The Easter Bunny has disappeared, students are back from Spring Break, Spring is the season, shouts of "GO SPURS GO" and "VIVA FIESTA" are heard everywhere and floats are being prepared for three different parades--it must be April.

Our delegates left Sunday to attend the State TRTA Convention in Houston. A full report will be given to the Membership at the April NSARTA meeting.

We will be taking up a collection for the "Pet (Personal Energy Transportation)Project" presenters at this month's meeting. It is a non-profit organization that relies mostly on people's generosity. Please bring your cash or a check if you plan to contribute to the cause.

FIESTA begins this month. It opens on Thursday, April 14, 2016 with an event called FIESTA, FIESTA. Organizations gather and buy each others’ medals. The River Parade is Monday night, the 18th of April. NIOSA opens Tuesday night, April 19, 2016. Gates open at 5:30PM. NIOSA runs through Friday, April 22, 2016. The BATTLE OF FLOWERS PARADE is Friday afternoon, April 22, 2016. Saturday evening is the FIESTA FLAMBEAU PARADE. FIESTA WEEK is always a fun 10 days packed with events for families and friends to attend together. Check the WEB SITE for more details on prices, times and events. There is something for everyone during the 10 days.

Please remember to check out TIM LEE'S INSIDE LINE. Our Health Care and Pension Fund is being studied by groups who want to make changes or take it over. Please stay vigilant and respond when asked for actions to help protect them. TRTA is working constantly and sincerely on our behalf, but they need our unquestionable support. Together our strength and strong voices can make a difference.

The President and Mr. Ken hope you all had a blessed Easter and that you experience good health and happiness in the days to come. Hope to see you at our next Membership meeting, Wednesday, April 20, 2016. God Bless you and yours.
LEGISLATIVE/FOUNDATION    Carlos Ortiz

On Wednesday, March 30, I listened for 2 hours on Pensions and 3 hours on TRS Health-Care at the Capitol in Austin. During the Pensions session we heard testimony about the retirement plans for city and municipality employees. Brian Guthrie, Executive Director of TRS, testified for TRS Pension Fund and stated that the fund was not actuarially sound because of the down turn in the stock market in early 2016.

TRS Health-Care was my main interest and NSARTA members can listen to the entire session by linking within Tim Lee’s Inside Line. Most of the speakers emphasized the need for more money from the State, Districts, active teachers, and possible increase in premiums for retirees. Again, Brian Guthrie presented for TRS by stating costs, and presenting seven options as well as projections for Health-Care until 2021.

The U.S. Marine Corp Band will play in front of the Alamo at the same time as our NSARTA Meeting; therefore I will not attend our April meeting.

SEMPER FI

PROGRAM    Michele Bibb

Plan to attend our meeting on April 20th to hear about the PET (Personal Energy Transportation) Project as Mr. Joe Srubar will be our guest speaker. The World Health Organization estimates that 20 million people who need a wheelchair do not have one. There are many causes for their disability, diseases, accidents to even landmines. A PET is a hand-cranked wheelchair with solid rubber tires for use on dirt and grass. PETs are built entirely by volunteers in 22 building sites in the United States and 4 other countries. For the cost of $250, a PET can be build and shipped anywhere in the world to help a needy person.

Dress for Fiesta
TREASURER’S REPORT  Carolyn Pfeiffer 210-372-0434, carolynpfeiffer48@gmail.com

Treasurer's Report as of April 6, 2016, a balance in checking account is: $1,790.21.

SIGN UP SHEET FOR MAY

MAY NSARTA MEETING

At our May 18th meeting, we will be installing our new NSARTA Officers and saying “Thank You’ to the outgoing officers. After the installation ceremony, we will be enjoying a “Soup, Salad, Sandwich” lunch. There will be a poster available for you to sign to bring an item for this fun and delicious lunch at the April meeting. Dessert, coffee, tea, and water will be provided. Paper products (napkins, plates, bowls, spoons, forks) will be provided, too. If your food item requires additional utensils, please provide them.

COMMITTEE REPORTS

HOSPITALITY  Michele Bibb

Thank you to those NSARTA members who provided refreshments for our March meeting! It’s always fun and delicious to see what great treats await us at each meeting.

VOLUNTEERING  Sue Winebrenner, suehwine@sbcglobal.net  695-2629

Be sure to add the hours you have volunteered in 2016 to our Volunteer book at the Registrar’s table. You should fill out a sheet if you have not already done so.
STITCHERY

Ledru Barker

The Stitchery group will meet only one more time before summer vacation. Now would be a good time to join us. If you crochet or knit and would like to make lap quilts for the VA hospital or blankets for Children’s shelter, contact Ledru Barker for yarn. You can do it on your own time and give to Ledru when you see her at NSARTA meetings.

TRIBUTE TO JOSIE BROEKHOVE

Josie’s funeral was an example of her giving spirit. She had left directions for her friends to receive, either an angel pin, a clown doll, or a porcelain doll from her collections. So even in her decline, she was thinking of others. We took a picture of the quilt that was displayed at the funeral. It was made by her niece-in-law from T Shirts, featuring the things Josie loved, including Spurs logos.
CHILDRENS’BOOK DRIVE

A very special thank you, to everyone who has donated books and/or money to NSARTA's 2016 Children’s Book Project. On Wednesday, May 25th, we will begin our 2016 distribution by donating over 600 books to each child at Passmore Elementary School in Northside ISD. The distribution will begin at 8:00 am and will be completed around noon; the school is located at 570 Pinn Road, 78227 (397-0500). Hopefully, you will be able to join us for some or all of the distribution time to see the excitement of the children as they choose a book of their very own. The librarian plans to write an article on the NISD website, and Harold Black will take pictures to put on our web page.

Please take the opportunity to participate in this project and bring your book (new or very gently used) and/or money donation to the meeting on April 20th. Baskets for donations will be at each table and at the Registrar’s table. Each book donated will have a bookplate identifying it as a gift from TRTA and NSARTA. Hopefully, you will consider helping to collect, store, and/or organize age-appropriate books for the children. For more information, please call or talk with us at the monthly meeting. Thank you in advance for your generous support of this project.

NEWSLETTER DEADLINE

The NSARTA Newsletter is mailed out twice a year, in September and in February. However, an email newsletter is sent out for the other months of our year. Occasionally we send a summer newsletter, but not as a rule. Deadline for getting your articles to me will be the second Friday of this next month. (May 13, 2016)

APPRECIATION LUNCHEON, INDEPENDENCE HILL

Wednesday, May 4, 2016, will be the Independence Hill Tour and luncheon given by Independence Hill Retirement Home. Please add your name on the sign up sheet at the April meeting. If you would like to sign up to carpool, please add your name to that list also. We are always treated as honored guests and waited on like we were residents. There are usually door prizes given out at the luncheon. It is well worth your time and quite enjoyable. Just because you have toured before, do not let that be the reason you do not attend this time. It is always fun and they love having us.
MEMBERSHIP  Harold Black

In March we officially start collecting dues for the year 2016-2017 which begins in June. The amount has not changed. Annual renewal for TRTA is $35.00 while NSARTA dues are $15.00. PLEASE RETURN YOUR MEMBERSHIP FORM, WITH ALL BLANKS FILLED IN WHEN YOU RENEW.

TRTA is encouraging members to join the Diamond Plus Program with either a monthly payroll deduction or by monthly bank draft for your TRTA dues. To become a Diamond Plus member you have to submit TWO forms: the TRTA Membership renewal form and complete the TRS 593. Please return them to me.

You will still need to fill in the NSARTA renewal for local dues with a check for $15.00, but the TRTA dues will be taken care of by TRS at a rate of $2.92 per month beginning in July.

All the forms are included in the newsletter.

IF YOU HAVE BEEN A TRTA/NSARTA MEMBER FOR AT LEAST THE LAST THREE CONSECUTIVE YEARS, PLEASE USE THE ANNUAL RENEWAL FORM.

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TRTA/NSARTA ANNUAL RENEWAL MEMBERSHIP FORM 2016-2017

NAME ________________________________________________________________

ADDRESS ___________________________ CITY _________________________ ZIP CODE 

PHONE ______________ EMAIL ___________________________ TODAY’S DATE ____________

School district from which you retired ___________________________ Retirement Year ____________

ANNUAL RENEWAL:  TRTA $35.00 and NSARTA $15.00 = TOTAL AMOUNT $50.00

Make check payable to NSARTA for the total amount of $50.00.  CHECK # ____________

If by mail, send to: Harold Black, 13307 Sage Heights Dr, San Antonio, TX 78230-5847
IF YOU ARE EITHER A TRTA LIFE MEMBER OR A NSARTA LIFE MEMBER, PLEASE USE THE LIFE MEMBER RENEWAL FORM. IF YOU ARE A LIFE MEMBER OF BOTH TRTA AND NSARTA, PLEASE COMPLETE THE PERSONAL INFORMATION ONLY AND MAIL THE FORM TO UPDATE OR VERIFY OUR RECORDS.

TRTA/NSARTA LIFE MEMBER RENEWAL MEMBERSHIP FORM 2016-2017

NAME __________________________________________________________

ADDRESS ________________________________ CITY ___________ ZIP CODE ______

PHONE ___________ EMAIL ___________________________ TODAY’S DATE__________

School district from which you retired __________________________ Retirement Year ______

ANNUAL RENEWAL FOR TRTA ONLY: $35.00   ANNUAL RENEWAL FOR NSARTA ONLY: $15.00

Make check payable to NSARTA for the amount of EITHER $35.00 OR $15.00.   CHECK # ________

If by mail, send to: Harold Black, 13307 Sage Heights Dr, San Antonio, TX 78230-5847

PLEASE USE THE FOLLOWING FORM FOR NEW MEMBERS OR FOR THOSE WHOSE PREVIOUS MEMBERSHIP LAPSED MORE THAN THREE YEAR AGO.

TRTA/NSARTA NEW MEMBERSHIP FORM 2016-2017

NAME __________________________________________________________

ADDRESS ________________________________ CITY ___________ ZIP CODE ______

PHONE ___________ EMAIL ___________________________ TODAY’S DATE__________

School district from which you retired __________________________ Retirement Year ______

TRTA: $35.00 and NSARTA: $15.00 = TOTAL AMOUNT $50.00   MEMBERSHIP IN BOTH IS REQUIRED.

Make check payable to NSARTA for the total amount of $50.00.   CHECK # ________

If by mail, send to: Harold Black, 13307 Sage Heights Dr, San Antonio, TX 78230-5847
ASSOCIATION DUES
PAYROLL DEDUCTION AUTHORIZATION

MAIL (do not fax) this form to:
TEACHER RETIREMENT SYSTEM OF TEXAS
1000 Red River Street
Austin, Texas 78701-2698

By signing below, I authorize the Teacher Retirement System of Texas (TRS) to withhold each month 1/12 (one-twelfth) of my annual Texas Retired Teachers Association (TRTA) membership dues from my TRS monthly annuity payment. I understand that the amount of TRTA membership dues is set by TRTA (not TRS) and that to receive membership dues information, I must contact TRTA at (512) 476-1622 or 1-800-880-1650. I understand and agree that the monthly deduction from my TRS annuity will automatically increase upon the effective date of all future increases in my TRTA membership dues unless this authorization is cancelled in a manner indicated below.

Also, I understand and agree to the following:

• As provided in Texas Government Code §825.507(b)(6), I authorize TRS to disclose to TRTA the following information: date TRS received this form; name and TRTA number reflected on this form; and dates and amounts of dues deductions made from my annuity and if provided below my phone number.
• This deduction will be effective no earlier than my July 1, 2003 annuity payment. However, once begun, this deduction will remain effective until the earliest of the following: 1) the date my annuity terminates for any reason; 2) the date the Association Dues Deduction Agreement between TRS and TRTA is terminated for any reason; or 3) the date of the first annuity payable after the date TRS receives a signed form TRS 594, Association Dues Payroll Deduction Cancellation, unless this cancellation form is received by TRS after the monthly payroll cutoff date established by TRS. In that event, the deduction will continue until the first annuity payable for the month after the month in which TRS receives the cancellation form.
• All other appropriate deductions will be made from my annuity before TRTA dues are deducted. If the amount of my annuity payable is not sufficient for such dues deduction, no deduction will occur.
• TRS assumes no liability or responsibility for any disputes, damages or other consequences relating to dues deduction or this authorization.
• TRS is not affiliated or associated in any way with TRTA, nor is TRTA authorized to act on behalf of TRS.

To ensure processing of this request, all of the information in the blanks below, except phone number, must be complete and accurate. Please print your name as it appears on the mail you receive from TRS.

Printed Name ____________________________________________

TRTA Member ID Number ________________________________

Do not submit this form to TRS without your TRTA member number. If you are already a TRTA member and are now requesting payroll deduction for the payment of TRTA dues, please provide your current TRTA member ID number. If you are not currently a TRTA member, wish to join the Association and use payroll deduction, TRTA will assign a member ID number. Call TRTA at (512) 476-1622 or 1-800-880-1650.

Social Security Number ___________________ Telephone No. ____________________

(Optional)

Signature ____________________________ Date __________________________
2016-2017
TRTA MEMBERSHIP RENEWAL FORM

Name ___________________________ Member ID ___________________________
Address ______________________________________ Date of Birth _____ / _____ / _____
City ___________________________ State ______ Zip __________
Phone ___________________________ Email ___________________________

I receive an annuity from a teacher retirement system: [ ] Yes [ ] No
TRTA membership year is July 1, 2016 - June 30, 2017 Membership dues are not tax deductible.

TRTA OFFERS THREE EASY WAYS TO RENEW!
Please select one option and return to TRTA today.

[ ] Option 1 - $2.92 Monthly Payroll Deduction - Diamond Plus Program

Monthly Payroll Deduction: $2.92 monthly
Complete the payroll deduction form TRS 593 and this form. Must receive a TRS annuity to enroll. The Teacher Retirement System of Texas (TRS) will withhold $2.92 for TRTA membership dues from your monthly TRS annuity check. TRS 593 is available for download at www.trta.org/TRS593.

[ ] Option 2 - $2.92 Monthly Bank Draft - Diamond Plus Program

Monthly Bank Draft: $2.92 monthly
Attach a voided check for the account debited (deposit slips are not accepted) and this form. I authorize my bank to honor drafts drawn by Association Member Benefits Advisors (AMBA) for TRTA membership dues. I hereby authorize AMBA to initiate debit entries on my account. This authority is to remain in effect until revoked by me in writing and until AMBA receives such notice. I agree that AMBA shall be fully protected in honoring such debit. I authorize future increases and/or decreases in the cost of membership dues to be automatically deducted without further authorization from me.

Signature as it appears on your bank records ___________________________ Date __________

[ ] Option 3 - $35.00 Annual Dues

Annual Dues: $35.00 yearly
Return this form and your $35.00 payment. Select either check (payable to TRTA) or credit card.

Check # __________________ Date ___________ Amount $ __________

Please charge my: [ ] American Express [ ] Discover [ ] Master Card [ ] Visa [ ] Credit Card Expiration _____ / _____

Credit Card #: ___________________________ Signature ___________________________
JOB OPPORTUNITIES- GYMBOREE PLAY AND MUSIC

We are hiring for Front desk Sales Receptionist(s), assistants in teaching and interactive play teachers.

Gymboree Play & Music is seeking a customer service/sales associate to fill a position in a thriving child-like environment where early childhood development is key to learning!

Why Gymboree Play and Music?

- Family friendly environment
- Flexible schedule allows for personal time outside of work
- Paid on site training
- FREE Gymboree classes for the employee's age-appropriate children
- Discounts offered at Gymboree retail stores.

We are hiring:

- Front Desk Sales Receptionist
- Monday-Sat Availability
- Serving 2 San Antonio locations
- Great Opportunity for Retired Teachers! Fantastic child-like learning environment!

Ideal Skills/Qualifications:

- Great Communication Skills; Classroom, individual, phone
- Strong work ethic
- Sales experience a plus
- Experience working with young children a plus
- Customer service experience preferred/Bilingual a Plus!

GYMBOREE PLAY AND MUSIC is serving two locations in San Antonio: 11703 Huebner Rd. and 16632 San Pedro Ave.
What is Gymboree Play and Music? Visit our website at www.gymboreeclasses.com

***Contact Cheryl 210-232-7034 (Operations Manager) send resume to stgymboree@yahoo.com
Alcohol Use: Rethinking Drinking

For an online version of this booklet with interactive features and additional resources, visit RethinkingDrinking.niaaa.nih.gov (excerpt below)

What are symptoms of an alcohol use disorder?
See if you recognize any of these symptoms in yourself. In the past year, have you
- had times when you ended up drinking more, or longer, than you intended?
- more than once wanted to cut down or stop drinking, or tried to, but couldn’t?
- more than once gotten into situations while or after drinking that increased your chances of getting hurt (such as driving, swimming, using machinery, walking in a dangerous area, or having unsafe sex)?
- had to drink much more than you once did to get the effect you want? or found that your usual number of drinks had much less effect than before?
- continued to drink even though it was making you feel depressed or anxious or adding to another health problem? or after having had a memory blackout?
- spent a lot of time drinking? or being sick or getting over other aftereffects?
- continued to drink even though it was causing trouble with your family or friends?
- found that drinking—or being sick from drinking—often interfered with taking care of your home or family? or caused job troubles? or school problems?
- given up or cut back on activities that were important or interesting to you, or gave you pleasure, in order to drink?
- more than once gotten arrested, been held at a police station, or had other legal problems because of your drinking?
- found that when the effects of alcohol were wearing off, you had withdrawal symptoms, such as trouble sleeping, shakiness, restlessness, nausea, sweating, a racing heart, or a seizure? or sensed things that were not there?

If you don't have symptoms, then staying within the low-risk drinking limits on page 4 will reduce your chances of having problems in the future.

If you do have any symptoms, then alcohol may already be a cause for concern. The more symptoms you have, the more urgent the need for change. A health professional can look at the number, pattern, and severity of symptoms to see whether an alcohol use disorder is present and help you decide the best course of action.

Printed copies of Rethinking Drinking may be ordered by writing to:
National Institute on Alcohol Abuse and Alcoholism
Publications Distribution Center
P.O. Box 10686
Rockville, MD 20849-0686
Cost: FREE; Shipping and handling is free within the United States.
You may order free printed copies of Rethinking Drinking by submitting the online form listed on the website: http://pubs.niaaa.nih.gov/publications/RethinkingDrinking/OrderPage.htm

Professional help
Your regular doctor. Primary care and mental health practitioners can provide effective alcoholism treatment by combining new medications with brief counseling visits. See "Helping Patients Who Drink Too Much" at www.niaaa.nih.gov/guide or call 301–443–3860.
Specialists in alcoholism. For specialty addiction treatment options, contact your doctor, health insurance plan, local health department, or employee assistance program.
Alcoholics Anonymous (AA); www.aa.org; 212–870–3400 or check your local phone directory, local church
ENJOY

APRIL, 2016