



From the President

Della Swaim

A headline in the *Dallas Morning News* last week declared, “Sunshine reminds us that all dark clouds break!” After seemingly endless weeks of cold, gloomy, rainy days, the sunshine broke out, which lifted my mood measurably! I needed that encouragement. I hope you are also encouraged by the warmth of the sun. It reminds us that things change. The world tomorrow will be different from the world today.

Please take courage and encouragement from your C-FB RSPA friends and let us know if you need us. Your C-FB RSPA officers and your state TRTA officers will continue to work at defending your TRS pension and keeping in touch with you via email and social media.

I would like to talk to you about our future activities, but everything is on hold for now, and we don’t know when we will return to some normalcy...at least the “new” normal! As soon as we can safely do so, we will plan to meet with you! We miss you!

Please continue to read this newsletter to find innovative suggestions for how you can spend your time during our self quarantine and “social distancing.” We know that we will come together again, in time. And we look forward to that warmth and renewal.

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

Meetings upcoming for 2019-2020

April 15, 2020: CANCELLED

May 20, 2020: Candidate Forum

April Meeting

CANCELLED

Virtual Activities

Pat Enlow

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



Since our meeting has been canceled, I thought I’d provide a non-traditional program! What kind of program can you enjoy from your “shelter in place” status? A VIRTUAL program! Here are some links. Have fun! (Thank you Kathy McWhorter and Linda Bambina for some of these sites.)

Our speaker for April was going to give us an overview of **Silver Sneakers**. I know those of you who are members can’t get out and attend classes and activities, but that’s no excuse! Here are some **virtual classes**: https://www.silversneakers.com/learn/ondemand/?utm_source=Facebook&utm_medium=Social&utm_campaign=20_SS_SOC_NEW_MemberLL_ON-PDC_FBIG&utm_content=soc_new_ON-PDC_pho&fbclid=IwAR0vDiLS9k2-jJ1lux8H0kWsX3njACp-HBWHXAhec8jdTPEx3Rs5_Y5q55vY

Stalactites, stalagmites, bats, and beauty? **Carlsbad**

Caverns is the place! : https://www.travelandleisure.com/travel-news/carlsbad-caverns-new-mexico-virtual-tour?utm_source=facebook.com&utm_medium=social&utm_campaign=social-share-article&utm_content=20200324&fbclid=IwAR0RQaZibwYBNYSCxAOcFw1P73J2n3RBLb00yjk4OjTz7SRaJw_5jXxuu

Is gardening your favorite thing to do in the spring? Tour these **7 southern gardens** for some inspiration: https://www.southernliving.com/news/botanical-gardens-us-south-virtual-tours?utm_medium=social&utm_term=A5CF8BF2-6B91-11EA-8B25-EC4D2FEB5590&utm_source=facebook.com&utm_campaign=southernliving_southernliving&fbclid=IwAR3T5exJwrGpEcHOavFyZB-EyBUyetHBdosQp61DhGUKHe5NkigqawQYAKM

Do you love museums? Even if you traveled to Paris, you couldn’t visit the **Louvre** at this time, but you can here: <http://www.louvre.fr/en/visites-en-ligne>

Or perhaps you’d like to search the **British Museum** here: <https://artsandculture.google.com/partner/the-british-museum>

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Here are **8 more museums!** https://www.housebeautiful.com/lifestyle/g31815495/museums-you-can-virtually-tour-right-now/?utm_campaign=socialflowFBHBU&utm_medium=social-media&utm_source=facebook&fbclid=IwAR0TPlrXOetShBGcqEvpKwPbP0kxPtsZpLcMn_8o4Szf73x_TEsCjz7HcM

Would you like to ‘get out’ for a hike in **Yosemite** and enjoy nature through some beautiful photography?

<https://www.virtualyosemite.org/about-virtual-yosemite/>

Or perhaps watch the animals at the **San Diego Zoo** here:

<https://zoo.sandiegozoo.org/live-cams>

Love unique architecture, ghosts, and mysteries? See

Winchester Mystery House here, **only through April 7:** <https://nerdbot.com/2020/03/22/winchester-mystery-house-offering-free-virtual-tours/?fbclid=IwAR3jNIK18H6wkrV5a7wTO-4iseCYwN-yNZE3UsDUNLVOksuzKxoDXExTos>

Have you wondered what it would be like to attend an **Ivy**

League school? You can take **free courses** here: https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/?fbclid=IwAR3ta9LBSw4A_sZEqrEkYd5jDNtTeDsrj3Sq0xfvYfWfbK-nV3Fj2lPuPY

And a couple for your grands:

Keep moving — **kid workouts:** <https://www.playpennies.com/free-things-to-do/joe-wicks-is-the-nations-pe-teacher-with-free-daily-kids-workouts-on-youtube-186068?fbclid=IwAR25aTuf2VBxjjZxi-dWnxi6GCP6vlgNpf4mcy3yYAe7MYn0cpgZlZFljU0>

Authors read their books: https://www.weareteachers.com/virtual-author-activities/?utm_content=1584565321&utm_medium=social&utm_source=facebook&fbclid=IwAR2SdublBm0WZAAdGKdcNZ2mfXNuid-LYsMtSCKI0iqTKsOAge6C2AVGh39A



Legislative Report

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

Use this link <https://trta.org/inside-line-blog/> to find:

1. Whether you are eligible for up to a **\$1,200 rebate** under the CARES Act (latest COVID-19 Bill).
2. Results of Tim Lee’s live Facebook event with Brian Guthrie, Director of TRS, on May 27. They discussed the **stability of our TRS Pension Fund** as it relates to the volatility of the stock market amid the COVID-19 health crisis.

In answer to the questions:

“Should retirees, right now, be concerned about the downturn? Will it affect our monthly annuity payment?”

Answer:

“Your annuities are guaranteed, even if the market is up or down, your annuity won’t change. [It’s] not like a 401K.”

(More information in link above.)

Primary Runoff Election – Gov. Greg Abbott has moved the Primary Runoff Election to **Tuesday, July 14, 2020**. We, in the TRTA District 10 area, have an important race to consider in this election. **Kim Olson** and **Candace Valenzuela** will be vying for **U.S. Congressional**

District 24 – Kenny Marchant’s seat. The winner will be the Democrat candidate running against Republican **Beth VanDuynes** in the General Election on November 3, 2020. We need someone who will support retired/active teachers, public education, and repeal of WEP (Windfall Elimination Provision). **Please VOTE!**

Welcome to our New Members!

- | | |
|------------------|--------------|
| Karen Ambrose | Les Black |
| Michael Carr | Nancy Cline |
| Kathy Cunningham | Donna Freis |
| Suzanne Ginsburg | Jean Graham |
| Monica Perkins | Elissa Wolff |



Field Trips

Beth Sargent, Lee Nitcholas,
Stefani Johnson

The field trip committee has been working to adjust our plans for the future. Given the situation in which we find ourselves we are putting our April and June outings on hold for now.

Tour of Globe Life Field: Will Morris of the Texas Rangers organization is working closely with us to **reschedule this event**. As you know, opening day has been postponed indefinitely, and until the Rangers can get their schedule back on track there is no way of knowing when we can reschedule. Please bear with us as we continue to coordinate with the Rangers organization. We are excited about the tour of this new, state-of-the-art baseball facility and know you are as well. We will just have to be patient and wait a while longer for our trip.

Ham's Peach Orchard: We are placing this field trip **on hold** at this time. The orchard is a seasonal operation and there is a narrow window of time if we have to reschedule our visit. We are planning to visit on Wednesday, June 3, and it would be wonderful if things were getting back to normal by then and we could do the trip as planned. We will be taking a "wait and see" approach right now. Since we retired people are considered high risk for COVID-19 we don't want to take any chances with our health, and this will be our main guideline when making a final decision.

Stay safe and healthy until we meet again.

Field Trips upcoming for 2019-2020

To be Rescheduled

Globe Life Park of Arlington tour
Lunch at TexasLive

Tentative: June 3 (Wednesday)
Ham Orchard, Terrell

August 1 (Saturday)
Singing in the Rain, Firehouse Theatre



News from the Treasurer

Judy Carey, Treasurer

Time to pay State and Local Dues for 2020-2021

Sorry we will not be getting together in April, but the main thing for all of us to do is distance ourselves from each other. Hope everyone is staying safe and staying healthy.

It is time to pay your dues now. March 1 is the start of the membership year for 2020-2021. 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. **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 214-498-9867.

If you mail me your check for your dues and **need me to deposit it later**, just put a note with your check telling me when you want me to deposit it.

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 2020-2021.



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.

In this time of Shelter-in-Place, you can be counting such things as calling to check up on an elderly neighbor or family member.

Hours are counted from January 1 to December 31, 2020.

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



15 Fun Things to Help Keep Your Sanity!

Lori Smith

I hope all of you are staying in and doing well during these crazy times. I think you all would join with me in congratulating our CFBISD's current staff as they have been able to rise to the occasion of supporting students and parents at home, and continue planning and teaching through this hard situation.

As a fan of Facebook, I have enjoyed seeing, experiencing, and learning along with the students! There are so many wonderful things out there to keep you in awe.

This past week I watched Mo Willems (my favorite children's author) doodle with students and talk so simply about how he writes and draws. Next day I was ready with my paper and pencil!

I also came across Andrew Lloyd Weber playing songs from Phantom of the Opera and sharing stories of how he was inspired to write the music!

Classroom teachers have been encouraging students with many great activities and links. I thought I would give you a few ideas that I am going to try!

- ◆ Send some cards to people I haven't talked to for awhile.
- ◆ Plant some flowers!
- ◆ Plan a special meal and enjoy cooking.
- ◆ Read a good book! (I'm reading Outlander Series.)
- ◆ Clean and purge a closet or room.
- ◆ Video Chat. (You can do it!)
- ◆ Karaoke.
- ◆ Redecorate a room.
- ◆ Binge Watch TV (I just got Netflix and have laughed and cried watching Grace and Frankie, and many other good shows.)
- ◆ Exercise: Walk, Stretch, Yoga.
- ◆ Paint by Number.
- ◆ Play card games.
- ◆ Crafts.
- ◆ Dance.
- ◆ Find your favorite songs on You-Tube!
- ◆ If you have other ideas, send them to me or other friends so we can keep ourselves occupied with our own senior lessons!

Love to you all.



Children's Book Project:

A Book a Child

Pat Enlow and Gail Schwamb



Gail has ordered all the books and is in the process of putting in the book plates and boxing them by school and grade level. We will be ready to deliver in May, as usual, if CFBISD schools are open. If schools remain closed, we will deliver the books in September.



Once we know our timeline, I will contact principals to set a date for delivery. Ideally, we need two volunteers for each school – a total of 12, but more are always welcome! The last few years, we have enjoyed lunch together afterwards. It's always a fun-filled and very satisfying day.



Take Care

Linda Bambina

Information & Protective Services

By the time you read this, you might be absolutely FRIED with info about COVID-19, but let me pass on a few things from the Farmers Branch Bulletin:

- Disinfectant wipes are GREAT for fighting COVID-19, but they are BAD for PLUMBING.. Put them in the trash not your toilet.
- There are SPECIAL SENIOR shopping HOURS at Walgreens, Walmart Neighborhood Market and the NEW *Cox Farmers Market..... (*everyday from 8-9) I suspect Carrollton and surrounding areas have something similar!
- Consider adding some inspiring ART or write ENCOURAGING MESSAGES on your driveway or your sidewalk with CHALK. The Farmers Branch Parks and Rec department invites you to draw and submit your ideas to their various on-line venues. It sounds like a fun thing to do! They are calling it CHALK YOUR WALK!

Here are some suggested sites to stay up-to-date with pertinent and accurate COVID-19 information:

www.cdc.gov

<https://www.who.int>

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Healthy Living

Carol Sprawls

I hope all of you are well and finding ways to stay physically and emotionally healthy during the pandemic. Please contact someone in our membership if you need something. Our group is very caring and generous, and we can help.

Our 32 participants in the TAMU AgriLife Walk Across Texas (WAT) Challenge realized many benefits of walking/exercising and have found new ways to increase their daily steps. The program officially ends March 28, however, based on the comments below, I believe many will keep **walking** in their daily routine. Here are their comments:

- Walking made me feel better, so I'm motivated to keep walking.
- I've learned to easily stretch my walk longer than originally planned.
- Being part of a team motivates me to do my part, and I enjoy the competition.
- Enjoyed exploring all of the Carrollton Trails and McKinney trails at the Heard Museum & Natural Wildlife Sanctuary.
- I get to tighten my jean belts one whole notch. Whoopee!
- I feel better physically, have less arthritic pain and use less Aleve.
- I am so much stronger during rehab after recent hip surgery. I walk all over the house.
- Strong sense of accomplishment.
- Helped me be physically able to do a BUNCH of yardwork for myself and a friend.
- Beautification of our neighborhood by picking up trash while walking around.
- WAT has been a motivator to find an indoor place, such as the mall, to keep walking during inclement weather.
- Found spots of beauty.... a neighbor's home who has a great patch of bluebonnets.
- My blood pressure has stabilized and my blood sugars are more normal. I've realized I actually enjoy walking, even in cold weather.

- I've enjoyed going to Silver Sneakers at 24-Hour Fitness.
- I've started actively thinking about my steps, so I've parked my car farther away from the store.
- I've made it a point to walk to shops & restaurants in my neighborhood.
- I've loved communing with nature and visiting with neighbors along my walks. I also have neighbors joining me during my walks.
- Setting up a "track" inside my house to add steps to my daily routine.
- In bad weather, I walk "in place" inside my home.
- I've enjoyed connecting with friends/relatives on the phone while walking. It also makes my long walk seem shorter.
- Loved enjoying God's beautiful nature, especially as spring shows flowers & trees bursting into full bloom, birds & butterflies perching & foraging and green grass beginning to sprout.
- Another recommended the book, Younger Next Year which has inspired her to stay active each day through adventure. She's developed new hobbies and found a group of friends to join in the hobbies. The WAT challenge fits the message of this book.

WOW, WOW, WOW!! Big thanks to all who participated in this great challenge. I hope all C-FB RSPA members will find a way to exercise each day. The benefits are worth it!



Take Care (Continued from page 4)

<https://www.worldometers.info>

<https://www.fema.gov>

CORONAVIRUS SCAMS

We cannot even begin to cover the many virulent coronavirus scams circulating among the general population. Most are imposters claiming to be with the Centers for Disease Control (CDC) or World Health Organization (WHO) and offering “warnings” or “help” that ultimately require you to: (a.) give out personal or financial information, perhaps by inputting it into a look-a-like “government” or other website, or (b.) unwittingly download malware by clicking on links or attachments in emails (e.g., quarantine alerts).

The Securities and Exchange Commission (SEC) is warning of online promotions “claiming that the products or services of publicly-traded companies can prevent, detect, or cure coronavirus, and that the stock of these companies will dramatically increase in value as a result.” Also watch out for worthless face masks, price gouging and phony charities. Finally, recognize the many outlandish claims about the virus (conspiracy theories) circulating on social media and among dubious digital media sources.

WHO, which works on the front lines in the battle against the bug, has a helpful myth busters site.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

www.cdc.gov

www.consumer-action.org

UNITED STATES 2020 CENSUS

The US 2020 Census is happening now. It has never been easier to respond on your own, whether online, over the phone, or by mail—all without having to meet a census taker. Homes will receive official Census Bureau mail with detailed information on how to respond.

The Census Bureau continues to carefully monitor the COVID-19 situation and follow the guidance of federal, state and local health authorities. They are adjusting some operations as outlined below with two key principles in mind: protecting the health and safety of their staff and the public and fulfilling their statutory

requirement to deliver the 2020 Census counts to the President on schedule. As of March 15, 2020, over 5 million people have responded to the 2020 Census. Completion date at this time is July 31, 2020. However, that date can and will be adjusted, if necessary, as the situation evolves in order to achieve a complete and accurate count.

<https://2020census.gov/en.html>

