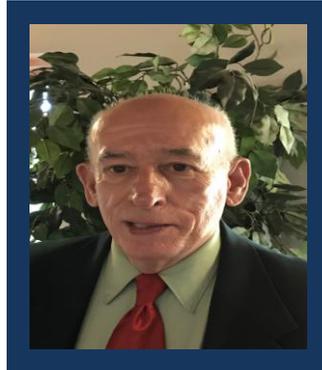




The Hearts of NSARTA

NSARTA NEWSLETTER

January, 2018



Ledru Barker

Paul Cwiklik

Lynn East

PRESIDENT'S CORNER



“Someone” Many things that happen in life are often random, isolated occurrences that we tend to accept without too much concern. However, not everything in life so nonchalantly confronts us – like clockwork – as does the guaranteed return of another NEW YEAR’s DAY!

Now that the singular sound of champagne bottles popping in our ears has ceased, the buzz of their intoxicating contents has quit the pounding in our heads, and the tremulous rhythm of fireworks bursting colorfully across the night sky has passed out of sight in billows of drifting smoke, we must now revisit the reality that a New Year has begun, and we once again must face a set of challenges – some old, some new – with rejuvenated resolve and fortitude!

“Daunting!” you say.

“True”, I say, “only if you let it be so!”

“Take my hand and walk with me.” say I. “I know the path.”

Suspiciously, you reply, “But I don’t know you that well. How do I know I can trust you?”

“OK, then chose any one of your friends, or a family member – someone you do trust and in whom you believe, and walk the path with that someone special in your life. We all have that particular ‘other person’ we can turn to, confide in, laugh with, and, if need be, cry with.”

“As we leave the chronicle of another year passing into the history of our lives, we can be renewed with a greater hope and confidence that any New Year can bring ‘something’, which can be better, more uplifting, and personally rewarding. We often find the journey into the New Year to be even more captivating if we walk the path with ‘someone’ who is also reaching out to ‘someone’.”

My wife Maureen and I wish all NSARTA hearts a most happy and prosperous New Year. “God bless us, one and all!”



Our January “Hearts of NSARTA” are Ledru Barker and Lynn East. They are both members of our Stitchery Group. In fact, one “heart” told me she could sew and think faster than she could talk! Both ladies were so much fun to interview and I’m amazed at all they have done and continue to do.

Ledru Barker was born in Savannah, Georgia where her dad was stationed in the Air Force. She is one of 6 children, 3 boys and 3 girls. She proudly says that 4 of her siblings plus herself followed in her dad’s footprints by joining the Air Force. Ledru graduated from high school in Sacramento, California. She received her BA from Chapman University in Psychology and her Masters degree in Counseling from Louisiana Tech. While in the Air Force, Ledru worked in Hospital Administration. She was stationed in Texas, Maine, California, Louisiana, Holland, Italy, and Wilford Hall Hospital in San Antonio. Master Sergeant Barker retired from the AF after serving 22 years for our country.

Ledru retired in San Antonio and received her Teacher Certification from UTSA. Her first job in the classroom was teaching 1st grade at Pearce Primary School. She laughs and says that she only taught 1st grade for one year...the kids were just too active. She transferred to Taft High School teaching 11th and 12th grade English for special education students. Ledru retired in 2011 after 21 years of teaching.

Ledru met her husband in San Antonio after both retired from the Air Force. He retired with the rank of Major after 20 years of service as a flight navigator. It’s a good thing they had both already retired since “enlisted” Ledru couldn’t date an officer. Ruby Gates, past member of NSARTA, was her mentor teacher at Taft and had this nice male friend she wanted Ledru to meet. They dated for a few years and married in 2004. After his retirement from the AF, Major Barker worked for HR Block preparing tax refunds. She has a 31 year old and a 41 year old stepson and is blessed with a 14 month old granddaughter.

Ledru is the chairman of the NSARTA Stitchery group. This group meets once a month and currently only has 7 members. She wants to invite EVERYONE TO COME AND JOIN THEM, EVEN IF YOU CAN’T SEW, YOU CAN CUT FABRIC OR STUFF PILLOWS.

Her other hobbies include travelling, especially going on cruises. They have been on 3 Alaskan cruises, have cruised to the Caribbean and Bahamas, and recently returned from a cruise from Boston to Canada and back to Maine. They just got back from a Christmas trip to see relatives in Kansas and a “murder mystery” event in San Marcos. She and her husband also like to cook...I asked if she or he had any special dishes they made, but she said they just like to cook regular food. When it comes to cleaning up, Ledru says that’s her job. She loves to read and play Sudoku, also. In 2007 she began bow hunting. She and her husband both put their names on a list of retired military people to hunt at Camp Bullis. Names are then drawn from the pool and if you are lucky, your name is chosen for that season. You have to provide your own blinds, corn, and anything you’ll need for hunting. Names chosen can hunt dove, turkey, and deer during the regular hunting season. Due to safety reasons, Camp Bullis only allows bow hunting for deer while shotguns can still be used for turkey hunting. She said they love eating venison....so do I!!

Ledru has many talents and hobbies and her schedule is full, but she always makes time to help those in need. Thank you, Ledru, for serving our country and NSARTA!!

(NSARTA Hearts -continued)

Lynn East Mary Lynn Heart's family were recipients of Spanish Land Grants dating to 1750 in the Rio Grande Valley. Her family had strong educational goals for a young lady which was unusual for the times. Lynn started her teaching adventures while in high school. Her Home Economics teacher was absent several times each week and Lynn was sent to cover the classes. She was "hooked". Lynn graduated from Los Fresnos High School and Texas A&I in Kingsville, with a BS in Home Economics, Masters work at Texas Women's University and Texas A&M, with additional Masters and Doctoral work at Kansas State University. She says that if you consider all the army and government documents she has written, she has earned a PHD 3 times over.

She got a job teaching 4th grade in Harlingen ISD to earn enough money to pay for her senior year tuition. She had an unusual student teaching experience in 1963 at Solomon M. Cole High School, a non-integrated school, in Corpus Christi. Her public school teaching career spanned Brownsville, Pharr San Juan, Alamo, Mission, Joshua, San Antonio, and Monterrey, California. In 1968, Lynn was in Graduate School at Texas Women's University where she met her husband to be, a Warrant Officer in the helicopter training school stationed at Ft. Wolters. Lynn followed her military spouse, sacrificing her career for his service. In Washington, D.C. she was offered a position in the US Treasury working with the Deputy Undersecretary of the Department.

Lynn managed to find her own jobs at her husband's duty stations. In San Antonio, she worked for SAISD as a Home Ec teacher. She taught students food production, catering, nutrition, and food science. She also taught parenting, health, algebra, Ready Set Teach, as well as Freshman Pre-Engineering at St. Mary's University. She was a graduate assistant to the Dean of Adult and Occupational Education at Kansas State University. While stationed at Ft. Leavenworth, Kansas, she was Facilitator/Trainer for New Battalion and Brigade Commanders. At Ft. Lee, Virginia, she was Instructor/Trainer for 6 Military Academies and was the only woman on the training staff. As a GS 11, she was a document and field manual writer which included such topics as Graves Registration, Petroleum, Pipeline and Terminal Ops and much much more. While stationed in Stuttgart, Germany she was an Employee Development Specialist for US military and civilian employees at 6 military communities. At Walter Reed Medical Center, she was an employee development specialist for over 2000 employees, later transferred by Commander's request as an Instructor at the Naval School of Health Sciences. Again, she was the only civilian woman on the training staff. Lynn says her leadership skills included trust, respect, patience, loyalty, dependability, caring, and love.

Lynn returned to San Antonio in 1993 and worked for SAISD from 1994-2009. She was seriously injured while moving school equipment from one building to another and was on medical leave from 2008-2009.

On a fun note, at age 70 she took a concealed handgun class using a Smith and Wesson bodyguard pistol. She scored 100, 2nd highest in the class. She had been taught by her father, Ed Moody Sr., who was a constable, police chief, and a Texas peace officer for over 50 years. She laughs and says it took Judge Reynaldo Garza, the first Hispanic judge appointed by JFK, to persuade her dad to let her go to her senior graduation party. After all, her dad believed "good girls don't stay out late!"

Her son, Joseph Edward, passed away when he was just 22 years old due to diabetic complications. She says he could bench press over 350 lbs and during his brief life, he was able to save the lives of 2 young men, one of which periodically checks on her.

(NSARTA Hearts continued)

Her interests include sewing for NSARTA, making fleece blankets for the Salvation Army home, volunteers for Elf Louise, and reading mystery novels. Lynn likes going to a good movie, visiting with friends, and trying new restaurants. She fosters rescue terriers, one of which saved her from an attack by a large dog. She always remembers to give Thanks to the Lord for her many blessings.

Lynn believes everyone needs to “keep moving mentally – because when you stop, you start aging!” We know Lynn will never age, she just keeps going, and going, and going!! Thank you, Lynn for being such an active member in NSARTA!

LEGISLATIVE/FOUNDATION *Carlos Ortiz*



In recent months many retirees have experienced a turmoil with their health care insurance. We hope that each NSARTA member has worked through this struggle for their advantage. On a better note the TRS Pension Fund has reached 147 billion dollars which raises it closer to being actuarially sound. Mr. John Albright has replaced Britt Harris as the chief investment officer for the fund. This being an election year, we must now focus on the candidates (we do not care if they are Democrats or Republicans) who will help retirees/educators in the TRS Pension Fund and health-care as well as **public school** funding. The primary elections are very, very important. Get informed and vote for the candidate(s) who will help us. Also talk to your friends.

News From Peggy *Peggy Peterson* rpete4321@satx.rr.com 210.373.3961

Elf Louise volunteers



PROGRAM

Peggy Peterson NSARTA 2nd VP/Program Chair

Happy New Year to All!



We look forward to seeing everyone on January 17th to welcome 2018 with a program focused on WELLNESS! Jake Yetterberg of Yetterberg Retirement Solutions, a NSARTA Yearbook Sponsor and very engaging speaker, will address Financial Wellness and Estate Planning. Be ready for a meet and greet activity that will get us all moving in the right direction! So bring your smiling faces and joyful spirit to kick off another great year of learning and laughing together!

If you missed our meeting in December, then you missed out on a wonderful treat! The precious and talented Bronco Music Makers Choir from Vineyard Ranch Elementary School really got our toes tapping with holiday cheer with their joyful music program. Special thanks to Diadra Williams, Principal of Vineyard Ranch and Amanda Pawalek, Music Teacher for making it happen!

A huge thank you to the wonderful NSARTA Hospitality Committee who transformed the Fellowship Hall into a beautiful holiday setting and served the food with happy, smiling faces! Again, the folks at Heavenly Gourmet Catering provided us with a delicious meal. This company is always professional, accommodating and has a great staff.

Can't wait to see you on the 17th to get 2018 off to a fun start!

TREASURER'S REPORT *Carolyn Pfeiffer 210-372-434 carolynpfeiffer48@gmail.com*



Treasurer's Report as of: 1-4-2018
In our checking account we have: \$1,343.91
More details at our regular meeting on Jan. 17.

HAPPY NEW YEAR!!!

CORRESPONDING SECRETARY *Barbara Yates 494-6444*



Sympathy cards were sent to family of Dr. Margaret Mead, who passed away November 30, and family of Karen Bishop, who passed away December 2. Our prayers are with these families.

A get well card was sent to Molly Burke, who broke her hip.

STITCHERY

Ledru Barker



We have supplied 320 pillows, 50 wheelchair bags and 15 lap blankets to the VA Hospital. We have also given 50 stuffed animals and 10 quilts to the Children's Shelter.

COMMITTEE REPORTS

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



Many thanks to our wonderful hospitality committee! They did an outstanding job of making our Christmas luncheon something to remember. Their tireless efforts in creating atmosphere and furnishing us with delicious treats for every meeting are extraordinary. We are so appreciative of this group of ladies. (Barbara Rothe, Linda Nolder, Michele Bibb, Sue Blom, Kathy Cook, Teresa Flanberg, Glennie Lecoche, Cindy Nobles, Louise Rafael, Dolores Ramon, Karin Stanley and Pat Unruh.)

CHILDRENS' BOOK DRIVE

Sherlyn Valentin, Nancy Dooley, Pat Loewe



In the latest issue of "The Voice" (Fourth Quarter 2017), Leroy DeHaven, TRTA Second Vice President, wrote: "Putting books into the hands of children is one of our primary projects. In 2016, over 142,000 books were distributed through the Children's Book Project. Seeing the faces and the joy of the children receiving these books is so uplifting. Invite local leaders, politicians, superintendents, and the news media to this important event." Several members of NSARTA have given the book committee suggestions of elementary schools that we can choose from to deliver books to the students this May. Beginning in January, the book committee will be talking to the librarians of each school to determine if they will be able to work with NSARTA. For example, the librarian would need to set up the library, schedule the classes, and find out which students could be photographed. The members of NSARTA have generously donated books and \$122.82 so far this year. Last year we passed out 599 books. This year we are working toward donations or purchase of hundreds of books from the Kinder-5th grade levels as well. Thank you for supporting this project. Happy New Year!!

VOLUNTEERING *Janet Pennock japennock57@yahoo.com., 979-417-3876*

Please remember to get your volunteer hours to me before the end of January. You can email your hours to me or record them at the January meeting on January 17.



NOMINATING COMMITTEE

Judy Lynn, Immediate Past President

The Nominating Committee met in December and selected a slate of officers. The slate will be presented to the NSARTA Board on Wednesday, January 3, 2018. The slate then will be presented to the NSARTA general membership at our meeting on January 19, 2018. Elections will be on February 17, 2018. Nominations from the floor will be accepted at that time as long as consent has been received prior to the elections from the nominee. A ballot must be used if a nomination for any officer position is received from the floor.

REGISTRATION *Pat Loewe & Eddy English*



The registration table 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. If you have not brought refreshments to a meeting this year, please sign up to participate. You can do this at the registration table also.

MEMBERSHIP *Harold Black*



Everyone who had renewed or become new members by September 13th, should have received your copy of the NSARTA directory for 2017-2018.

We will be printing an update page on new members we have gotten since the yearbook went out. Please add this to your book.

February begins our membership campaign for 2018-2019. Make a NEW YEAR resolution to renew early!

**Happy
New Year!**

HEALTH Eddy English



January – National Blood Donor Month

Every two seconds, someone needs blood. [Am I eligible to donate blood?](#)

While 60% of the population is eligible to donate blood, fewer than 5% do so. But you have the opportunity! It's easy to check and ensure that you are eligible

Donor eligibility

All donors should be in good health on the day of donation. To be eligible, you must:

- Be at least 17 years old (16-year-olds may donate with parental consent. For more information, please read Parental Information on Blood Donation.
- Weigh at least 110 lbs.
- Feel well on day of donation
- Be free of major cold and flu symptoms
- Present a photo ID with birth date
- Not have a history of Hepatitis B or Hepatitis C at any age
- Not have had any risk factors/behaviors associated with HIV/AIDS

Medications and health history

Most medications are acceptable. If you are on medication(s) and are unsure whether you can donate, please view the list of Medication Deferral List which includes explanations of why certain medications are unacceptable.

Donors must be infection-free at the time of donation. If you are taking an antibiotic for an active infection, please wait until the infection has cleared before donating.

It is also important to know your health history. Be ready to discuss any past or present health conditions or surgeries.

Common health history questions

Below are some common conditions/situations that potential donors frequently ask about:

- Oral Antibiotics: Acceptable after completion of therapy (last dose) and symptoms are resolved. You can donate if you are taking antibiotics to prevent an infection, for example, following dental procedures or for acne. Some antibiotics for acne may disqualify you from donating.
- Dental work: Please call 877-BE-A-HERO to discuss the dental work and your eligibility with a specialist.
- Flu vaccination: You can donate if you are feeling well.
- Heart disease: Most donors with a history of heart disease that are feeling well and do not have any restrictions may be eligible to donate. Please be prepared to discuss your specific condition with a Donor Specialist.

If you are interested in donating blood, please call the South Texas Blood and Tissue Center, Monday – Friday, 8:30 am – 8 pm CT (210) 731-5555 Toll free: (800) 292-5534; or log onto their website at www.SouthTexasBlood.org

**NSARTA
14219 Turtle Rock St.
San Antonio, Texas 78232**

OR CURRENT RESIDENT

HAPPY NEW YEAR!

JANUARY 2018

