There is a lot going on in March. Ash Wednesday, Daylight Saving Time begins, March 10, at 2:00 A.M. and the official start of Spring is March 20. Many people associate the old saying, "in like a lion and out like a lamb" with the weather you can expect in March. In fact, in San Antonio, weather can be interesting during March. According to the National Climate Data Center, which has been keeping records since 1885, the record low for March in our area was 19 degrees and occurred on March 2nd 1980. The record high for this month was 100 degrees on March 28, 1971. In 1932, there were 6 consecutive days that went down to 32 degrees or lower. We may not have 6 days straight this year but we could have at least 3. Extremes like these probably contribute to the perpetuation of this old saying. However, the real origin may be found in astronomy. In the constellation Leo, the lion is visible in the night sky early in March. Later in the month Aries, the ram or lamb is more predominate.

“Weather” or not, we will gather together this month on Wednesday, March 20, when we will welcome the day’s guest presenter, Yolanda Perez, Director of Programs and staff who will share with us activities available through San Antonio City Parks and Recreation at their senior centers. In addition, Eddy English, Healthy Living Chair will have some health and wellness activities.

We remind all to bring your letters to respective legislators, and Carlos Ortiz will hand deliver them to their appropriate offices in Austin. Make sure you read Tim Lee’s day by day account of TRTA’s direct involvement on our behalf with TRS and Texas legislators as more movement is seen toward “raising the base”, approving a one-time check for retired teachers with a $500 cap, and keeping TRS-Care premiums from being increased. ALSO, please remember to bring your membership renewal form and a check for the appropriate amount.
Please remember that I asked everyone to read pages 12-14 of the most recent First Quarter 2019 VOICE to be familiar with the proposed amendments to the TRTA Bylaws that will be voted on at the coming convention in April. We will review these together on March 20 and ask for your position on each of the three proposals, so our delegates are prepared for the vote on April 2. In the meantime have a happy St. Patrick’s Day and don’t forget to turn your clocks AHEAD on March 10.

**March Hearts of NSARTA**

Our wonderful March Hearts of NSARTA are Barbara Miller and Sue Sim. These ladies love to travel and spend a great deal of time “on the road again”. Both are retired educators but keep very busy during “retirement”. Our world is a much better place because educators continue to serve as volunteers, mentors, and advocates for children long after leaving the classroom.

Barbara Miller

“I was born in San Antonio, Texas to Mildred and Arthur Miller. The Alamo City has always been my home. I graduated from Thomas Jefferson High School, attended San Antonio College then transferred to Incarnate Word College. I earned a Bachelor of Arts Degree in Elementary Education and later earned a Master of Arts Degree in Supervision.

I have worked in the Northside Independent School District and North East Independent School District. While at NISD, I worked at Colonies North Elementary from 1973-1990 teaching 2nd and 5th grades. I then transferred to NEISD and worked at Camelot Elementary teaching 2nd, 3rd, 4th, and 5th grades from 1990-2010. I retired from Camelot with a total of 37 years in education.

I enjoy going to Broadway plays at the Majestic Theatre. The plays and symphony concerts at the Tobin (the old Municipal Auditorium) are amazing. Discovering the many local theatres has shown me San Antonio has some extremely talented musicians and actors/actresses.

I am an active member of Laurel Heights UMC and enjoy teaching 3rd graders how to read and understand the Holy Bible. Other church activities I am active in include: Super Adult (Membership chairperson, Stephen Ministry, Education Committee, Health Cabinet, Vacation Bible School), and Project Transformation (listening to children read during the summer). I volunteer every Friday afternoon helping the church staff. I try to exercise five days a week at Jazzercise. I am a new member of the Tuesday Musical Club as I enjoy listening to beautiful classical music. I am currently working 4 days a week as a reading tutor at Camelot Elementary, the school I retired from.

In October, 2011 I took my first international flight to Barcelona, Spain for 5 days. I then boarded the Magic Cruise ship traveling down the Spanish coast towards Freeport Harbour – Grand Bahama Island. The cruise ended at the USA Port of Galveston. It was a long 2 week cruise, my very first one! In 2012, I was fortunate to travel to Manuel Antonio, Costa Rica. There I zip lined and walked across an extension bridge in the rainforest. In July, 2013 I enjoyed an awesome Alaskan Cruise with friends. Then in October, 2013 I was on a mission trip to Zimbabwe, Africa and worked on a water project in Muziti, a very small village in Africa. The food was cooked outside over a small fire and we pumped water out of a borehole. The students there learned their lessons in two languages, English and Shona. Later we traveled to Mutare, a city of 230,000, where we stayed in comfortable middle class homes. My host family owned a farm and the wife also owned and operated a local hotel. Because the water and electricity was unreliable, the majority of the homes had water towers and generators. I am proud to be a member of NSARTA and try to attend as many meetings as possible.”
Sue Sim “I was born in Lincoln, Nebraska. I am a Husker fan! My parents, Bob and Pat Sim, were big on education and opportunities. My father, now deceased, played football at Nebraska, along with his big brother, Gene. Dad warmed the bench and my uncle played first string defensive tackle. I remember when I said to my parents that I wanted to attend CSU, and my father, matter of factly stated, "If Nebraska was good enough for mom and I, then it will be good enough for you!" So, I graduated with my degree, Bachelor of Science in Education. It was a good school and my parents were right in their decision for me to attend Nebraska. I enjoyed making some new friends, my sorority, and the social scene.

I taught for 26 years. The first 2 years in a 2 room schoolhouse 20 miles from Valentine, Nebraska. I lived in a trailer 2 miles from school. I had 8 students the first year in 6 different grades. It was an assembly line! The second year I had 6 students in 4 grades. It was much easier to plan for, and gave me more time to work with students. Then I made a life change and moved to San Antonio. I taught a year in Edgewood and 23 years in NISD. I went from kinder to 2nd to finishing up my last 13 years in 4th grade. I still connect with my teammates through birthdays, movies, and gambling trips. Some of my friends are in the same organizations, and we reminisce about teaching, but we have decided that the new teachers are truly the heroes!

My hobbies are collecting cats! Too many cats! I still am working away from home around 20 days out of the month. My pet sitter enjoys the extra income, and I am happy to have someone else clean those litter boxes! I have been working on a government project for 30 years. I just got back from Columbia, Missouri on Sunday night. I work full time. So, when Paul gets antsy about the minutes, I am typing them from a business center somewhere in one of the 8 states I travel to.

I belong to St. Margaret’s Episcopal Church off of Stahl Rd. I volunteer for our Pumpkin Patch, Fiesta Carnival, and do several projects during The Lenten Season. My main volunteering goes to the 3 groups I belong to. NSARTA- Recording Secretary, Delta Kappa Gamma Chapter Theta Beta- Membership Chair and various other duties including 3 times elected President, and parliamentarian. I am a member of PEO Chapter BR where I have been on the scholarship committee. If I am not volunteering, I am donating clothes, school supplies, food or writing checks to ASPCA, or other worthy organizations. I plan to travel after I turn 66 and spend 2 months traveling to Alaska, the Danube, and the British Isles. I enjoy NSARTA, and the friends I have made.”
On Tuesday, February 26, I delivered to each addressed office in the State Capitol nearly 150 NSARTA letters. The Capitol was packed with folks wanting assistance. At the present time, the committees in both chambers are having hearings respective to their assignments. As you may have read the Senate Finance Committee passed SB 3 to the Senate floor. SB 3 gives $5000 increase to teachers only. What happened to librarians and other educators? SB 3 must now be approved by the whole Senate, House Appropriations Committee and the entire House.

Gov. Abbott has nominated and the Senate must approve, Mr. Mike Morath as Commissioner of Education. If approved, he will serve until 2023. Mr. Morath’s interpretation of SB 1882, passed in the last (85th) Legislature, has given charter schools the opportunity to use public/tax money. Tax money should not be used to support charter schools who are not being held accountable. The information given to us, in the February NSARTA Meeting, by the NEISD administrators was an eye opener. Too many charter schools are being allowed to open and this has affected the NEISD attendance. NISD is next.

WRITE YOUR LETTERS-THEY MAKE A DIFFERENCE or CALL YOUR LEGISLATORS

March Greetings All,
Our theme for the month is *Spring into Action!* with the hope that mild days and blooming wildflowers will spur us into fun, springtime activities, but Old Man Winter is surely putting a damper on that! At any rate, we will be optimistic and plan for better days as we learn about the amazing activities available to seniors through the City of San Antonio!

We will welcome Yolanda Perez, Human Services Administrator/Senior Services Division and her co-workers to inspire us to be more involved in programs and activities organized just for us! I challenge each of you to step out of your comfy place and learn or do something new! I have and will be happy to share! You never know what you will learn or who you might meet if you do!

Special thanks to Dr. Brian Gottardy and Deb Caldwell for an outstanding presentation in February and for introducing us to Interim Superintendent Sean Mika. We will continue to focus on legislative happenings related not only to retirees, but also to the students, educators and facilities in our public school systems. *Bring in your letters! Carlos has delivered over 200 letters so far to legislators! Keep up your efforts!*

On March 6th members of the Big Read Book Club met for a lively discussion of *A Still Life* by Louise Penny. We took time to ponder the question of whether *we* are living a still life vs one of activity, purpose and abundance!

**Upcoming Events:**

- **CHANGES TO BIG READ BOOK CLUB SCHEDULE:**
  - Wed, July 10th -- *America’s First Daughter* by Stephanie Dray & Laura Kamoie
  - Wed, Sept. 11th -- *Educated* by Tara Westover
TRTA DAY AT THE CAPITOL - APRIL 3RD

April 17th NSARTA Meeting -- We will Grow Our Minds as we welcome NSARTA Yearbook Sponsors, Jake Yetterberg from Yetterberg Retirement Solutions and Pamela Neel of Pamela Neel Real Estate Group/Keller Williams Realty. These outstanding professionals will bring information focused on retiree issues.

May 15th NSARTA Meeting - Annual May Pot Luck Luncheon -- We will have sign-up sheets at March and April meetings!

Spring Social Meet-Up -- Mark your calendars for Monday, April 15th from 4:00-6:00! Let’s celebrate the passing of TAX DAY! Location TBA!

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

Treasurer’s Report as of: 3-4-2019

In our checking account we have:

$1,365.71

HAPPY St. Patrick’s Day TO ALL!!!

More details at the March meeting.

CORRESPONDING SECRETARY  Barbara Yates 494-6444.

I was not aware of anyone who needed cards this month. Please let me know when someone is sick, has had surgery, or has lost a loved one, so that we can be sure they are remembered.

Everyone’s Irish On March 17th.
Our new membership year is off and running. TRTA will have a new incentive campaign this year similar to last years. NSARTA did not do well on new members last year and we need to put extra effort into membership this year. **We need YOU to renew and then find another retired teacher to activate.** The legislature is in session, we’re sending letters and emails to our reps, **NOW help us to grow and impress our legislators with numbers.**

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

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.**

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<thead>
<tr>
<th>TRTA/NSARTA ANNUAL RENEWAL MEMBERSHIP FORM 2019-2020</th>
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<td>School district from which you retired Retirement Year</td>
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<td>ANNUAL RENEWAL: TRTA $35.00 and NSARTA $15.00 = TOTAL AMOUNT $50.00</td>
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<td>Make check payable to NSARTA for the total amount of $50.00. CHECK # __________</td>
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<td>If by mail, send to: Harold Black, 13307 Sage Heights Dr, San Antonio, TX 78230-5847</td>
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**NSARTA**

You are invited to join us in the efforts we are making to improve retirement benefits and to be of service in our community.

**We meet at:**

SAN PEDRO PRESBYTERIAN CHURCH  
14900 SAN PEDRO AVENUE  
SAN ANTONIO, TEXAS, 78232  
210-494-6560

We always meet on the third Wednesday of each month. We have our social gathering at 9:30 a. m. and our meeting is from 10:00 a.m. to 12:00 p.m. **Our dues are $50 - $35 of this goes to the state.**

**Come join in the fun!**
Emergency Preparedness Checklist for Caregivers

Floods, earthquakes, tornados, snowstorms . . . wherever you live, there likely exists the potential for a variety of natural disasters that can create an emergency situation. When you're caring for a loved one, it's times like these that you'll be thankful for having prepared for such a situation.

Please use this checklist to organize your emergency preparations. It should be used in conjunction with the Where to Find My Important Papers checklist.

Do I know the most important disaster issues for the area where I live (earthquakes, floods, etc)?
Do I know how I should respond to a disaster that might strike with little or no warning?
Do I know the recommended evacuation route if there were an evacuation order?
What are my transportation options?
Where is the nearest shelter?
Do I know where the shut off valves to my home are? Do I know how to shut them off? If special tools are needed, do I have them? Do I know where they are?
Do I have an emergency contact person who lives out of the area? Do my relatives or close friends know who this person is?
Do I know my neighbors in case we need to help each other in an emergency?
If I’m receiving home health services, have I discussed emergency procedures with the provider?
If I have special needs, do I have a plan for dealing with them in an emergency? (Mobility, medical equipment, incontinence supplies, others)
If I live in a senior community, am I familiar with its emergency planning and procedures?

Checklist: Home Supplies

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<th>Item</th>
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<tbody>
<tr>
<td>Drinking water (3-6 day supply)</td>
<td>Backup prescription glasses</td>
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<tr>
<td>Food (3-6 day supply, requires no cooking, high energy)</td>
<td>Personal hygiene items</td>
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<td>Flashlight (check batteries regularly)</td>
<td>Extra clothes</td>
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<td>Portable radio (check batteries regularly)</td>
<td>Rain slicker</td>
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<td>First aid kit</td>
<td>Walking shoes</td>
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<td>Spare batteries</td>
<td>Blankets</td>
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<tr>
<td>Manual can opener</td>
<td>Water bottles</td>
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<td>Light sticks</td>
<td>Dust masks</td>
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<td>Waterproof matches</td>
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<td>Medications</td>
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<td>Medications list</td>
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<td>Cell phone</td>
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<tr>
<td>Cash</td>
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<td>Emergency medical form</td>
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REGISTRATION  Pat Loewe, Eddy English

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

HOSPITALITY  Barbara Rothe  210-380-8150, Linda Nolder  210-490-1035

Thank you to Eddy English, Patty Evans, Barb Rothe, Mary Martinez, and Teresa Flansburg for providing refreshments at our February meeting. If you haven’t provided refreshments for any meeting this 2018-2019 year, you only have April left to sign up. May is our delicious “pot luck” meal where we all look forward to sampling lots of delicious items provided by all NSARTA members.  Michele Bibb, 210-494-8197

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

On Friday, April 12th, NSARTA members will attend the NEISD PTA Used Book Sale to buy books to eventually distribute to students of Valley Hi and to other children. We will meet at 9:30 a.m. in front of the Blossom Athletic Center at 12002 Jones Malsberger Rd. If you would like to help us choose and buy books, please call Sherlyn Valentin at 210-365-9185 or email at dhrc@airmail.net. Just a reminder to document at each NSARTA meeting the number of books you have given to any children during that particular month. Thanks to Nancy and Harold Black for donating books to the Children’s Book Project. And thank you to all the NSARTA members who give donations at each of our meetings.

STITCHERY  Ledru Barker

Please join us the first Thursday of the month at 10 AM at Covenant Presbyterian Church to stuff pillows for the VA Hospital. Thanks to members who are bringing us cloth- old sheets, pillow cases, curtains, tablecloths and placemats. Any fabrics work for us to use for pillowcases and bags for wheelchairs. We could use thread that you bought but never used. Thanks especially to Kay Rozene who made us five more quilts.

VOLUNTEERING  Janet Pennock japennock57@icloud.com

Don’t forget to write down those hours you volunteer. Did you know, if you take a friend or family member to the doctor from the time you left the door of your home till the time you got back counts as volunteering.
You have the power to donate life. By joining the Donate Life Texas Registry, you give hope to thousands of people awaiting the transplant they need to survive. Donate Life Texas is the only, official organ and tissue donor registry of the State of Texas. Registering takes only moments but can be the gift of a lifetime for those in need of a transplant. http://www.donatelifetexas.org/#sthash.v2JHJ0J9.dpuf

Registering to become an organ, eye and tissue donor records your decision to be a donor. Your generosity can save as many as eight lives through organ donation, bring sight to others with cornea donations and improve yet another 50 lives or more through tissue donation. It takes only moments yet means a second chance of a lifetime.

Donation Process
Lots of people are curious about how the donation process works and what steps to take when a loved one passes away. You’ll be glad to know that, for those on the registry, neither you nor your family members need to do anything else or keep track of donor cards or other documentation. Registering records your decision to be a donor and makes it known to the right people at the right time, automatically. It’s important to remember that emergency medical personnel, doctors and hospital staff will always work to save lives first. Only after all life-saving efforts have been exhausted do hospitals notify organ and tissue recovery agencies to begin evaluating whether the person might be a candidate for donation.

Sign up today; go to: http://www.donatelifetexas.org/register/


Medicare.gov

Good news: We’ve finished mailing new Medicare cards across the country! You should’ve received your new card by now.

Here's what to do next:

- Carry and use your new Medicare card when you need care.
- Protect your Medicare Number and card, just like you would protect your credit card.
- Destroy your old Medicare card to help protect your identity.

Haven’t gotten your new Medicare card yet? Sign in to your secure MyMedicare.gov account to see your Medicare Number and print your official card. If you don’t have a MyMedicare account yet, sign up for free at MyMedicare.gov today.
Happy St. Patrick’s Day!

March 2019