



President Message

Della Swaim

I want to ask you to consider signing up for the “Diamond Plus” program. When you sign up for the “Diamond Plus” program, your state TRTA dues are deducted from your monthly annuity (less than \$3 per month). You will still owe your local yearly dues (\$10), but you will eliminate the chance of having your membership canceled because you forgot to send your dues. **Another benefit of you joining the Diamond Plus program is that your local organization has a greater chance of competing for the membership incentive programs that are put on by the state TRTA. It is a WIN-WIN for you and for C-FB RSPA!**

So, please consider signing up for “Diamond Plus!” Contact Judy Carey and she will get the paper work started for you. Thank you!

Our April meeting is the time for us to elect our officers for the next two years. Our Nominating Committee has a slate of officers ready for us. Please come and vote!

Just because C-FB RSPA does not meet in March doesn't mean we have been idle. We have been busy applying for a grant for our A Book a Child fund, going on a great field trip to the Kimball Museum, attending the District 10 TRTA Spring Board Meeting, writing to our Legislators, and getting prepared to attend the TRTA State Convention and Rally Day in Austin.

As I write this, seven of your C-FB RSPA officers are preparing to participate in that State TRTA Convention on 4/1-4/3 in Austin. They are Pat Enlow, Lee Nitcholas, Beth Sargent, Wanda Patterson, Lori Smith, Nitchie Hoskins, and Della Swaim. This is a great opportunity for us to learn about our responsibilities from other TRTA members and officers across the state. Hopefully we can come home with ideas about how to make C-FB RSPA a better organization. We have been reading Tim Lee's Legislative updates and have high hopes that by the time you read this, the Legislature will have enacted legislation to #RAISE THE BASE of TRS to make our

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Meeting: Wednesday, April 17

Program: Dr. John Boyd,
“Parkland's Rich Legacy and History”
(Including info/pics about JFK assassination.)
(Dr. Boyd will have his books available for purchase.)

*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., April 10 to **Wanda Patterson** by email: pattersonwow@gmail.com or text: 214-766-1431.



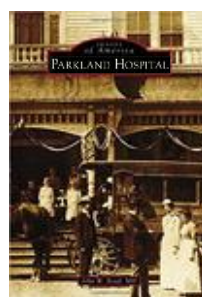
April Program

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

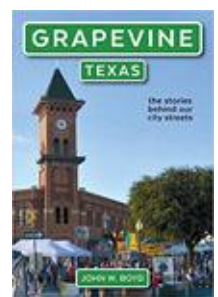
Dr. John Boyd, physician and historian, will present **Parkland's Rich Legacy and History**, a fascinating PowerPoint program tracing historic events through the “eyes” of Parkland Hospital and UT Southwestern Medical School. Parkland was first built in 1894 and dispensed ‘frontier medicine’. The polio epidemic, both World Wars, and the Kennedy assassination are a few of the events that the employees and our country experienced as Parkland became one of the world's premier medical centers. You will be amazed at some of the pictures and information Dr. Boyd has uncovered and included in his presentation.



At the meeting, Dr. Boyd will have his **books for sale for \$20 each: Parkland Hospital: Images of America and Grapevine, Texas: The Stories Behind Our City Streets**. The Grapevine, Texas, book explores the human stories and fascinating characters behind the city's street names.



Please plan to attend and be entertained and educated!





News from the Treasurer
It is time to pay dues for 2019-2020
 Judy Carey, Treasurer

**IT'S TIME TO HELP OUR LOCAL C-FB RSPA
 WIN ONE OF THE \$500 AWARDS TO BE HANDED OUT
 BY TRTA!!!!**

TRTA has another contest going on now... In an effort to boost TRTA membership numbers, TRTA is again offering incentives to reward local units. Renewing your membership early in the membership year—which is March 1, 2019 through February 28, 2020—will help our local unit to possibly win \$500.

The first phase of the TRTA **110K Relay** is from March 1, 2019 to June 30, 2019. We cannot win this award without your helping to make this happen!! It is simple, **all you must do is pay your state and local dues now**. The deadline for the first phase is June 30, 2019. If you have your state dues taken out of your annuity or you pay by a bank draft, all you need to pay is your local dues of \$10.00. Your state dues are automatically renewed and counts for this contest.

Make your check out to C-FB RSPA in the amount of \$45.00 for state and local dues and mail to me, **Judy Carey**, at **975 Laguna Drive, Coppell, TX 75019**. If you have questions, please email me at judy.carey@verizon.net or call me at 972-393-2956.

Remember if you have any changes in your information, please let me know. If you are retiring soon, if your email address changes, etc., I need to know.

We deeply appreciate your membership and hope you plan to renew NOW for 2019-2020.

How to print your new Membership Card

In the latest issue of *The Voice*, it is mentioned that TRTA will no longer be mailing out new membership cards due to increased costs in printing and postage. There were instructions on how to print your membership card in *The Voice*.

Just go to trta.org and select “Member Login” at the top right. Your username is your member ID number and the default password is trta123 (all lowercase, no spaces). Select “Print Your Member Card” to print. If you do not have a computer, a member ID card is also available on every issue of TRTA’s quarterly news bulletin, *The Voice*, on the back page.



Membership
 Wanda Patterson, VP for Membership

Our next meeting is April 17th. Please RSVP by April 10th. If you want to just come for the meeting or bring your own lunch that is perfectly acceptable. Just let me know when you RSVP that you will not be having lunch.

Please continue to invite any retired educators who have not yet joined TRTA. Also, when you hear of friends planning to retire this year, please contact them and invite them to consider joining C-FB RSPA. **REMEMBER, IT IS UP TO ALL OF US TO KEEP OUR ORGANIZATION STRONG!**

100K Relay is the name of our new 2019-2020 membership contest. It started **March 1st!**

Our goal is 100,000 members state-wide by the end of the year. The first phase of the contest is like last year's Ready, Set, Blitz (with individual units receiving cash awards for member renewals and new members signed, 8 at \$500), but the second phase will contain a **Grand Prize for 4 individuals of \$250 each**. If you pay your dues by check in one payment, you will earn entries for each month. **It is to your advantage to join in March earning 12 entries, April - 11 entries, etc.** If your dues payment is done by payroll deduction or bank draft, you will receive 12 entries.

**SO HELP C-FB RSPA WIN
 and
 YOU MIGHT ALSO WIN!**



Some of our founding members (from our last meeting)



Field Trips

Beth Sargent, Linda Frith, Lee Nicholus, Sharla Lee, Linda Bambina

May 22, 2019 (Wednesday)

Prayer Lavender Farm

Lavender isn't just pretty to look at. Lavender is fragrant and fantastic for medicinal, cosmetic, and culinary uses. Join us Wednesday, May 22, 2019 for a trip to the Prayer Lavender Farm. We are going at the height of the lavender season, we hope. Afterwards, we will have lunch at Gloria's at The Harbor Rockwall overlooking Lake Ray Hubbard. This will be another fantastic road trip with your CFB RSPA friends.



August 3, 2019 (Saturday)

The Firehouse Theatre: Mamma Mia!

Come join us for a very special afternoon of lunch and a live theatre production at the Award-Winning regional theatre that is often called "A little bit of Broadway on Valley View!" The Firehouse Theatre. And what show could be better than the ABBA hit that involves a daughter's quest to find her father on her wedding day!



Please invite your Spouse or your Spice (that special friend who livens up your life!) to join in for the fun and get your RSVP to Linda Bambina ASAP, because almost 1/2 of the "house" has already been sold as of the end of February! This matinee performance on August 3rd is the same time that the Carrollton Women's Club will be going which means it's going to be a GREAT audience with lots of people you all already know!

We'll meet for a late lunch at **1:00** at *Two Guys from Italy* in our favorite private room and then journey over to the matinee, getting everyone home well before dark. The cost of lunch and the show is only **\$28**, fees, tax and gratuity included. Write checks to **C-FB RSPA**, but mail to **Linda Bambina, 3120 Golfing Green Dr., Farmers Branch, TX 75234**.

President's Message (Continued from page 1)

pension fund actuarially sound so we can finally have some kind of annuity raise, and possibly a one-time payment to retirees (a 13th check). TRTA supports raising the base funding for both the TRS pension plan and the TRS-Care health insurance program.

WE MUST SAY "THANK YOU" TO OUR ELECTED OFFICIALS. Please join me in expressing your gratitude.

Our C-FB RSPA April meeting is always a fun time to get together after a long, cold winter. This is the time of year when our past colleagues start to announce their retirement plans. Please invite them to become members of C-FB RSPA. Introduce them to our website and invite them to a meeting. I am inviting my friends, SO, **you** invite your friends to join you at our meeting on April 17th. Come early at 11 o'clock to visit with everybody and help us greet our friends and visitors.

You are important to C-FB RSPA! TRTA is over 94,000 member strong now!

March field trip to the Kimbell Art Museum!



Upcoming Field Trips

May 22, 2019

Lavender Farm

August 3, 2019

Mamma Mia! at Firehouse Theatre



Nominating Committee

Lee Nitcholas, Chair

We will be electing officers for the 2019-2020 year at our April meeting and installing them at the May meeting. The Nominating Committee met and selected the following slate of officers:

President: Della Swaim
First VP: Lori Smith
Second VP: Pat Enlow
Secretary: Darcy Perrault
Treasurer: Judy Carey

Thank you to **Linda Tole, Kathy McWhorter, and Janet Truett**, the committee members, for their work in finding the very best officers to lead us. Please let them know you appreciate their service with a thank you next time you see them.



Volunteer Hours

Kay Edmondson

This is a reminder to **count your Volunteer Hours** and email me with your count at 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, 2019.

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

Thank you!



Our team at TRTA State Convention 4/2/19, Austin.



A Book a Child Project

Pat Enlow, 2nd VP, Children's Book Project

Gail Schwamb is hard at work ordering books for our deliveries in May. We will be delivering a total of **2,478 books** to **McWhorter, Thompson, Freeman, and Stark**.



During 2017-18, TRTA local units across the state delivered 138,625 books to children. Our own District 10, which is made up of 22 local units, delivered 26,155 books and 2,710 were from Carrollton-Farmers Branch RSPA!

We will be asking for your help to make our deliveries in May. It takes an hour, or so, of your time. The rewards are great – smiles on the faces of students and thank-yous from teachers. For some children, this may be the only book they can truly call their own to keep, read, and share. We are supporting students, teachers, and parents by providing books geared to reading and interest levels to foster a love of reading and learning. Of course the ‘thank you’ from teachers is for our support to help maintain students’ reading skills over the summer.

Healthy Living

Carol Sprawls



Spring is a great time to adopt or renew some healthy living habits.

See which one of these you can put into your lifestyle.

- Cut food portions: Less calories over time means less pounds on you.
- Sip water while you sit: Although moving is better than sitting, at least you'll be performing a healthy habit when at rest.
- Increase your steps: Take the stairs or park a distance away from your destination.
- Add a vegetable at breakfast: Think outside the cereal bowl, such as mushrooms with your eggs or sliced tomatoes with toast.
- Eat more fiber: Fiber helps you feel full longer.
- Don't eliminate fat: Eat small portions so you can enjoy its decadence.



Legislative News

Pat Enlow, Member TRTA District X Legislative Committee

OUR MOMENT IS NOW!

#RAISETHEBASE from 6.86% to 8.6% to make our TRS Defined Benefit Pension Fund actuarially sound.

#RAISETHEBASE Texas state contribution to TRS-Care from 1.25% to 2.25% to make health insurance more affordable.

First, a **HUGE** thank you to Lani Mango for contacting her senator when the Action Alert was sent out from TRTA. Lani (on the right) is pictured with Breanne Jackson, Senator Jane Nelson's District Manager. Lani visited with Ms. Jackson and provided first-hand information detailing why it is so important to #RAISETHEBASE and provide retired school personnel with a cost-of-living adjustment and affordable health insurance.



So many of you have responded to the Action Alerts by sending emails to your legislators. **THANK YOU!** You **ARE** making a difference. Legislators are listening and are much more receptive to our needs. They are sponsoring bills to #RAISETHEBASE so that our pension fund can become actuarially sound paving the way for that COLA.

As of this writing, **Senate Bill 12** and **House Bill 9** are in committee. Hopefully, they will eventually go the floor of the legislature and a compromise bill will be passed by House and Senate.

You can keep track of the progress of these bills through TRTA Inside Line emails. If you are not subscribed, go to trta.org. It is SO easy to subscribe and become aware of what your legislators are doing to help (or hinder?) the soundness of our TRS Defined Benefit Pension Fund and our TRS-Care Health Insurance. Also, go to LegiScan.com, plug in the SB and HB numbers above to receive email alerts as to their progress. There are also links to the text of the bills. You can use LegiScan for US Congressional bills also. The one you will want to plug in is Ted Cruz's bill to abolish the Windfall Elimination Provision (WEP).

TRTA is NOT a PAC, but it's main purpose is to inform legislators and influence legislative outcomes that benefit Texas school retired personnel. This is a focus of each local unit also. Please give your support whenever asked and become an informed TRTA/C-FB RSPA member.

Did you know?

- ⇒ Those who have retired since 2004 have never had a raise!
 - ◇ Those receiving Social Security have frequent raises.
 - ◇ 95% of Texas school personnel retirees do not receive Social Security.
 - ◇ \$2,000 in 2004 is worth \$1,500 today - 33.3% inflation!
- ⇒ The Texas state contribution to our pension fund is 6.86% - the very lowest of all non-Social Security states and 14% below the next lowest!
 - ◇ Average pension is \$2,078/month.
 - ◇ About ¼ of retirees get only \$1,000/month.
 - ◇ 95% of retirees do not get Social Security.
- ⇒ TRS and ERS are not treated equally!
 - ◇ Employees Retirement System of Texas (judges, legislators, state college and university employees, etc.) **DO NOT PAY** health care premiums. They are 100% subsidized by the state.
 - ◇ ERS family members are subsidized at 50%.
 - ◇ ERS gets 2X the state funding that TRS-Care gets.

Eight of our RSPA members will be going to Austin for Rally Day at the Capitol on April 3rd to talk with our legislators. Hopefully, we will finally #RAISETHEBASE to pave the way for COLA and affordable health care.



Take Care

Linda Bambina
Information & Protective Services

Is it “just a little cough”?

Do you have a cough left over from the winter crud that is still hanging on? If so, it might require some medication or it just might be symptomatic of a larger problem, requiring a trip to see the doctor.



Common cold: It will last from about 10 days to two weeks. Over the counter meds will alleviate symptoms, but they won’t shorten the duration. **If symptoms last over two weeks,** you may have a secondary infection. See a doctor.

Pneumonia: Accompanied by wet cough, yellow or green mucus, fever, chills, chest pain, and possibly mental confusion. Sometimes calls for antibiotics and/or hospitalization.

Bronchitis: Characterized by cough (often with phlegm), soreness in chest, and fever. See doctor to rule out pneumonia. Drink plenty of liquids. Steam from a hot shower helps.

Pertussis (Whooping Cough): It produces a violent cough making it hard to breathe, forcing you to inhale deeply (producing a whooping sound). Get to the doctor ASAP. Note: Get the vaccine and later the booster as Pertussis is making a come back.

Postnasal drip: Extra mucus drips down your throat and triggers your cough reflex.

Asthma: Seasonal. Or asthma may come after an upper respiratory tract infection. It often worsens with exposure to cold air, fragrances, or chemicals. It is easy to treat, so see a doctor.

Gastroesophageal Reflux (GERD): Stomach acid flows back into the esophagus causing coughing from the constant irritation. *If you wake up at night coughing with no other obvious symptom, this might be the cause.* See a doctor to avoid more irritation to the esophagus.

[In collaboration with TRTA’s Healthy Living: submitted by Lynne James.]



TRTA Benefits

Mary Eisenmann

Enjoy the Sounds of Spring!

Here a two hearing aid companies that give special prices to members of TRTA:

American Hearing Benefits

AHB aims to provide its members with access to free hearing consultations and discounts on hearing aids. The hearing aid discount program is designed to help members with their hearing needs, making it easy to achieve an improved quality of life through better hearing.

AHB and its hearing professionals are backed by Starkey Hearing Technologies, one of the world’s leading providers of hearing healthcare. AHB is the country’s leading employer-based hearing healthcare network; offering associations significant discounts on the price of hearing aids, plus additional savings and value.

For more information,
www.americanhearingbenefits.com/partners/amba
or call 888-200-5701.

Hearing Aid Express

The priorities of Hearing Aid Express are to care for you as a client and help you to maximize your hearing while prolonging your hearing health through honest and integral service. With decades of combined experience throughout our expert team and with thousands of delightful clients, we’ve been helping Texans to hear better since 1989.

With financing options available, relationships with all major insurance companies and a range of coupons available, we’re here to help your loved ones or you find the right hearing aids to suit your style, unique circumstances and budget.



Sunshine

Kathy McWhorter



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

kathymcwhorter@verizon.net