INVITED to Attend!

# OCTOBER 15, 5pm-6pm

## Allen ISD Performing Arts Center

300 Rivercrest Blvd., Allen 75002 (east side of AHS)

Please contact Pat Enlow if you wish to carpool: [patenlow@verizon.net](mailto:patenlow@verizon.net) 972-393-8662  
Bring an active school employee with you, if possible!

## A Book a Child Project

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



**Thank you** to all who bought raffle tickets at our September meeting and to those of you who contributed through the 'giving' bags on the tables. **A Book a Child Raffle** will continue in October and December with drawings for the gift cards at the December meeting. You need not be present to win.

**Raffle tickets are 1 for \$2 and 3 for \$5.**

**A special door prize drawing will be held for those who buy tickets in October!**

**Raffle items include these gift cards worth:**

- \$60 1-hour Pilates Reformer Instruction
- \$60 1-hour Ballroom/Social Dance Session
- \$50 Home Depot
- \$50 Amazon
- \$50 Applebee's
- \$15 + \$15 Target
- \$25 Olive Garden/Season's 52/Longhorn Steakhouse/  
Bahama Breeze/Yard House/Cheddar's
- \$25 Chili's/Macaroni Grill/Maggiano's/On the Border
- \$25 Amazon
- \$25 Starbucks
- \$25 Amazon



## Field Trips

Beth Sargent, Linda Frith,  
Lee Nitcholas, Sharla Lee

We are going to **Chi Omega Christmas Market** on **Friday, November 16<sup>th</sup>**. We will be signing up for this exciting shopping trip at our October meeting. Please bring checks made out to C-FB RSPA in the amount of \$12 for your discount ticket. After our shopping trip we will have lunch at Meddlesome Moth. We have a yummy fixed price menu selected that includes entrée and beverage for \$20. We will have the menu choices available at our October meeting, but we can wait until when we arrive at the restaurant to make our selections. We can't wait to see you in October and share all the details for this fun trip!



## Upcoming Field Trips

**November 16, 2018 (Friday)**

Chi Omega Christmas Market at Fair Park

**January 2019 (TBA)**

The Craft Guild of Dallas

**March 20, 2019 (Wednesday)**

Kimbell Art Museum in Fort Worth

**June 2019 (TBA)**

Lavender Farm

More details on our web site under About Us: Field Trips:  
[localunits.org/cfbrspa/index.cfm/about-us/field-trips-events/](http://localunits.org/cfbrspa/index.cfm/about-us/field-trips-events/).  
More info on January and June trips will be posted as available.



## Take Care

Linda Bambina  
Information & Protective Services

*Our District 10 Informative and Protective Services Committee interviewed Trooper Stephen Bynum from the Texas Department of Public Safety. Trooper Bynum travels across the state speaking to retired teacher groups, business and social clubs, conventions, and safety councils. The following was a very interesting piece of information I wanted to make sure you knew since it was somewhat NEW to me!*

**Can I cross a solid white line on the highway?** According to the Texas Manual on Uniform Traffic Control Devices (the bible for the DPS) the answer is yes. There are two sizes of a single white line. The four-inch wide white line, called a "fog line," is never prohibited. You are discouraged from doing it, but you can legally cross the line if you can do it safely. The eight-inch white line, called a "channeling line," is found mainly in cities and on Interstate Highways. You are not prohibited from crossing it, but you should not do it unless it is absolutely necessary and you can do it safely. The rule is the wider the white line the more prohibited your action.\*

**YOU CANNOT CROSS A DOUBLE WHITE LINE, REGARDLESS OF THE WIDTH.**

*\*Warning: Trooper Bynum stated that a few large-city police departments are giving tickets for crossing the eight-inch wide white line. If this happens to you, utilize the above cited manual for your defense.*



Beth and Della with a follies' performer!





## Legislative News

Pat Enlow, Member TRTA District 10 Legislative Committee

**Bill Barnes**, Legislative Consultant for TRTA, gave us some excellent insight into all matters legislative when he spoke at our September 19<sup>th</sup> C-FB RSPA meeting. Here are some of his comments:

- There are 450,000 retired teachers in Texas and 1 million active employees. Add family and friends of retirees and actives and it gives us a huge voice! Use it or lose it! **Call your legislators and tell them your story. Research candidates and vote!** (Politicians count on low voter turnout. Let them know you care what happens with TRS pension and health care!)
- **Ask your legislators the following questions:**
  - ⇒ Will you support a cost-of-living-adjustment (COLA) 13<sup>th</sup> pay check?
  - ⇒ Will you support permanent funding as a base funded item for TRS-Care, so that we don't have to beg for money every two years? (We do pay premiums and deductibles for our health care!)
  - ⇒ The money is there! As of December 31, 2017, there was \$10.297 billion in the "Rainy Day" Fund. Will you vote to use that money to support retirees? OR What is your proposal for finding the funds to support retirees?
  - ⇒ Will you oppose any effort to change the TRS **DEFINED BENEFIT PLAN** for all current and future TRS retirees?
- 72% of retirees vote and only 35% of active teachers vote. Get active school personnel registered and to the polls.
- The average TRS pension check is \$2000/ month.
- TRS -Care is eating up more and more of that pension. According to Gov. Abbott, YOUR calls to his office and to legislators last legislative session forced a special session to address health care for TRS retirees. **When you receive a "Call to Action" (usually put out by Tim Lee), follow the easy directions, and call or email your legislators! YOU make a difference.**
- There is nothing wrong with our **DEFINED BENEFIT PENSION PLAN**. It is working as it should. You only have to collect your check each month. The reason legislators want a defined contribution plan is because you would have to manage your own money. There is \$150 billion to be made by legislators and financial managers to manage your money through a defined contribution plan.
- Bill Barnes and Tim Lee continue to work with U.S. TX Rep. Kevin Brady, 8<sup>th</sup> Congressional District, to change the **Windfall Elimination Provision** formulas. For those of us who paid into Social Security for at least 40 quarters, this provision reduces our benefits.

## Do Your Research

[texansforpubliceducation.com](http://texansforpubliceducation.com)

[teachthevote.org](http://teachthevote.org)

[trta.org](http://trta.org) > Legislative Issues > Our Issues

**TRTA Legislative Hotline:** 1.888.674.3788  
(To leave messages for your legislators)



**Early Voting:** October 22 – November 2

**Election Day:** Tuesday, November 6

Refer to September C-FB RSPA Newsletter, page 4 at [localunits.org/cfbrspa](http://localunits.org/cfbrspa) for times and more information.



## TRTA Benefits

Mary Eisenmann

Remember as a TRTA member you are eligible for benefits that include benefits on insurance (dental, vision, pets) as well as discounts on medical, lodging, travel, entertainment, and security. You can see dining discounts at [myambadining.com](http://myambadining.com)

To access the other member benefits online, you must log in; once logged in, choose "Member Benefits." To log in, go to [trta.org/](http://trta.org/) then at the top right of your computer screen click on "Member Login." Your username is your 6 digit TRTA member ID number (on your membership card); the default password is trta123 (all lowercase, no spaces). If you cannot find your TRTA card with your member number, you can click on "forgot user name" and answer the questions. They will email you your number. Always check details of discount rates and follow the guidelines for receiving these discounts or rates.

This information is also at the bottom of our wonderful C-FB RSPA Yearbook/Directory (sent to you by email).



## Healthy Living

Carol Sprawls



### Know Your Numbers:

- ⇒ **Blood Pressure:** Know what your typical numbers are.
- ⇒ **Cholesterol:** HDL is good to be high; LDL is bad to be high. Keep both in check.
- ⇒ **Blood Sugar Levels:** Too high can mean the onset of diabetes.
- ⇒ **Body Mass Index or BMI:** A key indicator for health risks based on height and weight.

I'm looking forward to getting MANY more HEALTHY LIVING ideas for YOU at our TRTA Fall District Conference in October!

## 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!

## Upcoming Meetings for 2018-2019

All meetings are on Wednesdays at **Webb Chapel Church of Christ**  
13425 Webb Chapel Rd, Farmers Branch 75234  
with Social time starting at 11 a.m. and meetings at 11:30.

### October 17, 2018

**Program:** Kathy Anderson, Bloomin' Colors Nursery: Topic TBA  
ABC (A Book a Child Children's Book Project) Raffle tickets available at \$2 each or 3/\$5

### December 12, 2018

**Program:** Dr. John Chapman, C-FBISD Superintendent: "What's Going On in C-FBISD?"  
Performance by District group  
ABC (A Book a Child) Raffle tickets available at \$2 each or 3 for \$5  
Drawing for ABC (A Book a Child Children's Book Project) Raffle

### 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





A great **September meeting!!** Welcoming, preparing the lunch, greeting one another and meeting the new superintendent, laughing together and learning together. Come join us October 17th!

