



From the President's Pen

Della Swaim

HELP TRTA REACH 100,000 MEMBERS THIS YEAR! It is up to ALL of us!

On August 27th we held our very first "Ice Cream Social" to introduce our organization to new retirees and others who have not yet joined C-FB RSPA. It was a rousing success and I am sure we will do this again! (See photos on page 6.) **A HUGE thanks to Lori Smith and Shaima Hakimi for planning this party! Thanks also to Judy Carey for helping with registration, and to all of our officers who baked luscious goodies.** We will be welcoming several new members who joined at this event!

One of our C-FB RSPA goals for this year is to increase our visibility with the active school district employees and to continue to develop our relationship with CFBISD. We are considered a "Partner Organization" by CFBISD because of the book project that we sponsor. Several of our officers and members attended all three days of their *Learn More Achieve More* conference August 9-11th and greeted employees, answered questions, **handed out 950 mints** with our contact information attached, and passed out **over 100 voter registration cards!** It was terrific! Our thanks to everybody who helped with this!

Then, I was invited to represent you and be a special guest at Convocation. Wow! I had forgotten what a high energy meeting that is!

Now, we have been invited to a lovely luncheon on November 13th, 2019 from 11:30 till 1:00, hosted by Dr. John Chapman, CFBISD Superintendent. This event is being given to honor CFB Retirees, and there will be special performances by the students of CFB. Please mark your calendar and plan to attend. You will soon receive an invitation on your email to which you will need to RSVP to CFBISD.

I am very proud of our progress toward developing and maintaining a strong, healthy, and mutually beneficial relationship with CFBISD. Many of us work part time for CFB. I feel that our continued relationship with the students of CFB benefits everyone. I want to sincerely thank Dr. Chapman and the staff of CFBISD for their part in maintaining this relationship. And thank you for your service to the students of CFB!

Please attend our September 18th meeting. Forward this newsletter to a friend and invite them to attend with you. I look forward to seeing you there!

You do NOT have to buy lunch to attend our meetings! You may bring your lunch, or you may come at 12 o'clock in time for our program. We just want you to be there!

YOU MAKE A DIFFERENCE, AND YOU ARE VALUED BY C-FB RSPA!

Meeting: Wednesday, Sept. 18

Program: The Stories behind the Songs

Presenter: Jackie Payne

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., Sept. 11 to Judy Carey by email at judy.carey@verizon.net or text: **214-498-9867**.

September 18th Program

Pat Enlow

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



Our first program for 2019-2020 is pure entertainment! **Jackie Payne** is a retired first and second grade teacher and a member of Allen Retired Educators Association. She is also a composer, songwriter, author, and poet who will bring us a unique perspective on **The Stories Behind the Songs**.



Please plan to join us September 18. You may have the urge to sing along!

Coming October 15: TRTA Update with Brock Gregg You won't want to miss your chance to hear the latest legislative news and ask any questions you may have.

2019-2020 Meetings

September 18, 2019: Jackie Payne, Stories Behind the Songs

October 16, 2019: TRTA Legislative Update

December 11, 2019: Dr. Chapman: The State of CFBISD with entertainment provided by CFBISD students

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

You'll want to mark your calendar for **Saturday, September 21** for a tour of the **Texas Center for Proton Therapy** in Irving. It is located in "our back yard" about 15 minutes from the Webb Chapel Church of Church. There is no cost.



This facility has the state-of-the-art treatment for qualified cancer patients. Did you know that it has a 3-story treatment machine? Also, there is a specialized doctor in proton therapy with an engineer for each patient in

treatment.

The director will provide breakfast for us before the tour begins, and we'll lunch at The Ranch at Las Colinas in Irving.

You'll be able to sign up at our September 18 meeting. Plan to join us!



Membership

Lori Smith, VP for Membership

I hope everyone had a wonderful summer and I am looking forward to a nice, cool fall to get here! The 2019-2020 Membership Drive is now in full swing. A big thank you goes out to many of our members who helped greet all the new and returning teachers at their 3-day *Learn More Achieve More* conference. I think we really showed them we care and we support them!

We also just held our first Ice Cream Social for new retirees and others who have not yet been part of our group. (See photos on page 6.) Those of you who searched for emails and numbers and made contacts get a giant THANK YOU for helping us extend our membership opportunities to them. We had yummy goodies and had a fun afternoon!

Let's keep up our efforts by inviting new members to our September 18th meeting. Our lunch menu will be chicken spaghetti, garden salad, green beans and brownies. Looking forward to seeing lots of new faces and especially seeing each one of you!

Welcome to our New Members!

Gretchen Biery Beth Ginez
Janet Nienhiser CathyWebb

2019-2020 Field Trips!

September 21 (Saturday)

Texas Center for Proton Therapy, Irving
Lunch at The Ranch at Las Colinas

November 11 (Monday)

Old Red Museum of Dallas County
History & Culture
Lunch at Y.O. Ranch Steakhouse

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 9 (Thursday)

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



Our August field trip to The Firehouse Theatre, *Mamma Mia!* with lunch at Two Guys from Italy. More photos at our website here: <https://localunits.org/cfbrspa/index.cfm/photos/2018-2019-sights/>



Legislative Report

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

Have you received your letter notifying you that you will be receiving a one-time supplemental payment from TRS (13th check)? TRTA, approaching 100,000 members strong, and locals – C-FB RSPA included – kept the pressure on during the 86th Legislative Session, and SB 12 and SB 500 were passed to make our TRS Fund actuarially sound allowing us to receive this supplement. Legislation was also passed revising rules for employment after retirement. If you have not done so, **please thank your legislators.**



There is MORE work to do as 2020 is a VERY important election year. All of our state Representatives and half of our state Senators are up for re-election, and some interesting races are developing. We will do our best to keep you informed, but please **be proactive in keeping yourself informed! Go to trta.org to find out who represents you, and sign up for The Inside Line.** Issues we will be addressing include funding TRS Care and a Cost of Living Adjustment.

On a national level, Rep. Kenny Marchant is retiring, so this is another race to watch. Tim Lee is keeping repeal of the **Windfall Elimination Provision** in the forefront as he works with Massachusetts Senator Richard Neal and Massachusetts public employees retiree groups.



Publicity

Leta Nelson, Publicity Chair

Your CFB-RSPA Board has created a new position this year for Publicity. The purpose of this position is to promote and advertise our C-FB local unit of TRTA.



Our first publication was last Wednesday, August 21, 2019 in *The Dallas Morning News* Arts and Life section. If you looked in the Seniors Calendar section, you would see the information promoting our Ice Cream Social.

Future notices in *The Dallas Morning News* will include information about our upcoming meetings. Stay tuned to learn about other promotions.



News from the Treasurer

Judy Carey, Treasurer

Reminder..... If you have not paid your TRTA state dues (\$35.00) and your C-FB RSPA local dues (\$10) now is the time to do that! The dues you pay now are for 2019-2020. Please send your check (made out to C-FB RSPA) to me at 975 Laguna Drive, Coppell, TX 75019. If you have questions about your dues, please call me at 214-498-9867 or email me at judy.carey@verizon.net.

We did not win the \$750 prize given out by TRTA for paying state dues by June 30, 2019. But, C-FB RSPA was close to being one of the five winners. Thank you to all members for paying your dues to help us win. Maybe next year!

TRTA is having another contest, Bring A Friend Contest.

If current TRTA members will get a new friend or colleague to join TRTA then you will both be entered to **win a \$100** gift card. If you win, your friend wins too! In total, three pairs of TRTA friends will win. Make sure you get a photo of the two of you posing together. You must submit it and your information to TRTA by Nov. 15, 2019. Details are here: trta.org/bringafriend/



Below are a few items to review...

- If you pay your state dues out of your monthly annuity, please consider paying your local dues to help support our local unit.
- If you pay your state dues with a bank draft or other ways, please consider paying you local dues. It is only \$10.00, and our local unit could use your support.
- If you have been a member and have retired recently, please let me know so I can move your membership from *Associate Member* to *Member*.
- If you have any changes to your information with TRTA, please let me know.
- If you have any changes to your information, you need to contact TRS and give them an update. TRTA does not share this information with TRS.
- TRTA will not be sending out new membership cards. If you need one, please contact me and I will tell you how to print one from the TRTA website.
- Interested in having the state portion of your dues taken monthly out of your annuity? I have forms that you can fill out and I will send the form to TRS. TRS will then take out \$2.92 each month to cover your state dues; your local dues will still be paid to me.

Please view our Treasurer's Report on our website <https://localunits.org/cfbrspa/index.cfm/about-us/treasurers-reports/> Also, our **proposed budget for 2019-2020** is posted there. We will be voting on it at our September meeting.

Look forward to seeing you at the September meeting.



Children's Book Project: A Book a Child

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

Gail Schwamb is busy securing a place to store our books. As you may know, we have been storing them at Technology Learning Center and that building has been sold. A new Center is under construction. We are on course to deliver a record number of books in May, 2020! We have exciting plans for a FUNdraising project in October! Read below:



Our FUNdraising Project!

We are *galloping* into a new C-FB RSPA year and we are excited about our fundraising project. Come prepared to join in at our **October 16 meeting**. *All you need is \$5 and a sense of adventure!* We are looking for **members with a bit of horse sense**. We have some cute hobby horses that need to be exercised and are rarin' to go. These horses are pretty competitive and need their exercise. You can help them take off by contributing \$5 toward sponsoring your favorite horse. Here's all you need to know:



Take home the prize at our October meeting:

1. Choose a horse to sponsor.
2. Give the 'trainer' your \$5 and receive a claim ticket for your prize should your horse be the first to meet exercise goals.
3. If your horse is the first to meet exercise goals, pick up your prize as you leave the meeting.

If these cute horses aren't your thing, you can still place your contribution in the 'gifting' bags that will be on each table. All money collected will go towards our Children's Book Project and to help defray the costs of catering our luncheons.



Sunshine

Kathy McWhorter



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

kathymcwhorter@verizon.net

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!

Yearbook/Directory

Shaima Hakimi



Has your phone number changed? Have you gotten rid of your home phone? Please let us know of any changes to your contact information. Notify Judy Carey by email at judy.carey@verizon.net or by text to: **214-498-9867**. You will be receiving your new updated Yearbook/Directory after our September meeting.



View us on the Web!

Our C-FB Retired School Personnel Association has a website with helpful information and photos!

Our address is localunits.org/cfbrspa



Healthy Living

Carol Sprawls

September is **National Cholesterol Education Month**, which makes now a good time to get your blood cholesterol checked by a doctor. If your cholesterol is too high, take steps to lower it.

Cholesterol Levels for Adults:



- Total cholesterol levels less than 200 milligrams are considered desirable for adults. A reading between 200 and 239 mg/dL is considered borderline high and a reading of 240 mg/dL and above is considered high.
- LDL cholesterol levels should be less than 100 mg/dL. Levels of 100 to 129 mg/dL are acceptable for people with no health issues but may be of more concern for those with heart disease or heart disease risk factors. A reading of 130 to 159 mg/dL is borderline high and 160 to 189 mg/dL is high. A reading of 190 mg/dL or higher is considered very high.
- HDL levels should be kept higher with the optimal reading level 60 mg/dL or higher.

Keeping cholesterol levels in a healthy range will lower the risk of heart disease and stroke. Everyone's risk for high cholesterol goes up with age since our bodies aren't able to clear cholesterol from the blood as well as they could when we were younger. This leads to higher cholesterol levels, which raises the risk of heart disease and stroke.

Our body makes all of the cholesterol it needs, so eating large amounts of foods high in saturated fat and trans-fat can contribute to high cholesterol. September is a good month to **begin or continue a healthy life style** to keep cholesterol levels in a good range. Below are good tips for lowering cholesterol levels:

- Limit foods high in saturated fat, such as cheese, fatty meats, and dairy desserts.
- Choose foods that are low in saturated fat, trans-fat, salt and added sugars. Other good food choices are lean meats, seafood, fat-free/low-fat milk, low-fat cheese and yogurt, whole grains, fruits and vegetables.
- Eat foods naturally high in fiber, such as oatmeal, nuts, beans (black, pinto, kidney, lima). Also include foods with unsaturated fats, including avocado and olive oil.
- Get 3 hours of moderate-intensity exercise every week, such as brisk walking, bicycling or any aerobic exercise you enjoy doing. Regular exercise helps keep cholesterol in a healthy range.



Take Care

Linda Bambina

Information & Protective Services

SOCIAL SECURITY SCAM

What they'll say: "The purpose of this call is regarding an enforcement action executed by the U.S. Treasury against your Social Security number. Ignoring this would be an intentional attempt to avoid initial appearances before the magistrate judge for a federal criminal offense. So, before this matter goes to the federal claims courthouse or you get arrested, kindly call us back."

The goal: To convince you that someone is using your Social Security card to commit crimes, and that, to clear your name, you need to share private information.

Use good sense: The Social Security Administration won't ask for such information over the phone. If you're in doubt, look up the number for your SSA office and call it. Do not call the number in the phone message.

www.aarp.org/money/scams-fraud/info-2019/recognize-a-robocall.html

ANGER MAY BE HARMING YOUR HEALTH

Everyone wrestles with anger now and then, and that's not all bad. But if you find yourself consistently tense, irritated or intolerant of life, you may be experiencing the type of anger that research is proving to be corrosive to your health. Science has noted the connection between anger and heart health through a cluster of traits that includes impatience, striving, competitiveness and hostility which can be linked to coronary heart disease. Chronic anger in particular can damage the cardiovascular system.



It was found that anger in people 80 and older is associated with higher levels of inflammation and chronic illness. While inflammation can be useful to fight infection or injury, too much of it is associated with health problems, including heart disease and dementia.

How do you know if you have an anger problem?

If your window of tolerance has become too small, and you are less capable of coping with routine situations and stressors; if you are feeling irritable, lashing out at others or noticing a toll on close relationships—these can all be indications that your anger itself is cause for alarm. If you struggle to get a handle on hostility, here are a few ways to cope with your feelings.

Mindfulness.... Movement.... Constructive communication.... Therapy.... Antidepressants

www.aarp.org/health/healthy-living/info-2019/anger.html



Our first ever Ice Cream Social
for prospective new members (August 2019)

More photos can be viewed here:
<https://localunits.org/CFBRSPA/assets/Image/2019/2019AugIceCreamSocialforProspectiveNewMembers.jpg>

