



## THE HEART OF NSARTA

NSARTA NEWSLETTER

SEPTEMBER, 2017



*Sue Winebrenner*



*Paul Cwiklik*

**PRESIDENT'S CORNER**, Welcome back to another year of TRTA/NSARTA membership! Your leadership team has met and been trained, and is ready to serve your membership needs for 2017-2018.



As you reflect back on TRTA Executive Director Tim Lee's many *Inside Line* publications this summer, I'm sure you'll agree this has been a very busy and emotionally controversial year in dealing with the Texas legislature. It is often true that "a piece of the pie is better than no pie at all", which probably reflects well what has happened to TRS-Care. To some, that may be little consolation. However, let's be patient and see what details TRS will work out with the money that was appropriated to "save" TRS-Care from an otherwise impending demise!

It is critically important you attend our September 13 program with Tim Lee to hear, firsthand, the before, after, and future plans for your health care program. NSARTA is the only District 20 unit to have Tim as a speaker this fall, and that is the reason for the date change from the normal 3<sup>rd</sup> Wednesday of the month. We expect many people from other area units to attend, as well as those of you who do not normally attend our gatherings. **BEST ADVICE: COME EARLY – BY 9:30 AM – PARTICULARLY IF YOU HAVE NOT RENEWED YOUR MEMBERSHIP.**

For our follow-on programs in October and November we are inviting several of our area legislators to visit with us to discuss their views on retired teacher issues and how all of us together can improve the future of our retirement. Write down your questions now, and bring them with you on October 18 and November 15. Meanwhile, please continue to write your respective Representatives and Senators, as well as the Governor and Lt Governor, to keep your concerns upper most in their minds.

Elsewhere in this newsletter, you will see the details on the District 20 annual Conference in Boerne on October 26. **EVERYONE** is invited to attend – the District is inviting as many representatives and senators as are available to sit down and "do lunch" with a larger gathering of retired teachers – to sit among them and to get to know them as "people", not just as voters; no speeches!

It is my sincere hope to see as many of you who are able at the September, October, and or November programs!

MEMBER SPOTLIGHT     *Michelle Bibb*



Last year we celebrated NSARTA members by recognizing them as our monthly “**Hearts of NSARTA**”. We received such positive feedback that we are continuing this tradition again this year. It’s wonderful to belong to an organization that is filled with many talented and interesting people. Our members come from all over the United States and have wonderful stories to tell. To begin our 2017-2018 year, we are recognizing **Paul Cwiklik** and **Sue Winnebrenner** as our September “Hearts of NSARTA”.

**Paul Cwiklik** was born in Fall River, Massachusetts, home of the legendary Lizzie Borden. The nursery rhyme chant begins “Lizzie Borden took an axe and gave her mother 40 whacks.” Paul said Lizzie’s home is now a Bed and Breakfast and museum. I read that you can stay at the B&B and enjoy the same kind of breakfast her parents were eating before their demise. OK, back to Paul...his parents both worked in textile mills when Paul was young. His dad made cotton thread which was later sold to Fruit of the Loom Mills for production of undergarments. He had one younger sister who has predeceased him.

Paul graduated from the University of Massachusetts in 1963 with a degree in English and Secondary Education. When he was a senior at U Mass, he met his future wife, Maureen, who was working as a secretary in the Student Activities office. Paul does admit the attraction wasn’t mutual, and she wasn’t interested in him at all. After graduation, he joined the Air Force and was sent to Officer Training School at Medina Base Annex here in San Antonio. Not giving up on Maureen, he began writing to her, eventually won her heart, and within a year they were engaged. After OTS, he was commissioned as Second Lieutenant and stationed at Sheppard AFB in Wichita Falls. In 1965, Maureen and Paul married in Greenfield, Massachusetts, and the newlyweds moved back to Sheppard AFB. Maureen moved back to Massachusetts to live with her mother when Paul was sent on isolated assignment in Taiwan for 13 months as Commander of a Field Training Detachment. In 1967, he returned to Sheppard AFB with the rank of Captain.

As an Air Force Officer, Paul was stationed at many Air Force bases around the world. These include Medina Base Annex (San Antonio), Sheppard AFB (Wichita Falls), an isolated assignment in Taiwan, Strategic Air Command, and a tour in Thailand near the Cambodian border, leaving Thailand when Saigon fell to North Vietnam. His duties at those bases included commander of a field training detachment, member of a teaching staff for college graduates who upon graduation from this school, were commissioned Air Force officers. He later was assigned to Headquarters Staff overseeing the evaluation of instructors in that unit. He became a “student” again when he was sent to the Air Force Air Command & Staff College as Major and was recognized as a distinguished graduate. In 1976, he was stationed at Hill AFB as squad commander of a unit that loaded bombs into F14 jets. His last overseas assignment was at Yokota AFB, Japan, as Deputy Chief of Staff for logistics support of all Air Force personnel in Japan and Korea. Paul retired with the rank of Colonel in 1991 after 28 years of military service. **THANK YOU, PAUL, FOR YOUR DEDICATION AND SERVICE TO OUR COUNTRY.**

Paul is never one to sit back and do nothing.....during one of his assignments at Medina Base Annex in San Antonio, he attended Our Lady of the Lake University obtaining his Masters of Education Degree in Supervision. After retirement, he again attended OLL obtaining his Mid Management Certification and later his Superintendent’s Certification from UTSA. Paul taught at only one school, Holmes High School, as an English teacher for 12 years, then as supervisor of credit retrieval programs for 3 years. Paul retired from NISD in 2007 with 15 years in Education. He joined NSARTA in 2008 and has served as 1<sup>st</sup> Vice President and currently in his second year as President of NSARTA.

**Hearts OF NSARTA** (continued)

Paul and Maureen are proud parents of 3 children. Marc graduated from Texas A&M and served in the Air Force for 20 years as a logistics and transportation officer. Mary, a SWT graduate, works for a firm staffing hospitals in Austin. Michelle, another SWT graduate, works as a money laundering investigator for J. P. Morgan Chase in San Antonio. They have 6 grandchildren ranging in age from a sophomore in college to 12 years old. Paul says the grandkids keep them VERY busy. He and Maureen enjoy the San Antonio Pops performances at the Tobin Center and dining at their favorite restaurants, Perry's and Wildfish. He and his daughter, Michelle, attend food and wine Pairings at Carrabbas each month.

**Sue Winebrenner** was born in Cleveland, Ohio and raised in Kettering, Ohio. She said the city was named for Charles Kettering, inventor of the electric starter motor for automobiles. There are also several hospitals named after him, the most famous one is Sloan Kettering Cancer Center in New York City. Her mother was a stay at home mom and her dad was an Office Manager for General Electric. She said her dad only worked at one company, General Electric. We both agreed that doesn't happen very often any more.

Sue graduated from Valparaiso University with a BS degree in Physical Education/Recreation/Health. Valparaiso University is located in Indiana and is one of the first coed colleges in the United States. It is also the largest Lutheran University in the United States. Her first years of teaching were in La Porte, Indiana teaching middle school PE. She met her husband, Phil, on a blind date. A friend's husband knew Phil and thought he and Sue would be a great couple. He was right and they married in La Porte about a year after they met. Sue also worked at Valparaiso University as the Girls Volleyball and Softball Coach, in Division I, NCAA conference. She said her teams played against Notre Dame and other large universities. During this time, Phil owned a sporting goods store but after a REALLY SEVERE Indiana winter, Phil was offered a new job and asked Sue if she would consider moving. She said she would go but only if the job was in the south, as she was ready to get out of the cold frozen north. They moved to Portland, Texas and Phil went to work for MAACO in Corpus Christi. Sue went back to school and received her Masters of Educational Psychology from Texas A&M, Corpus Christi.

After her second child was born, Sue began teaching PE for Tuloso Midway ISD. She said one of her favorite jobs was Director of Redirecting Behavior at Tuloso Middle School. She has a very warm spot in her heart for these kids that just needed a little more help and direction to succeed in class. She gives lots of credit to the kids' teachers who would come in during their off periods to help their students. After leaving Tuloso ISD, Sue taught PE at the elementary level in Corpus Christi. She said for several years, her schedule had her working at 5 separate elementary schools each week – a different school for each day of the week. As CCISD hired more PE teachers, her schedule changed to working at only 3 schools per week. Sue retired from CCISD in 2005 with a total of 30 years in education.

Sue was elected to and served for 4 years as a member of the Gregory-Portland School Board. She found this job very interesting and having been a teacher, she knew exactly what educators in that district were experiencing and what they needed. During her tenure, Gregory-Portland was in the process of building a new high school. The Superintendent, Architect, and Financial Officer for GPISD were killed in an airplane crash which threatened to delay the opening of the much needed high school. Sue said the School Board pulled the community together and the new school was opened on time.

Phil, her husband, is a consultant for the auto industry but is looking forward to his retirement in the fall. The Winebrenners have two grown children. Carrie is a student at Austin Presbyterian Theological Seminary earning a Master's Degree. Her goal is to become a minister. Dan, a pilot for American Eagle Airlines, lives in Burleson, Texas just south of Ft. Worth. His wife is a first grade teacher and they have a 3 month old son. The entire family spends most

*Hearts of NSARTA* (continued)

of the summer at their lake cabin located on Fifth Crow Wing Lake in Minnesota. In fact, Sue was at the lake when I called to interview her as our "September Heart". Sue has been an active member of NSARTA for over 10 years and recently served as NSARTA Volunteer Coordinator.

On a bitter sweet note, Sue and Phil have sold their home in San Antonio and will be moving at the beginning of September to Burleson, Texas to be closer to her new grandbaby. There she plans to do a lot of baby-sitting in her spare time. She has already found a TRTA chapter in that area and looks forward to becoming an active member in that unit. Sue, we thank you for all your years in teaching, being an active member of NSARTA, and being a friend to all who know you. **YOU WILL BE MISSED!!**

LEGISLATIVE/FOUNDATION *Carlos Ortiz*



On the last day of the Special session, HB 21 was passed by the Legislature. The Bill awarded 212 million dollars into the TRS Health-Care. This bill will help in reducing premiums. In the House, many legislators voted against the Bill because an amendment was attached to set 60 million dollars for charter schools and defer the costs until the next session. Many Legislators wanted to take the money from the Rainy Day Fund. TRS is planning workshops through-out the State to explain the new premiums as they relate to the Bill passed as well as the changes coming up in January. During the regular session, the legislators approved 1.25%, up from 1%, of the active teachers' payroll for health-care. The 1% contribution was legislated in the mid 1980's. For the October & November, NSARTA Meetings we have elected legislators

speaking to us. Please have your questions ready.

PROGRAM *Peggy Peterson NSARTA 2nd VP/Program Chair*



**Welcome to NSARTA's 2017 - 2018 Year!**

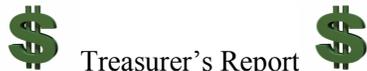
Did the 2017 Legislative Session leave you with questions, concerns and worries? Your NSARTA Board will focus our September, October and November meetings on trying to make sense of where we stand as retirees, what changes are coming, and which legislators have demonstrated support for retirees, current teachers and public education. **TEAMWORK IS KEY** and we all need to be well informed and involved in the effort!

We kick-off with Tim Lee, Executive Director of TRTA on WEDNESDAY, SEPTEMBER 13TH (note change to 2nd Wednesday this month!). Tim is not only a dynamic speaker but he has been on the front lines working tirelessly for us! In October and November a number of elected officials

from Bexar County will join us.

As always, we begin with Refreshments at 9:45 with the meeting called to order promptly at 10:00. Join us to stay informed and involved! **TEAMWORK IS THE KEY!**

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



By: Carolyn Pfeiffer, NSARTA Treasurer 2016-2018  
As of: August 23, 2017, Amount in Checking Account is: \$3,101.84  
(More details to follow on September 13.)\

**CORRESPONDING SECRETARY Barbara Yates 494-6444**



Get well cards were sent to Janet Pennock, who had surgery; Adele Murphy, who had a mastectomy; and Billie Oehler, who is battling cancer. A sympathy card was sent to Bertha Colunga-Villarreal, whose mother passed away, and to the family of Jane Hurlbut who passed away in August. Please keep all these members in your prayers.

**POSSIBLE JOB OPPORTUNITY Deanna Van Pelt drvanpelt@aol.com**

**H&R Block** is offering FREE Income Tax Courses to the members of NSARTA. They have classes already scheduled. You can log in to the link below to see classes available. they have classes scheduled in many convenient locations around San Antonio. They offer morning, afternoon and evening classes to fit your needs. You can use coupon code 25016 to get the course for FREE.

<https://www.hrblock.com/corporate/income-tax-course/>

Our Income Tax Course will prepare you to complete and file basic tax returns, and is the first step to being eligible to work as a Tax Professional with H&R Block.

Structure of the class: -Learn from the best. -The Income Tax Course is a mix of Instructor led and Web Based independent training. -Our classes offer interactive discussions, one-on-one assistance, hands on experience with tax preparation and software training. -Small class size

Requirements: -60 hours of learning -must pass with a 70% or higher -Can't miss more than 8 Hours -All Courses have to be complete.

To enroll go to [hrblock.com/class](http://hrblock.com/class), click on enroll now/ select Texas/ Drop down to the USA enter in your zip code. This will bring you to available classes.

We are also looking for people who have tax experience. Anyone who has tax knowledge but did not work at H&R Block can take the Tax Knowledge Assessment test. About the Assessment Test is multi choice Once you start the test, you have to finish the test 120 minutes to complete test Must score at least 80% You can take the test a maximum of 3 time annually To register for the Tax Knowledge Assessment go to [hrblock.com/class](http://hrblock.com/class), click on Tax Knowledge Assessment then complete the information.

**Patricia Kotara, MSA | Pre-Season Manager**

Fredericksburg Rd #114, San Antonio, TX 78201

Office: 210-735-3541 | Cell: 210-452-4910 Fax:210.737.1985 [patricia.kotara@tax.hrblock.com](mailto:patricia.kotara@tax.hrblock.com)

**STITCHERY**

**Ledru Barker**



The Stitchery Group would love for anyone to join us, to stuff pillow cases with fill, in order to make pillows for the VA hospital. We stuff for two hours, enjoying each other's company, while two of us sew the pillows shut. Enjoy food and drink while you stuff.

BRIDGE - Sarah Villareal 494-6552



Our bridge group meets monthly during the year, except for November and December. They meet at 10:30 a.m. on the 4<sup>th</sup> Wednesday of each month. If you are interested in joining this bridge group, call Sarah Villareal. You can also sign up to be a substitute if you don't want to commit to every month.

COMMITTEE REPORTS

NOTIFICATION COMMITTEE Michele Bibb 494-8197 Betty Moseley 494-1080

The Telephone committee has been replaced by a mail-out of the newsletter each month to those members who do not have an e-mail. It was decided that the information that was shared by the telephone committee was just a very small portion of the NSARTA news. We wanted all our members to benefit from the knowledge of all the many things going on in our group each month.



HOSPITALITY Barbara Rothe 380-8150 Linda Nolder -219-4749

Hello and welcome back to a great year at NSARTA!! The Hospitality Committee is excited for the 2017-2018 NSARTA meetings to begin this year. We hope you have had a healthy, relaxing and enjoyable summer with family and friends. Our members this year are Michele Bibb, Sue Blom, Kathy Cooke, Teresa Flansburg, Gaye Goodwin, Glennie LeCocke, Cindy Nobles, Peggy Peterson, Delores Ramon, Karin Stanley, Pat Unruh, and your Co-Chairs, Linda Nolder and Barb Rothe. We look forward to decorating the tables depicting various themes, depending on the month, and helping to make our meeting atmosphere bright and cheerful! We are asking once again for volunteers to sign up to bring treats for the following month. You will get a reminder call several days before the meeting from Linda Nolder.

September's refreshments are provided by the Board members. Thank you!!

We are still in the aftermath of the disastrous Harvey and pray for all those affected by this relentless storm that has hit south Texas and beyond. We give thanks to all those who have contributed towards recovery. Texas Strong!!

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

Volunteering is a positive impact that we can make on our community. It is our way of showing legislators that retired doesn't mean being idle. We are an industrious group of individuals. So let's collect the data needed to prove how vital we still are to the community. It is quite a simple procedure. Every time you sign in for our monthly meeting, take a second to find your volunteer hours form in the gray binder, fill in how many hours you volunteered. No proof is necessary! If you forget to record your volunteer hours at the meeting, just email me or call and leave a message, with your name and hours. A lot of things you do can be considered volunteering. These are a few times that you may not realize you are volunteering.

1. Attending NSARTA meetings + the travel time to and from (that could be up to 4 hours a month).
2. Visiting or telephoning a sick or disabled friend + travel time to and from
3. Teaching (Bible, Sunday school, Religious classes, special interest, education course) + travel time to and from
4. Being a docent at a museum, zoo, theater, etc + travel time to and from
5. Grandchildren (baby-sitting, shopping for, assisting when they are sick + travel to and from)
6. Neighbors, Church Family and Friends (assisting them, transporting them, helping with their pets) + travel to and from
7. Contributing to funeral preparation and support + travel to and from
8. Jury Duty + travel time to and from
9. Anything related to schools, education, learning and caring + travel to and from.

CHILDRENS' BOOK DRIVE Nancy Dooley, Pat Loewe, Sherlyn Valentin

Thanks to your generosity, 599 books were donated to Passmore Elementary School in Northside ISD. Twelve of our members were present to see the children choose a book of their very own; many immediately started reading their new book and/or writing their name on the book plate. The excitement and appreciation of the students (and teachers) was great to observe. Eddy English took many pictures, and Harold Black put them on our web page. The smiling faces of the children, with their new books, is a great thank you for your generosity in supporting this project,



This is a statewide project to place books in the hands of children who otherwise might not have a book to call their own. Each book donated has a book plate identifying it as a gift from TRTA and NSARTA. To recognize units participating in this project, TRTA requests an annual report to include the total number of books donated that year.

Each year, NSARTA chooses one school where every student will receive a book from our unit. Your new (or very gently used) book donations are one way we collect books. The other way is to buy very gently used books with the money collected in the table baskets at each meeting. These purchases are made at book sales at libraries, book stores, thrift stores, PTA sales, etc., throughout the city. As you can see from the number of books donated in May, bargain hunting to find "like new" books is definitely a required skill. Before the distribution date, collected books are grouped by grade level. Please take the opportunity to participate in this project and bring your book and/or cash donations to the meeting on September 13th. Hopefully, you will also consider helping to collect, store, and/or organize grade-appropriate books. For more information, please call or talk with us at the monthly meeting. Thank you in advance.

MEMBERS BENEFITS Deanna Van Pelt

If anyone would like to send me other types of possible Member benefits, I will put them in the Newsletter or relay them at our NSARTA meetings. I encourage members to read their VOICE for statewide benefits to our members. You should also check the Member Benefits page in each issue. Some offers change from month to month. My home phone # is: 210-479-8443. My e-mail address is: Drvanpelt@aol.com. Anyone is welcome to contact me with questions or concerns about our TRTA benefits. I will try to help them find answers if I don't know the answer.

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. In addition to this, a sign-up sheet for bringing refreshments for the next meeting is located at this table. **Be sure to stop by the registration desk and sign in, as you enter each meeting.**

RETIREMENT EDUCATION Bertha Villareal-Colunga

Letters of invitation were sent out to retirees by a group of volunteers meeting at Paul Cwiklik's home. Many thanks to all those who donated time to accomplish this task. Mail out crew included: Bertha, her husband Candi, Harold, Sue Sim, Michele Bibb, and Eddy English. Paul "coordinated" the phases: folding, stuffing, sealing, and applying of return address labels, retiree mailing labels, and stamps! This task was completed in about an hour and left time for snacks and visiting. A response to this pursuit has already been received.

MEMBERSHIP *Harold Black*



Our September meeting, September 13<sup>th</sup>, will be your last chance to get your name in the directory for 2017-18. The amount has not changed. Annual renewal for TRTA is \$35.00 while NSARTA dues are \$15.00. **PLEASE RETURN YOUR MEMBERSHIP FORM, WITH ALL BLANKS FILLED IN WHEN YOU RENEW.** All the necessary forms will be available at the registration desk. If you have not renewed yet, be prepared to do so at that meeting.

Hope everyone has had a great summer and is ready for Fall. **Remember, the first 10 new members will have NSARTA-membership free this year.**

DISTRICT 20 FALL CONFERENCE



Thursday, October 26, 2017

The Cana Ballroom

St. Peter the Apostle Catholic Church

202 W. Kronkosky Street

Boerne, Texas 78006

10:00 A.M.

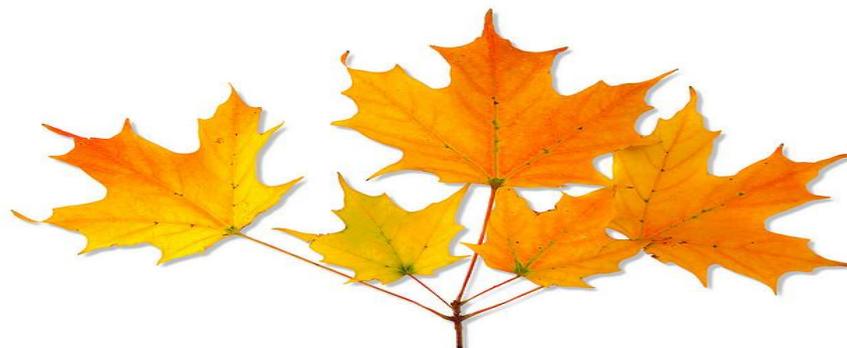
Registration begins at 9:30 A.M.

Lunch Reservation - \$20.00

The conference is open to all TRTA/NSARTA members

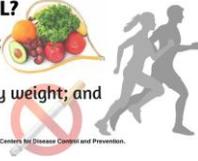
**NO REFUNDS!** District Deadline October 6, 2017

Make checks to **NSARTA**. Mail to Carolyn Pfeiffer 8310 Magdalena Run, Helotes, TX 78023 or give it to her at the meeting in September.



**HEALTH Eddy English** SEPTEMBER IS NATIONAL CHOLESTROL EDUCATION MONTH**HOW CAN YOU PREVENT OR TREAT HIGH CHOLESTEROL?**

- Eating a healthy diet;
- Exercising regularly;
- Maintaining a healthy weight; and
- Not smoking.



Source: September is National Cholesterol Education Month. Centers for Disease Control and Prevention. <http://www.cdc.gov/cholesterol/education/>

September is designated [National Cholesterol Education Month](#) by the Centers for Disease Control and Prevention (CDC), as a time to commit to getting your cholesterol tested to take good care of your heart. You may have inherited high cholesterol or have high cholesterol because of your diet or lifestyle — but the only way to find out is to get tested.

A cholesterol screening test can reveal if you are one of the 73 million adults who have high LDL (“bad”) cholesterol, which increases your risk of heart disease and stroke — the top causes of death in the United States today. High cholesterol can be treated successfully with diet, exercise, and, if needed, medication individualized for you based on your health and your medical history.

**What Does High Cholesterol Do to the Body?**

Having high cholesterol can lead to the stiffening and narrowing of the arteries, as well as reduced or blocked blood flow through them because of a buildup of plaque — a combination of cholesterol, fats, your cells’ waste products, calcium, and fibrin (which causes blood clotting), [explains the American Heart Association \(AHA\)](#). That’s why cholesterol matters: Lack of sufficient blood flow to your brain or heart can lead to a stroke or heart attack.

**Can High Cholesterol Be Genetic?**

Yes. High cholesterol is genetic for about 1 in 200 people in the United States who live with a condition called [familial hypercholesterolemia \(FH\)](#).

Unfortunately, 90 percent of people who have FH don’t know it, according to the [FH Foundation](#), a national nonprofit organization based in Pasadena, California. Screening for high cholesterol is the only way to identify people who have FH. Because of this, all children should have a cholesterol screening test once between ages 9 and 11, recommends the [American Academy of Pediatrics](#).

If your LDL cholesterol level is above 100, it’s considered high. But if

it’s higher than 190, you may have inherited FH, according to leading heart groups such as the AHA, the [American College of Cardiology](#), and the [National Lipid Association](#).

**Can High Cholesterol Cause a Stroke?**

Yes, if you have high cholesterol, you’re at [risk for stroke](#) due to the excess cholesterol circulating in your blood, according to the AHA.

Not all cholesterol is bad. [Higher levels of HDL cholesterol](#) — optimally 60 mg/dL or higher — may protect your heart from disease, heart attack, and stroke, [according to the AHA](#).

If you found out your cholesterol was high after a routine checkup, discuss your test results with your healthcare provider. If the doctor recommends it, give a healthy diet and an active lifestyle a try first. If your cholesterol levels remain high, you may need a [heart scan](#) to look for plaque buildup in your arteries, and your doctor may recommend cholesterol-lowering drugs to lower your heart disease and stroke risk.

**NSARTA  
14219 Turtle Rock St.  
San Antonio, Tx 78232`**

**OR CURRENT RESIDENT**

***SEPTEMBER 2017***



