PRESIDENT’S CORNER, Judy Lynn

The Rodeo has left San Antonio, our beloved SPURS have finished their rodeo trip, bluebonnets are blooming, families are making plans for Spring Break and Easter candy is on the store shelves--it must be March.

Kudos to the NSARTA, 2016-2018 Officers, who were elected at the February meeting. NSARTA will be in great hands. Their commitment to NSARTA is strong and passionate. The Officers are: President-Paul Cwiklik, 1st Vice President (Membership Chair)-Harold Black, 2nd Vice President (Program Chair)-Peggy Peterson, Recording Secretary-Sue Sim, Treasurer-Carolyn Pfeiffer and Corresponding Secretary-Barbara Yates. Congratulations to all of you. You have our complete support and cooperation.

Thank you for your generosity in your donation to the American Diabetes Association. We were able to send a generous donation in memory of Jack Ernest Scott, III, Janet Jameson, who passed away on February 9, 2016, of kidney failure due to Diabetes. Your generosity was greatly appreciated by Janet and her family.

The President wishes to thank all of you who have brought food to our meetings this year. You have been AWESOME. Just hang on we have only 2 meetings left. We appreciate your cooperation in this matter. Our snacks are not only delicious, but healthy and plentiful.

Our Web Page must be working. Pam Riles, a staff member of "The DoSeum", called me requesting volunteers. If you are interested, call her at 212-4453; she will tell you what volunteers do there.

HAPPY EASTER to you and yours.
LEGISLATIVE/FOUNDATION

Carlos Ortiz

We have voted in the primary election and it appears that the winners in Educational District 20 have a very favorable view toward education as well as retirees. Let’s hope they fulfill their quotes.

Now we must turn our attention to health-care. During the last Legislative Session the $768 million TRS-CARE short fall was paid until 2017. It was a no-brainer because the State was contributing 1% of the active teacher payroll—which was a very small amount. The Health Legislative Committee will have its first meeting on Wednesday, March 30, 2016 @ the State Capitol. Rep. Justin Rodriguez (D-San Antonio) has been appointed to this committee by Speaker Joe Straus. Stay tuned for future details.

PROGRAM

Michele Bibb

Our guest speaker for March is Mr. Bob Herndon from the Stilwell Retirement Community in Waco. For those that are not familiar with Stilwell, it has served as a second home for retired Texas educators from all over Texas since 1964. Mr. Herndon will bring an entertaining and informative power point presentation. Please bring any questions you may have about this Retirement Residence and the services they provide.

WEAR GREEN TO THE MARCH MEETING!
TREASURER’S REPORT
Carolyn Pfeiffer 210-372-0434, carolynpfeiffer48@gmail.com

Treasurer's Report as of: March 4, 2016- in checking account a balance of: $1890.71
Come to our March 16th meeting for more details.

MARCH CELEBRATIONS

DID YOU KNOW??????

There is no such thing as a Shamrock plant. Shamrock is an Irish derived word meaning “little clover”. In fact, most of the clovers we see in our area are from the white clover family. While there are MANY more 3 leaf clovers, older clover plants will produce more 4 leaf clovers than a young plant. AND a 4 leaf clover is simply a 3 leaf clover that has had a mutation of genes. According to tradition, 4 leaf clovers bring good luck to their finders. Each leaf is believed to represent something: the first leaf is for faith, the second is for hope, the third is for love, and the fourth is for luck. And it is also believed that if you give your 4 leaf clover away, your luck will double! Did you know that clovers have been found with 5, 6, 7 or more leaves. In fact, the most leaves ever discovered on a single clover stem is 56 leaves, found in Japan.

Some “cool facts” about four leaf clovers include:

* Abraham Lincoln always carried a four leaf clover – except for the night he was assassinated.
* Several of the original Apollo astronauts carried 4 leaf clovers with them in space for luck.
* All clovers are members of the pea family.
* A four leaf clover occurs in about one of every 10,000 clovers.
* It is said that Napoleon Bonaparte was saved by a four leaf clover. A bullet narrowly missed his head when he bent down to pick one.
COMMITTEE REPORTS

MEMBERSHIP SERVICES

Sue Sim

New benefit=VETERINARY PET INSURANCE. Go on line to TRTA.org and click on MEMBER BENEFITS to find out more info about this benefit.

HOSPITALITY

Michele Bibb

Thank you to NSARTA members for providing the delicious “rodeo” snacks at our February Meeting. You certainly knew how to make our meeting much more “deliciously fun”.

VOLUNTEERING

Sue Winebrenner, suchwine@sbcglobal.net 695-2629

"If you fill out a volunteer hour form at our meeting, we can give you credit for attending on your form the rest of the year."

STITCHERY

Ledru Barker & Josie Broekhove

We are sad to announce that we have lost our leader of the Stitchery group, Josie Broekhove. Over the years, she was involved with many of the activities of NSARTA. We will miss her tremendously.

Our group is always looking for new members to complete the wonderful items that are given to Veterans, children’s shelter and hospitals. If you would like to join this group, they meet on the first Thursday of September-May, 10:00 a.m. to Noon, at Covenant Presbyterian Church, 210 Roleto Dr. at Loop 410, 78213. This is right behind Castle Hills Elementary School. You will stuff pillows while enjoying coffee and conversation. If you find that you have a Thursday morning free, we welcome “drop-ins” so feel free to drop by and help.

SAD NEWS FROM STITCHERY

Josie Broekhove, a long time member of NSARTA and the stitchery group, passed away on Sunday, March 6th. Josie had recently suffered a broken femur and couldn’t seem to come back after that. She and her sister, Bernadine Draheim, managed the book sharing in addition to Josie’s co-chairing the stitchery group. We will miss her quiet, caring nature and sweet smile. Visitation will be held on Sunday, March 20th at the Funeria Del Angel Roy Aker’s funeral home, 515 N. Main, at 7:00 p.m. Her funeral will be held Monday, March 21 at 10 A.M. at the funeral home. Our prayers are with Bernadine and Josie’s whole family.
CHILDREN’S 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 March 16th. 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. (April 8, 2016)

APPRECIATION LUNCHEON, INDEPENDENCE HILL

Wednesday, May 4, 2016, will be the Independence Hill Tour and luncheon given by Independence Hill Retirement Home. At the April meeting there will be a sign up sheet for those wishing to make this wonderful trip. 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.

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.

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
March is Colorectal Awareness month. Colorectal cancer is the fourth most common cancer in the United States and the second leading cause of death from cancer. Colorectal cancer affects people in all racial and ethnic groups and is most often found in people age 50 and over. Most colorectal cancers begin as a polyp, a growth in the tissue that lines the inner surface of the colon or rectum. Polyps are common in people older than 50 years of age, and most are not cancers. However, a certain type of polyp known as an adenoma may have a higher risk of becoming a cancer. The rates of new colorectal cancer cases and deaths among adults aged 50 years or older are decreasing in this country. However, the incidence is increasing among younger adults.

Although the major risk factors for colorectal cancer are a family history and older age, several other factors have been associated with increased risk, including excessive alcohol use, obesity, being physically inactive, cigarette smoking, and, possibly, diet. In addition, people with a history of inflammatory bowel disease (such as ulcerative colitis or Crohn disease) have a higher risk of colorectal cancer than people without such conditions. And people who have a family history of colorectal cancer also have an increased risk.

Several screening tests have been developed to help doctors find colorectal cancer early, when it may be more treatable. Some tests that detect adenomas and polyps can actually prevent the development of cancer because these tests allow growths that might otherwise become cancer to be detected and removed. That is, colorectal cancer screening may be a form of cancer prevention, not just early detection.

What methods are used to screen people for colorectal cancer?

Expert medical groups, including the U.S. Preventive Services Task Force, strongly recommend screening for colorectal cancer. Although minor details of the recommendations may vary, these groups generally recommend that people at average risk of colorectal cancer get screened at regular intervals with high-sensitivity fecal occult blood tests (FOBT), sigmoidoscopy, or colonoscopy beginning at age 50. People at increased risk because of a family history of colorectal cancer or polyps or because they have inflammatory bowel disease or certain inherited conditions may be advised to start screening before age 50 and/or have more frequent screening.

The good news? If everyone age 50 and older were screened regularly, 6 out of 10 deaths from colorectal cancer could be prevented. Communities, health professionals, and families can work together to encourage people to get screened.

ENJOY

March, 2016