



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 a C-FB RSPA meeting. 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 Judy Carey, and bring something to donate to the Metrocrest Food Pantry for our meeting on December 11th at Webb Chapel Church of Christ. **Our December program seems to be of particular interest to my friends!**

I would like to thank Dr. John Chapman and CFBISD for entertaining and honoring our members and other CFBISD retirees with a lovely "Grateful Gathering Luncheon" on November 13th. The student artwork, musical entertainment, food, and service by CFB administrators made it a very special time.

I also want to thank **YOU**, our RSPA members for attending the CFBISD "Grateful Gathering Luncheon." It was terrific to see over twice as many attendees as last year! Thank you for inviting many of your retired CFBISD colleagues to join us as well at the luncheon! Some of them have already decided to join C-FB RSPA and be a part of our organization.

Many of your 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 15 shifts!): Susan Bragg, Lori Smith, Beth Sargent, Becky Tucker, Debbie Moss, Darcy Perreault, Judy Thurman, Kay Edmonson, Leta Nelson, Marilyn Paa, Nichie Hoskins, Shaima Hakimi, Sharon Kerr, Lori McCall, Kay Lynn Lyon, Linda Bambina, and Della Swaim.** THE CIVIC LEAGUE made a monetary grant to C-FB RSPA's A Book a Child book fund this year, which will enable us to provide around 3,000 books to CFB students. THE CIVIC LEAGUE was very grateful for our help, and it was fun!

It is crucial for our TRTA membership numbers to increase and stay strong so that Texas Legislators 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; actually funding the legislation that was passed last year; and providing additional funding for TRS-Care. It is also important for our state TRTA Director, Tim Lee and staff to feel our support with their work with the U.S. Congress to modify the WEP. Our TRTA goal is to reach 100,000 members this year. **So, pay your dues, and ask other educators (active or retired) to join C-FB RSPA.**

I hope to see you at our December meeting!

Meeting: Wednesday, Dec. 11

Program: CBD 101: All You Wanted to Know about Hemp and CBD Oil

Metrocrest Food Drive

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. 4 to Judy Carey by email at judy.carey@verizon.net or text: 214-498-9867.

December 11th Program

Pat Enlow

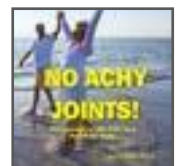
2nd Vice President (Programs),
Children's Book Project, Publicity,
Member TRTA District 10 Legislative Committee



Did you attend our "November meeting"? I was amazed at the turnout for A Grateful Gathering, CFBISD's way of honoring us and our years of helping and educating students. It was so much fun seeing those we don't often see and also those we see all the time! The student entertainment was outstanding and I learned some new information through Dr. Chapman's speech. **THANK YOU, CFBISD!**

I think you will enjoy our December speaker. Do you have questions about the use of CBD oil and hemp? Well, this may be your chance to have some of those questions answered! **Carol Merlo**, M.Ed., is a speaker, trainer, and health and well-being author. She will present "CBD 101," an informational talk on the benefits of these products. Carol has reviewed research and used these products herself and found them to be beneficial for her and others. Carol will have two books available for purchase at \$10 each: **CBD, the Hemp Miracle** and **No Achy Joints!**

Join us for an informative meeting on a topic that many are exploring and questioning.



Meetings upcoming for 2019-2020

February 19, 2020: Candidate Forum

April 15, 2020: TBA on local history

May 20, 2020: TBA health program



Field Trips

Beth Sargent, Lee Nitcholas,
Stefani Johnson

Put on your jingle bell earrings and Christmas sweaters or sweatshirts! We are caravanning to the **Community Nativity Celebration** in Carrollton on **Friday, December 6th**.

We'll leave from the church at 9:30 AM. This event is over 15 years old and sponsored by The Church of Jesus Christ of Latter-Day Saints. A number of faith-based area organizations and churches participate in this treasured annual event. Featured are hundreds of Nativities from all over the globe. allevents.in/carrollton/2019-nativity-event/200018141658403



We'll eat at Edith's French Bistro afterward. What an inspirational way to begin this Christmas season! edithsbistro.com

FIRST EVER C-FB RSPA BOARD GAME DAY

WHAT: Board Game Day

WHO: Bring a friend, your significant other, a potential member, or come alone.

WHEN: Friday, January 10th, 10 a.m to 2 p.m.

WHERE: Webb Chapel Church of Christ (Fellowship Hall where C-FB RSPA meets)

FOOD: We will be serving potato soup (\$1-\$2 donation-optional) or bring a brown bag lunch.

BRING: Bring a game that you can teach others to play. Or come prepared to learn a new/old game.

EXPECT: Expect to enjoy fun and fellowship on a cold January day!

We will need a tentative head count so that we know how much soup to make. So, **sign up at our December meeting** or let us know you will be there!



Membership

Lori Smith, VP for Membership

Happy holidays everyone! This is a busy time of year for all, but I hope you will make time to attend our December meeting. Bring a friend and have some fun! (I'm planning to bring my photo booth props again!)

It is always enjoyable to see friends who haven't come to a meeting in a while. If you know someone that might like to come, give them a call and invite them! We have wonderful people in this group that reach out and invite others to come to our meetings, and I think that is wonderful. They are inspiring me to reach out too.

Jennifer Rowden will be catering our meal in December, and here is the menu: Pork loin, Scalloped potatoes, Green beans, Rolls, Brownies.

Hope to see you there!

Remember to bring some can goods for the Metrocrest Food Drive!

Welcome to our New Members!

Mary Ellen Martin
C.W. Eaker

Field Trips upcoming for 2019-2020

December 6 (Friday)

Community Nativity Exhibit at the Church of Jesus Christ of Latter-day Saints, Carrollton
Lunch at Edith's French Bistro, Plano

January 10 (Friday) (this is a date change)

Board Game Day, at the Webb Chapel Church of Christ, Farmers Branch

May TBA

Globe Life Park of Arlington tour
Lunch at TexasLive

June 3 (Wednesday)

Ham Orchard, Terrell

August 1 (Saturday)

Singing in the Rain, Firehouse Theatre



Healthy Living

Carol Sprawls

Walking is one of the least expensive and easiest ways to get and stay fit. **Walk Across Texas (WAT)** will help each District 10 Unit be successful in accomplishing our Goal of: knowing and improving our health numbers for blood pressure, blood sugar, BMI and cholesterol.

WHAT: An eight-week program designed to help Texans establish the habit of regular physical activity. Walking indoors or outdoors with a group or alone, on a trail or at a gym/home on a treadmill.



WHO: District 10 Units will have a coordinator that will collect steps taken by each team. Each Unit may have as many 8-member teams as they chose.

GOAL: Each team working together to walk a total of 832 miles over the 8-week program. This averages a total of 104 miles/team member or about 2 miles/day.

WHEN: February 2-March 28, 2020.

NEXT STEPS: Learn More at: walkacrosstexas.tamu.edu. This program was designed and is supported by Texas A&M Agrilife Extension. **Be ready to sign up at our December 11 meeting.** If you are interested in participating in this program, but won't be at the December meeting, please **contact me at carolsprawls@att.net**.

BENEFITS: The ability to do everyday chores easier, keeping up with those active grandkids, improved moods AND walking off the extra pounds gained during the holidays! In summary, get healthier and have fun in the process.



C-FB RSPA issues seven newsletters per year: Sept., Oct., Dec., Feb., Apr., May, and Summer. Editor: Lyn Abercrombie



News from the Treasurer

Judy Carey, Treasurer

As you are reading this newsletter, please check to see if you have paid your state and local dues for 2019-2020.

We will start collecting dues for 2020-2021 beginning at our February 2020 meeting. If you have not paid, please put your 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 each year, you become an inactive member with TRTA.

Please mail your check to Judy Carey, 975 Laguna Drive, Coppell, TX 75019. If you have any questions about whether or not you have paid dues, either email me at judy.carey@verizon.net or call 972-393-2956.

Food Drive for Metrocrest Services

Estelle Lara



Wednesday, December 11, is the day to bring your donations for the Metrocrest food pantry. My spouse and I will be collecting canned and dry goods right outside our meeting place. These items are urgently needed, but other items are also welcome:

- ⇒ Canned meats
- ⇒ Canned tuna
- ⇒ Canned chicken
- ⇒ Laundry soap
- ⇒ Toothpaste
- ⇒ Baby wipes



Rather write a check? Just make it out to **Metrocrest Services** and your donations will go toward buying much needed Pantry items. Please don't forget!



Take Care

Linda Bambina
Information & Protective Services

Lonely? Get a Pet!

Research indicates interaction with animals can provide emotional stability, alleviate stress, help with loneliness and pave a therapeutic path toward better mental health.

Psychology Today further reports that a bond with an animal can help people develop a better sense of trust, stabilize their emotions and improve their communication, self-regulation and socialization skills.

From the Healing Power of Pets, by Susan Yerkes Health & Wellness article, Nov. 2018.



Newest Fraud: Census 2020

Legitimate Census workers, as well as utility workers, police officers and/or sheriffs, will have a photo ID. Ask for it!

Anyone can steal a uniform or badge but they must have a picture ID. If in doubt call the agency or government office.

A census worker will NOT ask for you to verify your social security number. They are only collecting demographic data for the census required by law every 10 years.



Huge Increase in Older Folks Fatal Falls

Causes:

- ◆ Prescription drugs that affect balance
- ◆ Some medications that cause drowsiness and vision problems

Results:

- ◆ Traumatic brain injuries
- ◆ Broken hips

Prevention techniques:

- ◆ Weight bearing exercise such as walking
- ◆ Balance and resistance exercises to strengthen muscles
- ◆ Know the side-effects of prescription medication

From the Journal of American Medical Association

Texas Retired Teacher Foundation

Debbie Moss



November is the time when members of the Texas Retired Teachers Association (TRTA) celebrate and honor the great charitable endeavors of our charitable partner organization, the Texas Retired Teachers Foundation (TRTF)!

What is TRTF?

The TRTF is a non-profit 501(c)3 dedicated to helping active and retired educators with their financial needs. Three programs dedicated to these endeavors are:

1. The **Classroom Assistance Grant** program helps teachers improve the learning environment for students by giving \$500 towards projects, learning platforms, software, and much more. The TRTF will award thirty \$500 grants during the 2020-2021 school year. Learn more by viewing this 2-minute [video about Classroom Assistance Grants](#).
2. The **Beginning Teacher Scholarship** rewards applicants who have completed their college education and are about to enter the classroom as professional educators for the first time. Applicant must be a relative of an active member of the TRTA. TRTF will award twenty \$750 scholarships for the 2020-2021 school year. Learn more by viewing this 4 -minute [video about Beginning Teacher Scholarships](#).
3. "**A Helping Hand**" provides public education retirees with charitable assistance for a one-time special need or other short-term hardship. Recipients include anyone who is receiving or is eligible to receive an annuity from the Teacher Retirement System of Texas (TRS). Learn more by viewing this 3-minute [video about "A Helping Hand"](#). For a complete application packet, including guidelines and instructions, please contact TRTF at help@trtf.org or 1.800.880.1650.

You may learn more about TRTF's programs in the third quarter 2019 issue of *THE VOICE*, and on Tim Lee's *Inside Line* updates, as well as on the website.

Donations may be made to any one of TRTF's programs by going to trtf.org.

These great programs are only possible with our help. Please consider making a donation today!

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!

Sunshine

Kathy McWhorter



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

kathymcwhorter@verizon.net



At CFBISD's November 13th special luncheon for Retirees



November field trip to Old Red Museum of Dallas County History & Culture

