



The Hearts of NSARTA

NSARTA NEWSLETTER

MARCH, 2018



Richard and Diana Sarfin



Paul Cwiklik



PRESIDENT'S CORNER

Our February gathering was another highpoint of the year. Peggy Peterson and Barbra Rothe joined our guest speaker from Child Advocacy San Antonio (CASA) to share their personal experiences as advocates who serve as “a voice for neglected and abused children.” In and out of the court room, both touching and uplifting, these ladies and others like them are God sent angels for these children in need.

Part 2 of the program with Carlos Ortiz was a look at the current political picture before the March primary election that explored what we need to know about issues of interest to retired teachers and how to approach legislators with our own written words to gain their support once elected. We carved out a bit of time to put pen to paper on this one.

Speaking of voting – NSARTA members retained in office our current leadership by “unanimous consent” for the 2018-2020 term of office. Reelected to join me as your president were: Harold Black, 1st Vice President; Peggy Peterson, 2nd Vice-president; Suzanne Sim, Recording Secretary; Barbara Yates, Corresponding Secretary; and Carolyn Pfeiffer, Treasurer.

As time marches closer to the TRTA Annual Convention at the La Cantera Resort and Spa, April 9-10, our unit's big role is to man the registration desk for the first two days of the convention and to assemble and distribute the goodie bags for those in attendance. The convention count is expected to reach 1,000 or more participants.

At our February meeting we fulfilled our original tasking of securing 36 volunteers to serve at the registration table and to assist the day before the start of the convention in filling those bags. **VOLUNTEERS WILL**

NEED TO GATHER AT THE CONVENTION SITE ON SATURDAY, APRIL 7 FROM 9 AM TO 12 NOON FOR REGISTRATION, ORIENTATION, AND TO “STUFF” THE BAGS. IMPORTANT TO KEEP IN MIND: VOLUNTEERS DO NOT NEED TO REGISTER FOR THE CONVENTION UNLESS THEY INTEND TO ATTEND CONFERENCE SESSIONS. Registration is \$40.00.

Just as I was preparing these monthly notes for you, the TRTA events planner in charge of the convention requested additional manning at the registration tables, as TRTA staff member participation will be more limited than originally planned. That said, **NSARTA WILL NEED TO SOLICIT 10-15 ADDITIONAL VOLUNTEERS TO ASSIST AT THE REGISTRATION AREA FOR MONDAY, APRIL 9 ONLY. WE WILL NEED TO DO THIS AT THE MARCH MEETING. I KNOW WE CAN DEPEND ON YOU TO ANSWER THE CALL TO SERVE!**

Additionally, we ask that all NSARTA members empty their drawers and cupboards at home and gather up note pads, pencils, pens, key chains, peppermint candies, nail files, tire gauges, etc. **PLEASE BRING ALL YOU CAN GATHER TO THE MEETING ON MARCH 21! We will have boxes on hand in which to deposit your items!**

As you can tell, NSARTA doesn't stand still for long. We are in perpetual motion. As my doctor always tells me, **“KEEP MOVING”!**

March Hearts of NSARTA



Our March Hearts of NSARTA are [Diana and Richard Sarfin](#). As you will learn, this couple is a very giving and service oriented couple.

[Diana Sarfin](#) was born in Astoria, New York. As a young child, her family moved to Flushing, NY where she attended Catholic schools. She is an only child. Her dad was a tile-setter who later became the superintendent in charge of setting tile in the Holland Tunnel in New York City. Her mom was a seamstress with Geoffrey Beene and later named the head examiner of garments for Mr. Beene. Diana said her mom was a real “fashionista” where she is not. Diana added that she creates with her mouth not with her hands.

She attended Queens College in New York City and graduated with a BA in Communication with a Minor in Education. Her first job was with Woolworths where she “worked the floor” and was later promoted to “upstairs” making bows and giving out the payroll. Later she worked as a part time dental assistant. At that time, you didn't have to have any dental training to be an assistant. After graduating from Queens, she worked as a 1st grade teacher in a Catholic School because she had not done her student teaching and couldn't work in a public school. It was during this time, while Richard was on leave, she met Richard at a “disco” in Glen Cove, N.Y. They dated for a short time before he moved back to Minot, North Dakota. Their “courtship” was a long distance one and they only saw each other when he came back to New York or she travelled on vacation to Biloxi, M.S. They married in 1972 and will celebrate their 46th anniversary in May.

(Hearts continued)

Richard Sarfin was born in Brooklyn, New York but grew up in Long Island. His dad worked as an expert upholsterer and his mom was a stay at home mom. Richard also attended Catholic schools and graduated from Monsignor McClancy High School in East Elmhurst, NY. Richard was very active in track and baseball in his teens. Richard proudly graduated from St. John's University in New York with a BS in Economics. He has 2 brothers and 2 sisters all living in New York State. While at St John's, Richard also attended New York University and received his AFROTC commission.

From 1972 to the present day, Richard and Diana have been together and their lives are inseparable. From a honeymoon in Bermuda, they returned to North Dakota briefly to prepare for their lives together in Alaska. The newlyweds moved often making new friends along the way and keeping old ones. They made their homes in Alaska, Alabama, Texas, and Germany. Richard worked in Administration and Contracting at his various bases. In Alaska, he was the Squadron Commander of the 21st Field Maintenance Company and also a Headquarters Squadron Commander for the Alaskan Air Command. As if he didn't have enough to do, Richard attended the University of Alaska and received his MBA in Quantitative Systems. As busy as Richard was with all his air force responsibilities, Diana was equally busy teaching and obtaining her additional degrees. While in Alaska, Diana taught one year of preschool and daycare. Diana also attended the University of Alaska receiving her Master of Education in Reading and Certification in Learning Disabilities. Both Diana and Richard went on to Craig AFB, Alabama in 1975. While stationed in Alabama, Richard was the base Chief of Administration from 1975-1977. While living in Alabama, Diana had to take 2 economic classes before she could teach there. There she taught reading at a Title I school followed by teaching math and reading to LD students at a middle school.

In 1977, they moved to San Antonio for the first time and Diana taught reading part time at SAC. The next year she was hired at Leon Valley Elementary to teach 4th grade. She became pregnant and took a break from teaching. She laughs and says that she had to take "several breaks from teaching" to raise their growing family. After being transferred to San Antonio, they bought their first home. Richard worked at Brooks, Kelly, Lackland, and Randolph Air Force Bases while stationed here working both in Administration and Contracting. They moved to Germany in 1986 where she taught 1st grade at a Department of Defense Elementary from 1988-1989. In October 1989, Richard retired as Captain from the Air Force with 20 years of service to our country.

Diana and Richard finally transferred back to San Antonio where she was hired at NISD to teach Special Ed students at Taft High School. She remained there for 19 years and retired in 2008 with 27 years in the classroom. She said a word to describe her is a "starter". Once she becomes interested in something, she doesn't give up. After Richard "retired", he decided to become a teacher and earned his teaching certification in Business, Economics, and Special Education from Southwest Texas State University. He would travel to San Marcos during the day and drive a VIA bus while not in class. He said his days began at 8AM and ended around midnight. Richard began teaching in 1994 at South San High School. In 2007 he transferred to Robert Zamaro Middle School also in South San ISD. Richard continued to drive a VIA bus until 2003. He retired from South San in 2014 after 21 years in education. Richard is proud to say that his life has been one of service to others, beginning as an altar boy in New York, and continuing with his military career, his students, parishioners, and Leon Valley residents.

(Hearts continued)

Diana and Richard have 4 children. Greg is a bartender in San Antonio, Natalie is an Asst. DA in Georgetown, Valerie teaches at Johnson HS, and their youngest child, Jeff, passed away almost 8 years ago. They are the proud and busy grandparents of 6 grandkids all under the age of 5. Richard plays golf, is interested in watching what the stock market does on a daily basis, and enjoys bar-b-queing. Diana organized a luncheon for the retired teachers of Taft, belongs to a Red Hat group, is a 50 year member of Delta Zeta, and a member of the "Extended Run Players". She also belongs to the "Singing Saints of St. Luke Catholic Church", an organization that sings "oldies" to various nursing homes. They are both devoted to their church and in helping those who need just a little lift in life. They are both active members of several educational organizations, community activities and church organizations. They are active members of Phi Delta Kappa.

The Sarfins have vacation plans for this summer. In July, they will be travelling to a family wedding in New York followed by a nice long vacation to Ireland. Diana said they both have already planned for what their headstones will say. Diana's headstone will have "Live, Laugh, and Love", while Richard's will have "Faith, Family, Friends". Richard told a story about giving money to some young girls at church to buy warm blankets. Later that day, he went to IHOP for lunch and when he went to the cashier to pay his bill, someone else had already paid for him. He is a big believer in "paying it forward" and was rewarded for his kindness. He said, "The more you give, the more you get back. When you give yourself to help others, you are blessed and rewarded in many different ways."

Thank you, Diana and Richard for giving to NSARTA in many ways. Diana has served as 2nd Vice President of NSARTA and they both travel to area high schools to register students to vote. You will see them at most meetings, engaged in important retirement discussions. They are active members who make a real difference in the lives of many people. You are a giving, loving, and generous couple who bless all of us with your friendship.

LEGISLATIVE/FOUNDATION *Carlos Ortiz*



Michelle Bibb asked me to send the information which I passed out in our February NSARTA Meeting to Betty so that it could be disseminated to our members. I will make more copies for those who did not get my notes. Our job right now is to **VOTE** for candidates who will help us. Peggy Peterson's great idea of writing letters will be done immediately after the General Election in November. If we write now, the candidate may be defeated and our effort has been wasted. Get your thoughts together and begin writing. That same letter can be sent to our Representative/Senator as well as those Legislators assigned to a Committee which make decisions on our behalf. The committee assignments are made after the Session starts in 201



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



Is it Spring yet? I don't know about you but I am ready for lovely south Texas wildflowers to blanket our fields and byways. Spring is a time of renewal, awakening and sunny smiles! Let's enjoy it before summer heat drives us inside again!

This month we will foster interest in the past with a presentation by Dr. Cynthia Kennedy, a member of the San Antonio Genealogical and History Society. Whether you are a novice researcher, an expert or someone that has never given family backgrounds a thought, you will enjoy this presentation. Don't miss out!

NSARTA BIG READ CLUB.....We have a good number of folks signed up for the book club. Our first Big Read is Before We Were Yours by Lisa Wingate. It is an intriguing story based on the storied history of the Tennessee Children's Home. This is available only in hardback through many sources and in many forms (audio, e-book, download, online). Our first meeting will be the first week in May- location to be determined.

Our 2nd Big Read will be The Train to Crystal City by local author, Jan Jarboe Russell. This captivating book is a thoughtful, engaging look into our past. Now available in paperback! We will meet in July to discuss it.

Want to join? Contact Peggy Peterson by phone (leave message), text (210-373-3961 or email rpete4321@satx.rr.com).

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

Treasurer's Report as of: 3-5-2018



\$586.51



Carolyn Pfeiffer

More details at the March meeting.

HAPPY ST. PATRICK'S DAY!

CORRESPONDING SECRETARY Barbara Yates 494-6444



Get well cards were sent to Betty Moseley, who had a sinus infection and to Kathy Phillips who was in Huebner Creek Health & Rehabilitation Center.

A sympathy card was sent to Cande Colunga, whose brother passed away. We send our loving, caring thoughts to all these members.

MEMBERSHIP Harold Black



March marks the official start of our membership drive.

If you know retirees who have not joined or only joined at the state level, invite them to join us. Please complete the appropriate form below and bring it to the meeting with your \$50.00 membership fee.

We need all the members we can get to have our needs heard in the next legislature. Remember to get informed and VOTE for supporters of education and teachers.

Use the following forms 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





Look Out for Tax Imposters!

Tax season is in full swing, which means scammers are working overtime to take advantage of tax filers. These scams usually take one of two forms. Knowing how they work will help you stop scammers in their tracks.

How the Scams Work

In one version of a tax season scam, scammers call you pretending to be an agent of the Internal Revenue Service or the Canadian Revenue Agency. These calls can be very convincing. They may show up as originating from Washington DC or Ottawa and begin with an official-sounding recording. The scammer will claim that you owe back taxes and are facing fines or arrest. They will demand immediate payment using pre-paid debit cards or by wiring money.

Also, be on the lookout for tax identity theft. A scammer uses your government-issued identity number (Social Security number in the U.S. or Social Insurance number in Canada) to file a tax return in your name and collect your refund. You may not know you were scammed until you get a written notice from the IRS or CRA.

Tips to Avoid Falling Victim to Tax Scams

File early: File your taxes early before a scammer has a chance to use your information and file a fake return.

Know how the government works. In the United States, the IRS makes initial contact with people by mail, not email or phone calls. If you haven't received anything in the mail from the IRS, be wary of anyone who claims to be calling you on their behalf. In Canada, if you receive a call alleging to be from CRA and claiming that you owe money, you can [verify it on this website](#).

Don't make a hasty payment. The IRS or CRA never asks for payments via pre-paid debit cards or bitcoin. Also, both countries give taxpayers the opportunity to ask questions and work with them on payment plans.

For More Information

For more details about tax scams, read the [BBB article on tax collection scams](#).

To report a scam, go to BBB Scam Tracker (BBB.org/scamtracker). To protect yourself from all kinds of scams, visit the BBB Scam Tips page (BBB.org/scamtips).

COMMITTEE REPORTSREGISTRATION 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, 494-8197 Barbara Rothe 380-8150,

Linda Nolder 490-1035



Thank you to NSARTA Board Members for providing refreshments for our February meeting. There were so many treats to choose from...and plenty left for seconds during our break.

If you have NOT provided treats for any meeting this 2017-2018 year, please sign up to bring them in April. Our May meeting will be a tasty pot luck lunch where everyone will be asked to contribute an item to share.

CHILDRENS' BOOK DRIVE Carolyn Varian, Nancy Dooley, Pat Loewe,

500 books is our goal for the NSARTA members to distribute to Valley Hi Elementary students in May. The Children's Book Project still needs cash donations and book donations to accomplish this goal. Please remember that if you give book donations, these books must be from Kinder through 5th grade level only and in new or slightly used condition. SAVE THE DATE! If you are interested in participating, the book committee will be going to the NEISD PTA book sale on April 6th at Blossom Athletic Center. We will meet in the Blossom parking lot at 9:30 a.m. Contact Sherlyn Valentin, Nancy Dooley, or Pat Loewe if you would like to help us find books for the students of Valley Hi.

STITCHERY Ledru Barker

Please plan on bringing us any donations like old sheets, pillow cases, tablecloths, and material that you have laying around your house not being used. We will turn them into pillows for VA Hospital and stuffed toys for Children's Shelter. We also make quilts for both.

VOLUNTEERING Janet Pennock

Don't forget to fill out a new 2018 Volunteer Hours form! Many activities count for volunteer hours; helping at church, helping a friend/family member go to the doctor, babysitting, attending other educational organization or helping on a scholarship committee, just to mention a few. If you have questions about what might count or want to turn in hours call me at 979-417-3876 or email me at japennock57@icloud.com

HEALTH Eddy English



The Brain Awareness Campaign is a worldwide celebration of the brain that brings together scientists, families, schools, and communities. Brain Awareness Week is officially **March 12-18, 2018**.

Some Interesting Facts about the Brain by William Hartston

1. In the 4th century BC Aristotle thought that the heart was the seat of intelligence and the brain was a cooling mechanism for the blood.
2. He thought that the reason humans are more rational than beasts is that their larger brains cool their hot-headedness.
3. The average adult brain weighs about 3.3lb and contains about 86 billion nerve cells (neurons).
4. The brain accounts for about 2 per cent of our weight but uses about 20 per cent of our energy.
5. The brains of some ant species account for up to 15 per cent of their total weight.
6. The word “brain” does not occur in the King James Bible.
7. Neanderthals’ brains were about 10 per cent larger than those of homo sapiens.
8. Coca-Cola was first marketed in 1886 as a “brain and nerve tonic”.
9. Two of the leading British neurologists in the first half of the 20th century were Henry Head (1861-1940) and Walter Russell Brain (1895-1966). The latter became editor of the journal, Brain.
10. “Brain: an apparatus with which we think we think,” (Ambrose Bierce, Devil’s Dictionary).

Just as we can improve our overall physical fitness by exercising our bodies, we can achieve brain fitness by exercising our brains.

Neuroscience research has shown that we can build brain processing efficiency and improve learning by exercising our brain through activities that focus on memory, attention, processing rate, and sequencing.

Neuroscientist, Michael Merzenich, Ph.D.

Most older brains, by the way, are neglected. They are therefore slower and less accurate, and do a poorer job recording useful information and controlling their owners’ actions. The common belief, not so many years ago, was that we older folk were just stuck with these declining faculties. Again, we now know this is simply not true. Your brain can be better, stronger, smarter and safer, starting now.

The key is to get “brain exercise” in the right form. We know that we can sustain or even rejuvenate the brain’s accuracy, reliability and problem-solving ability. Most people in midlife and beyond can recover the brain power and adaptive intelligence of those 10, 20 or 30 years younger. Check out the internet brain gym at www.brainHQ.com

NSARTA
14219 Turtle Rock St.
San Antonio, Texas 78232

OR CURRENT RESIDENT

Happy St. Patrick's Day!

March 2018

