Candy canes have been replaced by Valentine’s Candy, the SPURS have begun their Rodeo road trip, President’s Day is being celebrated, the phrase “Let’s Rodeo San Antonio” is frequently heard on TV, and this year is Leap Year--it must be February.

One of our Charter Members, Anna Rose, has passed away. I never had the privilege of meeting her, but I understand she was a faithful attendee to our meetings. Her service will be on Saturday, February 20, 2016 at 2:00PM, at Morningside Manor on Babcock Rd. More particulars will be given at our meeting on Wednesday, February 17, 2016.

Congratulations to our own Treasurer, Carolyn Pfeiffer! She is now Treasurer of District 20 of TRTA. "KUDOS" to you, Carolyn!! Your hard work and dedication to NSARTA has certainly been appreciated and now duly recognized. This is a real "STAR" for NSARTA. It just proves that NSARTA is truly a strong, vibrant TRTA LOCAL UNIT.

Carlos Ortiz is being honored at State Convention and also at our Wednesday, February 17, 2016 meeting. Please make a special effort to attend the meeting. Carlos has worked diligently and tirelessly for TEXAS RETIRED TEACHERS, District 20, and more importantly, our own local unit, NSARTA. He continues to keep us updated on Legislative issues and our TRTA Foundation work.

Please remember to welcome our guests and new members at our February meeting. Let’s make sure that they are warmly greeted and seated with members so they do not leave our meeting feeling isolated and uncomfortable. We discussed this at our last meeting. Just a friendly reminder.

Again, the President wants to thank all our members for your continued support and strong Christian Fellowship. You guys have made the President's job very easy and pleasant. The President cannot thank you enough. The President is proud to be the leader of such a strong, vibrant local TRTA unit. Not all units’ Presidents have that luxury.
LEGISLATIVE/FOUNDATION  Carlos Ortiz

In the upcoming Primary Election on March 1, public educators must be well informed on the candidate’s view on the following:

PUBLIC EDUCATION-
  Does the candidate support public education?
  Is the candidate willing to spend more State money for education?
  Does the candidate support a pay increase for educators?

TEXAS RETIREMENT SYSTEM-
Does the candidate support the Texas Teacher Retirement System and the contribution rates as indicated by SB 1458?
Does the candidate support the Defined Benefit pension plan?
What are the candidate’s views on TRS Health-Care?

SENIORS-
In Real Property taxes, the Hospital District and S.A. River Authority continue to increase in the tax amount.
Why aren’t all areas of Property taxes frozen at 65 years of age?

VETERANS-
Explain how Texas can help our Texas veterans?

SAN ANTONIO/BEXAR COUNTY-
What are your views on improving the economic conditions of San Antonio as well as Bexar County?

VOTE- VOTE- EARLY VOTING STARTS FEBRUARY 16 VOTE –VOTE

NOMINATING COMMITTEE  Janet James

Members of NSARTA who wish to serve as an officer may be nominated from the floor at our meeting on February 17. Any nominations from the floor must have agreed to run before their names are placed before the membership. The nominating committee recommends a slate of officers who are willing to serve: for President, Paul Cwiklik, Second Vice-President, Peggy Peterson, Recording Secretary, Suzanne Sim, and Corresponding Secretary, Barbara Yates. Judy Lynn will be serving as Immediate Past President.

These members of the Executive Committee have agreed to continue serving for two more years: Harold Black, 1st Vice-President; Carolyn Pfeiffer, Treasurer; and Glennie Lecocke, Parliamentarian. They are also on the slate to be elected. The organization is very fortunate to have their continued service. Come on February 17 to support NSARTA.
Everyone knows February in San Antonio is RODEO month. And NSARTA is ready to celebrate rodeo, too.

Our entertainment this month is the Fire on the Mountain Cloggers from San Antonio. This group is devoted to a dance style steeped in American culture and history by preserving the traditional aspects of clogging. Clogging combines intricate footwork with lively bluegrass music. The team has performed throughout many cities in Texas, New Orleans, La, Little Rock, Arkansas and Branson, Missouri for over twenty years. They’ve performed in Munich, Germany, Caracas, Venezuela, as well as in Zalapa, Mexico. However, their favorite performance each year is at the Texas Folklife Festival here in San Antonio. You won’t want to miss this group, so plan on joining us at the February 17th meeting…...and dress western!

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

Treasurer's Report: as of 2-2-2016.
Current balance in checking account: $1745.25.

STOCK SHOW AND RODEO
Michele Bibb

How much do you know about the San Antonio Livestock Exposition and the San Antonio Stock Show and Rodeo? According to its website, this event is held annually in February and is one of the largest, if not the largest regular season PRCA rodeo. It’s also one of the top 3 richest rodeos in North America. The event awards over $1.5 million in prize money to its contestants each year. It offers a family-friendly carnival, family fair, interactive and educational exhibits, a wildlife area, over 650 vendors for shopping, horse and livestock shows, auctions, high impact PRCA Rodeo action, and live concert entertainment following each Rodeo performance. Did you know it is a non-profit 501 C3 organization? It’s a total volunteer organization that emphasizes agriculture and education to develop the youth of Texas. The San Antonio Stock Show and Rodeo has awarded over $134.6 million since its inception. It also hosts a Food Challenge Show modeled after the hit TV series “Iron Chef.” This event not only gives both FFA and 4-H students across Texas the chance to showcase their cooking skills, but also requires them to know preparation, nutritional facts, and origins of ingredients. Competition Categories include bread & cereal, fruit & vegetable, main dish, and nutritious snacks. Winners in each category go on to compete at state level for additional prizes and awards. Is it time for you to visit the Rodeo again?
NEWSLETTER- FEBRUARY, 2016

MEMBERSHIP  Harold Black

In March we officially start collecting dues for the year 2016-2017 which begins in June. YOU can start paying next year’s dues NOW and I will submit them in March. The amount has not changed. Annual renewal for TRTA is $35.00 while NSARTA dues are $15.00.

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 __________________________________ TONAD’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
**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

**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

<table>
<thead>
<tr>
<th>Name</th>
<th>Member ID</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td>Date of Birth / /</td>
</tr>
<tr>
<td>City</td>
<td>State Zip</td>
</tr>
<tr>
<td>Phone</td>
<td>Email</td>
</tr>
</tbody>
</table>

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.

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**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 _________________________

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MEMBER NEWS

Diana Sarfin will be putting together a book preserving the story of your child who has passed away. Each chapter would be the name of your child. It is a way to preserve the memory of your child. If any monies are made, half would go to Haven for Hope and the other half to Parents of Murdered Children.

Contact information: email: dianas235@aol.com

Cell 210-818-9401
Home 210-684-9758

ANNA ROSE

We have some very sad news to share about our oldest member of NSARTA. Anna Rose passed away on January 29. Anna was over 100 years old. According to her great niece, Anna Rose's Memorial is Saturday, February 20, at 2 p.m. It will be held at Morningside Ministries at The Meadows, 730 Babcock Rd, 78201.

If you would like to send a card to the family, you may send it to Tracie Ann Pierce, P.O. Box 29291, San Antonio, Texas 78229.

COMMITTEE REPORTS

HOSPITALITY

Thank you to NSARTA Board Members for providing refreshments at our January meeting. We certainly enjoyed all the sweets, sandwiches, fruit, and nuts you shared with our membership!

VOLUNTEERING

We had 34 members record their volunteer hours producing 21,753.5 hours. 7 members recorded over 1000 hours each and 3 of those were over 2000. Good job retired teachers! Way to go!
Deadline for getting your articles to me for the March newsletter is:

Friday, March 12.

STITCHERY

Ledru Barker & Josie Broekhove

Thank you for sending me coupons for JoAnn’s so we could purchase filler for our pillows at a reduced price. We have enough polyfil for the rest of the year so we no longer need them. A special thank you to those who mailed them to my house, so I could get them faster. Please consider joining our group as we stuff pillowcases for the VA hospital. We meet once a month from 10 AM to noon.

CHILDRENS'BOOK DRIVE

Nancy Dooley, Pat Loewe, Carolyn Varian

A very special THANK YOU! to everyone who donated books and/or money, to NSARTA's 2015 Children's Book Project. 525 books were donated to children who otherwise might not have a book to call their own. This number was reported to TRTA so NSARTA will be recognized for our participation in this statewide project. Harold Black took many pictures during our 2015 distribution to students at Wilshire Elementary School and put them on our web page.

This May, we will begin our 2016 distribution by donating over 600 books to each child at Passmore Elementary School in Northside ISD. We need your support to complete our collection of these books, so please take the opportunity to participate in this project and bring your book (new or very gently used) and/or cash donations to the meeting on February 17th. Baskets for donations will be at each table and at the Registrar's table at all the meetings. Each book donated will have a bookplate identifying it as a gift from TRTA and NSARTA. The exact date for this distribution will be announced in the next newsletter; hopefully, many of you will be able to join us to see the enthusiasm of the students when they choose a book of their very own. We look forward to another successful book drive and hope you will consider helping to collect, store, and/or organize age-appropriate books for the children. For more information, call or talk with us at the monthly meeting.

Thank you in advance for your participation in NSARTA's 2016 Children's Book Project.
HEALTH

FEBRUARY IS NATIONAL HEART-HEALTH MONTH.

Heart disease is the No. 1 killer of women, yet only one in five American women believes heart disease is her greatest health threat. With the right information, education and care, heart disease in women can be treated, prevented, and even ended.

It's not just a man's disease. Heart disease and stroke kill 1 in 3 women, yet it's 80% preventable. The more risk factors you can keep under control, the less likely you are to have a future heart attack. But as you get older, your blood pressure, cholesterol and other heart-related numbers tend to rise. No matter what your age, you can take matters into your own hands to help reduce your risk of heart disease. It’s never too late to live heart-healthy.

Know your risk.

Studies show that the number of women who have heart attacks increases dramatically, especially after menopause. But the good news is that you have the power to reduce your risk, and if you do have a heart condition, there is plenty you can do to manage it. A great place to start is by taking the Go Red Heart Check Up. It only takes a few minutes and along with your results, you’ll receive a Personal Action Plan. Go to WWW.goredforwomen.org to take advantage of this tool.

Know your numbers.

Knowing the numbers that impact your heart is an important step toward healthy living. Here’s a quick overview of the numbers you need to know and your goals. Be sure to talk to your doctor to see how your current numbers measure up.

- Total cholesterol less than 200 mg/dL
- HDL (good) cholesterol 50 mg/dL or higher
- LDL (bad) cholesterol less than 100 mg/dL
- Triglycerides 150 mg/dL
- Blood pressure less than 120/80 mm Hg
- Body Mass Index less than 25 kg/m2
- Waist circumference less than 35 in.

Keep moving.

- The older we get, the trickier exercise can be. But it’s still very important to make physical activity a top priority in your life. If working out has never been your thing, that’s okay; walking, even short brisk walks for as little as 10 minutes throughout the day, can provide enough physical activity to keep your heart in shape. Your goal should be to get 40 minutes of exercise three to four times per week.

Eat heart-healthy meals. Focus on including foods that are nutrient-dense like colorful veggies and fruits, fiber-rich, whole-grains, lean meats, skinless chicken and fish.
FEBRUARY 2016