



The Heart of NSARTA

NSARTA NEWSLETTER

APRIL 2018



Candido & Bertha Colunga



Paul Cwiklik

PRESIDENT'S CORNER By the time this newsletter arrives at your fingertips, we will have seen San Antonio streets over taken by the exuberant crowds here for the FINAL FOUR and then have them disappear into the night by air, cars, and busses back to their homes from across America with luggage bursting with mementoes, and minds filled with memories they will treasure for years to come – win or lose!

Closer to our own experience as retired Texas educators, we will have “put to bed” our 65th Annual TRTA Convention at the La Cantera Resort and Spa after many months of preparation and enthusiastic execution. My heartfelt thanks to all NSARTA and other District 20 members who contributed as registration volunteers, goodie bag item donors, assembly line bag fillers, delegates, attendees, and moral supporters who were not able to attend the Convention with its varied offerings of information sessions, dining, dancing, awards, fellowship, and good times!

Time to catch our breath now and ask – what’s next? In April, we’ll welcome back our good friend and long-time sponsor, Jake Yetterberg, to share the latest look at the currently turbulent market and other good-to-know financial tips and topics. Be sure to ask him questions about what concerns you about securing a comfortable retirement.

Believe it or not, we are getting close to the end of our gatherings for this year, but **don’t overlook these opportunities:**

√ If you haven’t renewed your membership yet, please do so as quickly as possible, so we have a chance to cash in on some TRTA award money for improved membership levels.

√ A must attend freebie is coming on May 2 with our recurring invitation from Independence Hill Retirement Resort Community on Huebner Road – a tour of their beautiful living accommodations and a delicious complimentary lunch in their beautiful dining room. Betty Moseley will have a signup sheet at the April meeting. Again, it’s absolutely FREE!

√ Finally, in May we will have our not-to-be-missed “Potluck Extravaganza” luncheon to close out a very, very active NSARTA year!

Please read the April Newsletter full of information, activity dates, and helpful articles, including the Hearts of NSARTA biographies. Will yours be one of them???

Stop me at the meeting, and let’s talk!

NSARTA HEARTS FOR APRIL Michelle Bibb

Our Hearts Of NSARTA for April are *Bertha and Candido (Cande')* *Colunga*. This couple was destined to be together. They both have mothers named Juanita, Cande' had a sister named Bertha, they lived "just across the railroad tracks" from each other, and they both have 7 siblings.

Bertha Colunga Bertha was born in Monterrey, Mexico. Her dad worked for National Railroad of Mexico and her mom was a housewife AND a very pretty seniorita. She attended 1st through 4th grades in Monterrey before the family moved to San Antonio in 1957. Bertha laughs and says "She was imported from another country...the best products are imported!" Her dad worked at Western Auto as a mechanic and later at Swearingen Aircraft as a machinist making airplane parts. Her mom was a cafeteria worker at Brewer Elementary. Bertha graduated from Burbank High School where she was a member of the pep squad and drill team, which she compared to being similar to a female ROTC group. Our very own NSARTA member, Dolores Ramon, was her drill team captain. She is the oldest of 8 children, 5 were born in Mexico and 3 in San Antonio. As the eldest, she had to help take care of the younger kids, including ironing diapers. Her dad was very strict and she said she never disobeyed any rules and was reminded she needed to set an example for the younger kids. All of her brothers and sisters still live in San Antonio except for her youngest brother who was killed in an automobile accident by a drunk driver.

Before Bertha could go to college she had to take preparatory classes at SWT in San Marcos and Trinity University. While at Burbank, she was chosen to participate in the "Project Teacher Excellence Program". On Saturdays, students from lower income high schools would be bused to SWT and Trinity to attend classes to help students become more academically ready for college. She did this for 2 years and upon graduation from Burbank, she was awarded a scholarship to Our Lady of the Lake University. She laughs and said it was still an all girls college at this time. She graduated with a BA in Sociology and as part of the requirement of earning the scholarship, she would repay it by teaching in a low income area of San Antonio. She was hired by SAISD to teach 1st grade at Breckenridge Elementary on the far west side of town. After 4 years, she transferred to NEISD teaching 2nd and 4th grades at Ridgeview Elementary for several years. She was one of the original chosen staff members to open Stahl Elementary. After 14 years there, she transferred to Olmos Elementary teaching ESL classes for 1 year. The Bilingual program was moved to Colonial Hills where she continued to teach for 13 years. She retired in 2004 with a total of 32 years in education. After retirement, she taught kinder for a year at St. Thomas Moore and later subbed and tutored in the Judson ISD.

Bertha has always been a leader. She was President of her Senior Class at OLLU and actively involved in North East Teachers' Association (NETA) for many years. She has been an officer in the San Antonio Area for Bilingual Education, Alamo Reading Council, and Texas State Reading Council. In 1997, she was elected NEISD Bilingual Teacher of the Year, San Antonio Bilingual Teacher of the Year, and Texas Bilingual Teacher of the Year. She was interviewed by Channel 41 for "La Major Nuestro.....The Best of all the" and was given a DVD of the interview to enter in the National Bilingual Teacher of the Year contest. Bertha came in 5th place in the nation-wide contest.

A friend at Stahl who had recently been widowed, asked Bertha to accompany her to a professional singles event at St. Matthews Catholic Church. The event, held on Palm Sunday, [27 years ago](#), was to introduce divorced or widowed individuals to other single adults in the area. There she met a very quiet nice man named Candido Colunga. To hear them tell the story, they both were so terribly shy and quiet it took a while for them to even strike up a conversation. They eventually went with others to Embassy Suites for dinner, dancing and

(NSARTA HEARTS CONTINUED)

more “quiet time” to talk. After weeks of getting over being quiet and shy and becoming comfortable talking with each other, they made a date to meet at Jim’s at Blanco/410. The following year at a New Years Eve dance at La Villita, Cande’ proposed to Bertha. She asked him to wait a year JUST to see if they both still felt the same about each other, and if so, she would marry him. Well, he was patient and waited the year and you know the rest of the story. Because she was teaching, she had to find a “break in the school calendar” for the wedding. They married the following Christmas break on Dec. 18, 1993. She said she worked up until the final Friday before the holidays and married the next day at the Little Wedding Chapel on NW Military. This year they will celebrate their 25th anniversary.

Candido Colunga, Cande’, was born in San Antonio and is also one of 8 siblings. His dad was a sheet metal worker at Kelly AFB and his mom was a housewife. Like Bertha, all his siblings still live in San Antonio. During the summers, he worked at Kelly AFB in the warehouse. Cande’ graduated from John H. Kennedy High School and attended SAC for 2 years. He then was hired at Foodway Grocery Store as a stocker and cashier for 5 years. He later worked at Deluxe Food Store for another 5 years and then was hired at La Fiesta Food Store for several more years. For 24 years, he worked at Grocery Supply Company in San Antonio which sold inventory items to local grocery stores. He retired from Harland Clarke Printing Company when it closed its doors in 2016.

He is a BIG Spurs basketball fan and assures me they WILL make the playoffs. He, like so many other Spurs fans, can’t figure out why Kwahi Leonard isn’t back on the court. Guess we will all have to wait and see what happens! Cande’ is the chef in the family. I asked what his speciality is and he said, “cheese enchiladas.” I told him that’s mine, too and asked how his Spanish rice was. I believe he said his comes from a box/can. OK, guess I won’t be getting that recipe! Both Bertha and Cande’ are active, Holy Trinity Catholic Church members and sometimes attend services at San Jose’ Mission. He enjoyed making bulletin boards for Bertha when she was teaching. He said some of the kids at St. Thomas Moore would call him “Daddy” when he helped in the classroom.

Bertha and Cande’ have many nieces and nephews and now great nieces/nephews they are very proud of. They keep busy being involved in parties, graduations, and other family events. Words that describe Cande’ are quiet, kind, thoughtful, and helpful. Bertha says she is known for always following the rules, and taking her grandmother with her everywhere she would go when she was in high school.

It was an honor and pleasure to find out more about these NSARTA members. They continue to be hard working members of not only our organization, but also contribute to their community and family. Thank you Bertha and Cande’!

LEGISLATIVE/FOUNDATION *Carlos Ortiz*

The Teacher Retirement System (TRS) Board is about to make a second decision which may have implications on retirees. As all of you know The TRS Board made a change in our health-care from Aetna to Humana. This has been a nightmare for some retirees. On April 20, 2018, the TRS Board may change the expected rate of return on investments in the TRS Pension Fund from 8% to 7.25%. This does not help in making the Pension Fund actuarially sound. If this occurs retirees may not get an ad hoc increase in their monthly annuity for a long while. We need to encourage the TRS Board as well as all legislators to increase the State’s contribution from 6.8% to 7.5%

PROGRAM Peggy Peterson/2nd Vice President, 210.373.3961 or rpete4321@satx.rr.com



Happy Spring! Mark your calendar for our meeting on April 18th at 9:45 a.m. You do not want to miss it!

Jake Yetterberg of Yetterberg Retirement Solutions -- A long time NSARTA Yearbook Sponsor will be our speaker. Jake is an engaging and knowledgeable presenter who always brings us the latest financial information. We have asked him to particularly address estate planning and changes in tax laws, so bring your questions.

May Meeting News -- IT'S SPRING POTLUCK TIME! MARK YOUR CALENDAR FOR MAY 16TH. NSARTA members are known for the yummiest salads, soups and sandwiches in town. Sign-up at the meeting to bring your favorite! The menu will include: Green Salads, Pasta Salads, Fruit Salads/Trays, Salads with Meat, Sandwiches, Soups & Chili, Rolls/Bread, Chips & Dips and Soda.. Tea, Water & Dessert will be provided by the Hospitality Committee.

NSARTA BIG READ! We will meet on Wednesday, May 2nd to discuss *Before We Were Yours*. This is the same day as our Lunch and Tour at Independence Hill. Tentative time is 2 p.m. at Peggy Peterson's home. Book club members will get an email with specific details. Stay tuned!

Summer Fun! We will celebrate another great year with two fun meet-ups and a summer Big Read! Sign-up at meeting to get updates!

- *May 30th 11:30 - Lunch & Wine Tasting at Lara Vineyard. This beautiful setting is just off Hwy 281 near Bulverde. Details & sign-up at April and May meetings.
- *June 16th - Sandy Oaks Olive Orchard Tour & Lunch
- *July 11th (tentative) Summer Big Read - Gather to discuss *The Train to Crystal City* by San Antonio author, Jan Jarboe Russell

Questions? Call Peggy Peterson at 210.373.3961 or email to rpete4321@satx.rr.com

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



As of April 3, 2018, NSARTA

checking account balance of **\$691.07**

More details at our next meeting, Wednesday, April 18th.

CORRESPONDING SECRETARY Barbara Yates 494-6444



A get-well card was sent to Betty Moseley, who had a severe case of the flu. A sympathy card was sent to the family of Jack Jordan. Even though he was not a member of NSARTA, we know that many of you worked with him.

MEMBERSHIP Harold Black



We are trying to win \$500.00 by having the highest % of membership increase by our May filing for a unit with 200 and 300 members. As of 5.3.18 we had 40 renewals during March-April and 22 in the February-March time-period.

March marked the official start of our membership drive. Other units were ahead of us last month so we must work harder. SO, if you, or retirees you know have not joined or only joined at the state level, invite them to join us. Please complete the appropriate form below and either send it to me or bring it to the meeting with your \$50.00 membership fee. REMEMBER!!! NSARTA's local dues are only \$15.00 for you or someone who has joined at the state level. We need all the members we can get to have our needs heard in the next legislature.

Use the following form to renew your membership for 2018-2019. If you wish to become a Diamond member, you may get the forms needed, from Harold at the meeting.

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 2018-2019

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

COMMITTEE REPORTS

REGISTRATION *Pat Loewe, Eddy English*



The registration desk keeps a record of each person who attends. They also distribute name tags and furnish every attendee with a raffle ticket for a drawing at the end of meetings. Be sure to stop by the registration desk and sign in, as you enter each meeting.

HOSPITALITY *Michele Bibb, Barbara Rothe 380-8150, Linda Nolder 490-1035*



THANK YOU to Glennie LaCocke, Cindy Nobles, Michele Bibb, Peggy Peterson, Deanna Van Pelt, Kathy Cook, and Debbie Moulton for providing refreshments for our March meeting.

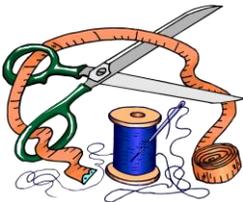
Be sure to sign up to provide food for our “potluck lunch” at our May meeting. We all look forward to our end of the year NSARTA meeting with installation of officers and yummy lunch. There will be many categories for you to select from - salads, soup, chips/dips, others.

CHILDRENS' BOOK PROJECT *Sherlyn Valentin, Nancy Dooley, Pat Loewe*



Thanks to the members of NSARTA, the Children’s Book Project has received a total of \$347.82 in cash donations and many wonderful book donations so far this year. By the time you receive this newsletter, a group of members will have attended the NEISD PTA Book Sale at Blossom to purchase books for the students at Valley Hi Elementary. May 21st will be the day members of NSARTA distribute books to the students of Valley Hi Elementary. Anyone who is interested in going on May 21st and assisting students in selecting their books and watching them smile as they realize the book belongs to them, please contact Sherlyn Valentin, Nancy Dooley, or Pat Loewe.

STITCHERY *Ledru Barker*



Every month when we gather, we stuff at least 80 pillowcases for the VA Hospital. Some of us make stuffed toys for the Children's Shelter or quilts for both. Our wonderful Lee Carr, crochets afghans for the VA Hospital. Please consider joining us to help stuff. No sewing skills required.

VOLUNTEERING

Janet Pennock japennock57@icloud.com

Don't forget to record those volunteer hours! Let's show the state we may be retired, but we continue to make an impact on our community. If you have questions about what might count, feel free to contact me. Janet Pennock 979-417-3876

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WELCOME





HEALTH Eddy English

Every April, the Parkinson's Foundation engages the global Parkinson's community to support Parkinson's Awareness Month. When we raise awareness about Parkinson's and how the Foundation helps make lives better for people with PD, we can do more together to improve care and advance research toward a cure.

This year, our theme is “Start a Conversation,” a call to action that urges people to talk about Parkinson's with their loved ones, friends, neighbors, care team and community.

So what exactly is Parkinson's disease?

Parkinson's disease is a type of movement disorder that can affect the ability to perform common, daily activities. It is a chronic and progressive disease, meaning that the symptoms become worse over time. It is characterized by its most common of motor symptoms—tremors (a form of rhythmic shaking), stiffness or rigidity of the muscles, and slowness of movement (called bradykinesia)—but also manifests in non-motor symptoms including sleep problems, constipation, anxiety, depression, and fatigue, among others.

Early Onset Parkinson's

Though it's uncommon, Parkinson's can also afflict young people.

There are an estimated 1 million Americans living with Parkinson's disease and more than 10 million people worldwide. Most people who develop the symptoms of Parkinson's disease do so sometime after the age of 50, but Parkinson's disease [can affect younger persons](#) as well. Approximately 10% of Parkinson's diagnoses occur before age 50—these diagnoses are called Early Onset (or Young Onset) Parkinson's disease.

What are the primary motor symptoms of Parkinson's Disease?

There are five primary motor symptoms of Parkinson's disease:

- tremor,
- rigidity,
- bradykinesia (slow movement),
- postural instability (balance problems), and
- walking/gait problems. Observing one or more of these symptoms is the main way that physicians [diagnose Parkinson's](#).

It is important to know that not all of these symptoms must be present for a diagnosis of Parkinson's disease to be considered. In fact, younger people may only notice one or two of these motor symptoms, especially in the early stages of the disease. Not everyone with Parkinson's disease has a tremor, nor is a tremor proof of Parkinson's. If you suspect Parkinson's, see a neurologist or movement disorders specialist.

NSARTA
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OR CURRENT RESIDENT

APRIL 2018

