



President Message

Della Swaim

May is our installation of new C-FB RSPA officers for the next two years. **We need someone to join our board as the chairperson in charge of Metrocrest Food Drives. Please let me know if you can serve in this position.** We only hold those twice a year, and it is important but not very time consuming.

Last Monday, twelve of your Executive Board Members attended the District 10 Spring Leadership Conference. It was a chance for us to attend classes and learn more about our jobs on the C-FB RSPA Board. It was also a time for us to meet other local officers from throughout District 10.

With the TRTA STATE Convention, the District 10 Executive Board Meeting, our local C-FB RSPA meeting, Easter, and now the District 10 Spring Training Event, April couldn't have been any busier!

I have some good news to share with you! Last month we applied for a grant for our A Book a Child Book Fund from THE CIVIC LEAGUE, and they will again give us \$2,500 to help pay for the books that we will distribute to C-FBISD students next spring! You will be able to read about the services that this organization has to offer in our next few newsletters. Please help us thank them for this generous gift with your patronage. Their major fundraiser is their Holiday Home Tour in the fall. We will again be asking some of you to serve as hosts at some of the tour homes. Last year we were able to cover 14 of their home tour shifts! Thank you!

It's May again! **Do you know someone who's planning to retire from a school job this year?** Forward to them this newsletter—along with a **personal invitation from you**—inviting them to join you as a member of C-FB RSPA. TRTA has grown to over 95,000 members this year from 88,000 last year, and 82,000 the year before! And our local chapter now has around 380 members. Many active employees don't know that they need to be proactive and join TRTA to keep abreast of what is happening with their TRS retirement fund and their insurance program. So, touch base with them, get their home email addresses, and invite them to join our group. **Thank you for all you do to build our organization!**

Meeting: Wednesday, May 15

Program: Dr. Christina Robinson-Hartley, Mind-Body-Spirit Connection in Health & Wellness

*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., May 8 to Wanda Patterson by email: pattersonwow@gmail.com or **text: 214-766-1431.**

Collecting donations for Metrocrest Food Pantry



May Program

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

Every two years, we celebrate our officers! We are privileged to welcome District 10 President, Valois Hounsel, who will join us to lead the Induction of Officers ceremony for those who will serve as leaders of C-FB RSPA for 2019-2021.



Our speaker is Dr. Cristina Robinson-Hartley of the Robinson-Hartley Chiropractic Healing Clinic who will discuss the mind-body-spirit connection in health and wellness.



Please join us for the last meeting of the year!

End-of-Year Survey

We want your input! Help us to be the best ever by taking our End-of-Year Survey! Do it **by May 13**, and you'll be entered in a door-prize drawing!

To find the survey, click [here](#), or:

- 1.) Go to our website: localunits.org/cfbrspa/
- 2.) Scroll down and look under the photo
- 3.) Click on "End-of-Year Survey"





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 \$750 AWARDS TO BE HANDED OUT BY TRTA!!!!

Okay, time is running out for us to win \$750. Our local C-FB RSPA could really use this money. We cannot win this award without you helping to make this happen!! It is simple, **all you need to do is pay your state and local dues now**. The absolute deadline is June 10, 2019. I must send in my report to TRTA by June 15, 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 for state and local dues and mail to me 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.



Membership
 Wanda Patterson, VP for Membership

I am looking forward to seeing you all at the **May 15th meeting!** Since May is the month that our active school friends might be retiring please consider contacting them and inviting them to join our group in September. Please, also, forward this newsletter to them with a personal note attached explaining our organization.

Also, don't forgot about the **TRTA 100k Relay!** This is a contest that TRTA is sponsoring in order to increase our state membership to 100,000. The prizes have increased thanks to the Association Member Benefits Advisors who contributed to the prize pool to sweeten the deal. Local units are now competing for one of eight **\$750 cash prizes** (dues deadline June 10). And every individual member who renews by February 28, 2020 will be entered into a drawing for one of four **\$500 cash prizes!**

So, if you haven't renewed your membership for 2019-2020, please do so now!

Food (and more!) Drive

Terrie Grimes



It's that time again! The summer months can be a dry and dusty time at area food banks. So at our May meeting, we will be having our annual drive for Metrocrest Services Food Pantry.

What to bring?

- Non-perishable **cans of food** dated June 2019 or later.
- **Household items**, such as laundry detergent, cleaners, paper towels.
- **Personal items**, such as shampoo, deodorant, toothpaste, etc.
- **Baking goods**, such as small bags of corn meal, flour, sugar, cake mixes, etc.

Please buy **average-size containers**. (Hint: Shopping at a Dollar Tree-type store 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 than we can at our local grocery store because they can buy items at North Texas Food Bank. Please make your checks out to: *Metrocrest Services*, and your donation will go toward buying much-needed items at the pantry.

As always, thank you for your generosity.



Our Officers for 2019-2021

- President:** Della Swaim
1st Vice President, Membership: Lori Smith
2nd Vice President, Programs: Pat Enlow
Treasurer: Judy Carey
Secretary: Darcy Perreault



Field Trips

Beth Sargent, Linda Frith, Lee Nicholas, 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.



You may sign up at our May meeting, or by contacting **Lee Nicholas** at blnitch@aol.com. There is no admission cost to the Lavender Farm.



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 **by May 31**, because almost half 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**.

A Book a Child Project

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



Gail Schwamb is ready to box up the books for delivery to four elementary schools! This is always an exciting time of year when all our effort on behalf of C-FBISD students puts books to keep, read, and share in their hands.

We will be delivering books on the morning of **Thursday, May 23rd**.

As always, we need help - a couple volunteer hours of your time! If you can deliver books, please contact **Pat Enlow** at patenlow@verizon.net and get ready for smiles all around!



Legislative News

Pat Enlow, Member TRTA District X Legislative Committee

Seven RSPA members attended the Texas Retired Teachers Association State Convention April 1-3. We attended sessions specific to our duties within C-FB RSPA and visited legislators who represent our C-FB RSPA members to make our voices heard: #RAISETHEBASE. We were in the gallery when Texas Senators recognized Texas school personnel.

Bills that would make our TRS Pension Fund actuarially sound and pave the way for a Cost Of Living Adjustment and a 13th supplemental check up to \$2,400 continue to make their way through the legislature.

PLEASE continue to respond to email Alerts to contact your legislators! You ARE making a difference!

Upcoming Field Trips

May 22, 2019 (Wednesday)

Prayer Lavender Farm
Lunch at Glorias, Rockwall

August 3, 2019 (Saturday)

Mamma Mia! at Firehouse Theatre
Lunch at Two Guys from Italy



Take Care

Linda Bambina
Information & Protective Services

A BIG Spring Safety concern is Driving Dangers. Spring brings new hazards to the road that drivers need to be aware of:

- **Potholes** – these can cause severe damage to cars, like popping tires, bending rims & damaging suspension/alignment.
- **Sun Glare** – the sun is at a different angle to Earth in the spring than in winter. Have polarized sunglasses in car & keep windshield clean.
- **Increased Motorcyclists & Bicyclists** – Spring’s nice weather brings out more motorcyclists and bicyclists. Always check surrounding area before changing lanes, turning or backing up. Pay close attention when approaching intersections.
- **Children Playing Outside** – Reduce speed in residential areas and where children are playing in yards. Children just dart after run-away balls and toys. If you see these roll into street, stop and look for a child to follow.
- **Frequent Rainfall** – “Spring showers bring beautiful flowers” and make driving treacherous. Use windshield wipers and **TURN ON THOSE LIGHTS!** Slowdown and if need be, pull over and get off the road. Be sure to use emergency flashers if you do pullover or slow down significantly. Driver’s guidelines recommend it 5-10 miles per hour, depending of severity of downpour.



Enjoy Spring and Be Safe Out There!



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

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



April meeting