**PRESIDENT’S CORNER**

It is an understatement to say that our first program of the 2017-2018 year was a tremendous success on September 13! We had a tremendous audience of 127 people and enough food for more! As usual, Tim Lee was as forthright and dynamic across the broad coverage of his one-hour presentation. When he left us that morning, he was on his way to east Texas for another speaking engagement.

As I mentioned in my last message, follow-on programs in October and November we have invited 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. This month we will have Senator José Menéndez (District 26), and Representatives Philip Cortez (District 117) and Justin Rodriguez (District 125). In November, we look forward to hearing from Representative Ina Minjarez (District 124) and perhaps one other legislator.

I urge you to write down your questions now, and bring them with you on October 18 and November 15. Meanwhile, please continue to write your respective senators and representatives, as well as the Governor and Lt Governor, to keep your concerns upper-most in their minds.

Twenty-three NSARTA officers, committee chairs, and other members will attend the District 20 annual Conference in Boerne on October 26. I remind attendees that the Oct 6 refund date has passed.

**WHEN IS THE HARVEST MOON?**

The Harvest Moon is the full Moon nearest the start of fall or the autumnal equinox. This usually means it coincides with the September full Moon, though it can also fall nearer to the October full Moon, occurring anywhere from two weeks before to two weeks after the equinox. In 2017, the Harvest Moon will have risen on October 5 at :40 PM CDT.

**WHY IS IT CALLED THE HARVEST MOON?**

For several evenings, the moonrise comes soon after sunset. This results in an abundance of bright moonlight early in the evening, which was a traditional aide to farmers and crews harvesting their summer-grown crops. Hence, it’s called the “Harvest” Moon!
NSARTA HEARTS FOR OCTOBER

Michelle Bibb

As we celebrate October with *Halloween ghosts, goblins, and creepy things*, our Hearts of NSARTA this month are far from being “scary members”. They are 2 of the hardest working people in our unit and you see them at each meeting either sharing valuable information from our legislators or planning the most informative and entertaining programs for us to enjoy. Even in retirement, they both stay VERY active with their families, volunteering, travelling, and as members of many other organizations. Our October Hearts of NSARTA are Peggy Peterson and Carlos Ortiz.

**Carlos Ortiz** was born and raised in “The Heart of Texas”, better known as Brady, Texas. His mom passed away when he was only 5 years old and he was raised by his father and 7 older siblings. Carlos proudly says his dad was his “First and Best teacher ever”. He has always been very active in the Catholic Church and learned all the Latin prayers early in life. Carlos reluctantly spoke about playing football in high school; he was a member of the AA Texas State Championship teams as a junior and senior and was selected to be on the All State Football Team. As a freshman in college, he played on the SWT Bobcat football team but decided to pursue an education rather than spending much of his time and energy as a football player.

Carlos joined the Marine Reserve in 1958 and served through 1964. During this time, he was a full time student at Southwest Texas College where he met his wife, Elvira, while both were studying in the library. He went through Officers Candidate school but turned down his commission upon graduation from SWT in 1962 to dedicate his life to education. He served 2 more years in the Marine reserve. The couple moved to San Antonio where Carlos taught math for a year in Harlandale ISD and Elvira taught in Alamo Heights ISD. The next year he moved to NISD where he continued teaching math in high school. Later he transferred to Alamo Heights ISD as Vice Principal of Alamo Heights High School, while completing his Masters in Supervision at Our Lady of the Lake University. Realizing there were more opportunities for advancement at NISD, he returned to NISD as Principal of Cable Elementary and then Pease Elementary. Carlos was appointed Director of Personnel in NISD, where he served for 20 years before he retired in 1995. Not ready for total retirement, Carlos began teaching math at SAC for 10 more years retiring in 2005. Elvira retired as Principal of Howard Elementary in AHISD and then was a counselor at SAC for 10 additional years. Carlos and Elvira have been in the field of education for more than 68 combined years.

Carlos said his dad was a man who could do just about anything. He was an expert carpenter, barber, and also sold insurance for Woodsmen of the World. Just listening to Carlos speak about his dad is heartwarming. His oldest brother was one of the first jet fighter pilots, while another brother was a teacher and principal in Abilene, Texas where a school is named after him. The Ortiz’s have one daughter, Sonya, who earned a degree in Engineering from Texas A&M. She worked at Texas Instruments, met her husband, and moved to Pennsylvania. Carlos’ granddaughter graduated from Penn State and works for USAA here in San Antonio. His grandson will graduate from Penn State this year and will be working with Ernst & Young in Dallas.

Carlos is a very active member of NSARTA having served as 1st Vice President, compiling the directory and yearbook, and now serves as Chairman of the Legislative Committee. Last year he was awarded the E. L. Galyean Service Award given to a TRTA member for “outstanding and unusual service on the state level to TRTA and its members”. Carlos currently serves on the State TRTA Foundation Committee. He has been
President of the American Association of School Personnel Administrators and served from 1988-2002 on the Board of San Antonio Teacher Credit Union. He is a Master Gardener and supervised the children’s garden at SAC for 7 years. This garden is set up so approximately 120 children have their own garden plot both in the spring and fall. Carlos said many of the kids were special needs children who worked with their parents to plant, weed, and harvest their own plot. “Watching the bonding develop between the kids and parents was so worth all the hours he worked to get things ready for his little ‘gardeners’,” he stated. He is a member of Phi Delta Kappa, Alamo Unit as past President, Vice President, and Secretary. He is a member of St. Francis of Assisi Catholic Church and has helped build 13 homes all over San Antonio through Habitat for Humanity. AND he is on the Planning/Zoning Committee in Shavano Park.

In his spare time, he likes to play golf and has had 2 “holes in one” this past year. The Ortizes love to travel, in fact, they just returned from a 2 week trip to Poland. He and Elvira try to take at least 1 trip per year, discovering all the beauty of our wonderful world. He enjoys spending time with his family at his farm in Brady where he puts his skills as Master Gardener to use. When I asked what bugs him, he said, “Politically - people not respecting each other and doing the right thing. Some just have a ‘ME’ attitude and will only do what they want to do without compromising.”

We are fortunate to have Carlos on our NSARTA team. Thank you, Carlos for making this world a better place for us all.

Peggy Peterson was born in Port Arthur, Texas and is an only child. She said being an only child probably contributed to her being the person she is today. Her father worked for Gulf Oil and her mother was a hairdresser and a small business owner. Peggy’s parents divorced when she was only 3 years old. After attending Port Arthur schools, she moved to Houston, graduating from the University of Houston (Go, Cougs!) with a BS in Elementary Education and with an Early “K” Endorsement.

She began her teaching career in Houston Independent School District as a Pre-K teacher. It was at this time that she met some 6th grade students who couldn’t even read on the first grade level. Being Peggy, she wanted to be able to help all students develop into the most productive person they could be. She moved to San Antonio and obtained her Masters Degree in Language & Learning Disabilities and Diagnostician Certification from Our Lady of the Lake University. For a little more than a year, she was the Early Childhood Director for the Madonna Center. The Madonna Center was founded by the Sisters of the Divine Providence to help disadvantaged girls with job training and social skills development. Later she moved to the Brighton School as a full time staff member working with kids with learning disabilities.

She met her husband, Roger, at OLLU where they were both students. They dated for a few years, married and moved to Corpus Christi, Texas. She worked for the Corpus Christi State School as a program coordinator. Back in the early days, in the 50s, 60s, and 70s, parents were told “to just put their severely handicapped kids away and forget about them”. Obviously they hadn’t met Peggy or her team of teachers. Peggy worked with the most severe and profound students ranging in age from 4 to 41 years old. Many of the students were bed ridden, had feeding tubes, were medically fragile and some were born with thalidomide drug deformities. She said they developed therapeutic programs funded by Mental Health, Mental Retardation. After a few years,
Roger was transferred to Houston as a Vocational Rehabilitation Counselor for the Texas Rehabilitation Commission. Peggy taught in Klein ISD as a PPCD teacher and later as Educational Diagnostician. Seven years later, the couple moved to San Antonio (Roger’s hometown) where he worked with the Texas Rehabilitation Commission and also became a Real Estate Broker, his second career after retiring. In 1985, Peggy was a stay at home mom and became active in the Harmony Hills Elementary PTA as “Arts in the Classroom Mom”. A year later, Roger said since Peggy was spending so much time volunteering at school, she might as well get paid for it. She was hired by NEISD as a half time Resource Teacher at Ridgeview Elementary. The next year she became a full time employee of NEISD. During this time, she attended UTSA to earn certification in Educational Leadership. She moved to Clear Spring Elementary as Assistant Principal and 3 years later, was hired as Assistant Principal at Stone Oak Elementary. NEISD realized they had a real “GEM” in Peggy and quickly offered her a new job – Principal of Northern Hills Elementary. She said she adored this school and all the faculty members and staff there. Then came the dreaded phone call from Central Office “telling” her she would be opening a new school – Canyon Ridge Elementary – the following year. NEISD was opening 4 new elementary schools in 2005. The 4 “selected” principals worked together (along with their secretaries) for a year in a room at the back of the Purchasing Dept. in Central Office. Here they began planning, developing programs, interviewing and hiring staff, selecting color schemes for each school, and purchasing materials and everything else needed to open a school. When she retired from NEISD in 2010, Canyon Ridge had an enrollment of 1300 students.

Peggy and Roger have 2 beautiful daughters, both products of NEISD. Andrea is a counselor in Comal ISD and has identical twin boys in a first grade Spanish immersion program. Roger is bilingual and he is loving this new experience. The rest of the family is learning along with them. Andrea also has a 2 year old “little princess”, Addison. Their second daughter, Meredith, is a Kindergarten teacher in NEISD. The most important thing in Peggy’s life is her family. She and Roger are very involved grandparents – they attend grandparents’ day activities at school, go to the twins games, celebrate family birthdays/anniversaries, go to movies, have lunch with the kids at school, take them to museums, anything and everything. She says she is “an integral part of the family village and will be there for them anytime/any place she is needed”. In 2005, Peggy and Roger adopted a rescue dog, Bailey, who currently rules their house.

She became an advocate for CASA in 2013 and has worked with 7 different cases. She loves this organization and is always looking for volunteers to become a part of CASA. She is an avid reader of good mysteries, having read ALL the mystery books in her elementary school library. She says Debbie Moulton recruited her to become a NSARTA member. Peggy and Barb Rothe recruited almost all of our Hospitality Committee to join our unit. Currently she is our 2nd Vice President and plans all monthly programs for NSARTA. She has been the Chairman of the Hospitality Committee and is always in the back of the room at the doorway welcoming members and guests with her smile and laughter. She enjoys playing “Words With Friends”, is a Majestic Theatre subscriber, and enjoys talking to people about most topics. In fact, she is joining a “Socratic conversation group” next week at the Twig Bookshop.

Peggy likes to surround herself with happy people and will talk to anyone she meets. Her motto, “Be the change you want to see in the world” pretty much describes her. She lights up a room, a conversation, and our lives have been enriched by just knowing her. Thank you, Peggy, for being YOU!!
**LEGISLATIVE/FOUNDATION** Carlos Ortiz

We are scheduled to have Reps. Justin Rodriguez, Phillip Cortez, and Senator Jose Menendez during our October NSARTA Meeting. Please have questions for them.

TRS will make their 2018 TRS-Care benefit changes in 2 locations. The locations are Hyatt Regency Hill Country (Fredericksburg Room) on November 1 and Shrine Auditorium on November 2. Each location will have 2 presentations—9:30-noon & 1:30-4:30 pm. **PLEASE CALL 1-800-850-1992 AND RESERVE A SPOT.** A welcome kit should be mailed to you. Those NSARTA members attending the District 20 conference on October 26 in Boerne may get this information because the main speaker is the TRS Health-Care Director.

**Remember November is Donation Month.** I will give an update on TRTF’s Assistance to those affected by Harvey during our meeting.

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

**Coming together is the beginning. Keeping together is progress. Winning together is success! John Wooden, Legendary Coach**

NSARTA & TRTA believe TEAMWORK IS THE KEY to addressing the needs and concerns of retired educators in Texas. In order to maintain active participation and positive communication with our Texas Legislature, NSARTA has invited all members of the Bexar County delegation to our October and November meetings.

This month we welcome State Senator Jose Menendez, State Representative Justin Rodriguez and State Representative Philip Cortez and appreciate them accepting our invitations. While progress was made during the last session, many challenges to the health and well being of retired educators remain. Please bring your questions for these individuals. We look forward to energetic exchanges!

In keeping with NSARTA’s efforts to be active in and enrich our community, we will hear a brief presentation from **EVRI - EDUCATOR VOTER REGISTRATION INITIATIVE**. This neutral and completely non-partisan group of volunteers conducts voter registration in local high schools. Volunteers are needed as this group seeks to expand opportunities to promote civic responsibility for all ages.

Fall Meet-ups!
NSARTA invites retired teachers to come together to make a difference in our community and have a bit of fun along the way!!!

**Meet-Up #1** -- October 27, 2017 at San Antonio Food Bank 9:00-11:30. We will volunteer in the warehouse to sort and pack items.

**Meet-Up #2** -- Social Happy Hour in November -- Details pending!

**Meet-Up #3** -- December 7, 2017 at Elf Louise 12:00-2:00. 20 volunteers needed to choose and wrap presents.

To Volunteer contact Peggy Peterson at 210.373.3961 (text or call) or at rpete4321@satx.rr.com as spaces are limited for some events. Don’t miss out on the fun!

**NSARTA’s Big Read!** We will again join together to read and discuss one book! Watch for details here...
TREASURER’S REPORT  Carolyn Pfeiffer  210-372-4344 carolynpfeiffer48@gmail.com

Treasurer’s Report
As of: October 3, 2017
Amount in Checking Account is: $3,793.54
(More details to follow on October 18, at our regular meeting.)

CORRESPONDING SECRETARY  Barbara Yates  494-6444
A get well card was sent to Nancy Denning, who broke her knee cap. We wish her well and a quick recovery. A sympathy card was sent to John Oehler and family on Billie’s death, October 5, 2017. Our prayers are with this sweet family.

STITCHERY  Ledru Barker
Stitchery group is busy making pillows for the VA hospital. Please join us.
Anyone who would like yarn to make lap blankets can ask Ledru Barker.

OPPORTUNITY TO IMPROVE LITERACY IN SA SCHOOLS....
In Bexar County there is an estimated 5,600 students who fail the 3rd grade literacy test. Research shows that young children who are not fluent readers by the end of 3rd grade may never catch up to their peers. San Antonio Youth Literacy’s (SAYL) Reading Buddy Program is helping to address just this – to ensure students in San Antonio enter 3rd grade reading on level!

SAYL recruits and trains dedicated Reading Buddy volunteers who commit to working with 2nd grade students for the entire school year, for just one hour each week. Reading Buddies are matched to one of sixty-seven elementary schools in three San Antonio school districts. Students in the Reading Buddy Program see an average improvement of four reading levels while also fostering their enjoyment for reading. For the 2016-2017 school year, SAYL matched 647 Reading Buddy volunteers with 1,157 students who needed help with their basic reading and comprehension skills. While these numbers are by any means no small feat, there is still a lot of work to be done.

Visit www.sayl.org to find out more about the Reading Buddy Program and how you can get involved or call 210-299-1533 x105.

Mary Flannigan
Director of Communications and Partnerships
San Antonio Youth Literacy
COMMITTEE REPORTS

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

Many NSARTA board members provided refreshments for our September meeting. We had well over 120 members and guests in attendance to hear Tim Lee speak and no one walked away disappointed or hungry!! Thank you to Barb Roth, Janet Pennock, Sue Sim, Eddy English, Michele Bibb, Barbara Yates, Betty Moseley, Bertha Colunga, Peggy Peterson, Harold Black, Linda Nolder, and Cindy Nobles for the abundant amount and variety of delicious treats.

Please volunteer to provide refreshments for at least one meeting this year. The signup sheet will be on a table in the front hallway before entering the Fellowship Hall.       Michele Bibb

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

The Children’s Book Drive had a wonderful start to the new year with the book and cash donations at the NSARTA September meeting. Later this year, we will be choosing one school where every student will be able to receive a book of their very own from all of the books that have been donated or purchased throughout the year. If you would like to participate in the book drive, please bring books or cash donations to the NSARTA meetings. The baskets for donations will be on the tables. If you would like to help in collecting and organizing the books, please contact any one of us. We appreciate all of our members of NSARTA

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

Be sure to add your hours of volunteering to the notebook as you enter the meeting on October 18th. The notebook is always at the registration desk. If you have not added your name to this notebook, please do so at the next meeting so that NSARTA will receive credit for the many hours of volunteering from our membership. Legislators definitely weigh this involvement in the community when they are making decisions concerning our pension and health care.

NOMINATING COMMITTEE  Judy Lynn, Immediate Past President

A Nominating Committee shall be selected at the November meeting. Judy Lynn, Immediate Past President of NSARTA, serves as chairman. Four other NSARTA members will be selected at the November meeting. The Nominating Committee will prepare a slate of candidates for the 2018-2020 school years. This slate will be presented to the general membership at the January meeting. Nominations may be made from the floor at the February meeting, provided prior consent from the nominee has been obtained.

Elections will be held in February. A voice vote may be taken if there is but one candidate for each office. A majority of votes cast will be necessary for a candidate to be elected to the office for which he or she is running at the time.
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.

There will also be a sign-up sheet for volunteering to bring snacks for the next meeting. Six people are needed for each meeting. Be sure to volunteer for a meeting during the year.

MEMBERSHIP  Harold Black

The Yearbook/Directory is being distributed via bulk mail. Everyone who had renewed or become new members by September 13th, should have received your copy of the NSARTA directory for 2017-2018.

We are still looking for and need more renewals and new members. If you have not renewed yet, use the form below. There are also forms at the registration table at all meetings.

IF YOU HAVE BEEN A TRTA/NSARTA MEMBER FOR AT LEAST THE LAST THREE CONSECUTIVE YEARS, PLEASE USE THE ANNUAL RENEWAL FORM.

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TRTA/NSARTA ANNUAL RENEWAL MEMBERSHIP FORM 2017-2018

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
Mental Health and Relationships: Get Support If You Are a Caregiver

The Basics: Caregiver Stress
Caring for a loved one can be very rewarding, but it also involves many stressors. And since care-giving is often a long-term challenge, the stress it generates can be particularly damaging. You may face years or even decades of care-giving responsibilities.

The stress of care-giving can lead to health problems.
When you are caring for a loved one, it can be hard to take care of your own health. Caregivers are more at risk for colds and the flu. They are also more likely to have long-term health problems, like arthritis, diabetes, or depression.
Here are some signs you may have caregiver stress:
Feeling angry or sad
Feeling like it’s more than you can handle
Feeling like you don’t have time to care for yourself
Sleeping too much or too little
Having trouble eating, or eating too much
Losing interest in things you used to enjoy

Tips for getting the caregiving help you need

Look into respite care. Enlist friends and family who live near you to run errands, bring a hot meal, or “baby-sit” the patient so you can take a well-deserved break. In-home services can also be provided by volunteers or paid help, either occasionally or on a regular basis. Or you can explore out-of-home respite programs such as adult day care centers and nursing homes.

Speak up. Don’t expect friends and family members to automatically know what you need or how you’re feeling. Be up front about what’s going on with you and the person you’re caring for. If you have concerns or thoughts about how to improve the situation, express them.

Spread the responsibility. Try to get as many family members involved as possible. Even someone who lives far away can help. You may also want to divide up care-giving tasks. One person can take care of medical responsibilities, another with finances and bills, and another with groceries and errands, for example.

Set up a regular check-in. Ask a family member, friend, or volunteer from your church or senior center to call you on a set basis (daily, weekly, or as often as you think you need it). This person can help you spread status updates and coordinate with other family members.

Say “yes” when someone offers assistance. Don’t be shy about accepting help. Let people feel good about supporting you. It’s smart to have a list ready of small tasks that others could easily take care of, such as picking up groceries or driving your loved one to an appointment.

Be willing to relinquish some control. Delegating is one thing, trying to control every aspect of care is another. People will be less likely to help if you micromanage, give orders, or insist on doing things your way.
NSARTA
14219 Turtle Rock St.
San Antonio, Texas 78232

Happy Halloween!

OCTOBER 2017