The Heart’s of NSARTA

NSARTA NEWSLETTER

MAY 2019

Dolores Ramon
Maureen & Paul Cwiklik
Kathy Phillips

PRESIDENT’S CORNER

Sitting at the desk in my study, I am in awe by the sight of so many of God’s beautiful birds (the squirrels not so much) breezing by my window. The brilliant colors of the different winged visitors on this wonderful day in May remind me of the days that have fluttered so quickly away from us these past months – precious time spent with friends, endearing grandchildren sharing their collegiate escapades when home for the holidays, and the younger ones of the brood eager to test their own flight into an unknown future.

May ends the third year of the NSARTA leadership team – one more until June 2020 until we pass the baton off to the next group of capable leaders with whom we will continue our efforts to improve the TRS pension and TRS-Care.

Tim Lee started us off in September 2018 with his usual rousing enthusiasm in laying out TRTA’s legislative agenda for the next biennium session. In October we presented our concerns to invited members of the Texas legislature. I am certain we made great headway with them in gaining their support in helping all Texas retired teachers get a better deal. In November, we spent time preparing ourselves to write letters to those of our representatives and senators who either retained or regained their berths in Austin, or to those newcomers we sought to win over.
Come December, we took a break and had some Yuletide time to feast and have good cheer with each other. (You might want to go back our January Newsletter to refresh yourselves on the behind the scenes trials we had to overcome to pull it all off!)

In the months of February and March we ramped up our letter writing campaign to “Raise the Base”. By the time our delegates went to the TRTA convention in Austin, culminating with Rally Day at the Capital, Carlos Ortiz had delivered more than 300 letters written by NSARTA members to their intended legislators. During our April program we gave everyone a recap of how the voting went on the proposed TRTA Bylaws proposals. Of the three proposals, only one did not carry – the one we all agreed not to support when we discussed them when we met in March.

May 15 is one of our grandson’s 19th birthday. He was born on Mother’s Day in 2000. Many birds have flown by since then, as he is finishing his freshman year at the University of Central Florida on a 4-year tennis scholarship and a 3.5 GPA. Proud Grandpa and Grandma!!

But that’s also the NSARTA Grand Potluck, Annual Awards presentations, door prizes, and Memorial Day observance concluding with the playing of “Taps”. Please be sure to join us in this both fun and solemn event to close out the NSARTA year! Stop by and let’s chat!

**NSARTA HEARTS FOR MAY** by Michelle Bibb

We end our 2018-2019 year with 2 more wonderful NSARTA Hearts. Both ladies were born in San Antonio and have only 1 sibling – a sister. As you will see, they are very talented and valuable members to our organization and city. Our May Hearts are **Dolores Ramon** and **Kathy Phillips**.

**Dolores Ramon** “I was born and raised in San Antonio, Texas. I have one sister and a whole bunch of cousins. I graduated from Burbank High School, where I went to school with our very own Bertha Colunga. After high school I attended San Antonio Jr. College. After I married, and moved to Laredo, Texas, I graduated from Laredo State University. I received my Master’s Degree in English Communication Arts from Our Lady of the Lake University. Then received my Administrative Mid-Management certification from Southwest Texas State University (now, Texas State University).

I’ve taught 3rd, 4th, 6th, 7th and 8th grades. I began my teaching career in Laredo, and then moved to The Woodlands, and then North East Independent School District. After 16 years in the classroom, I became Assistant Principal at Olmos Elementary, then became Principal at Larkspur Elementary. I retired with almost 30 years, but continued my career in education by teaching for Alamo Colleges. I taught candidates for the alternative certification, and was also a supervisor for those candidates for about 7 years. I also worked as a project manager for Scholastic. I was hired by one of my former teachers at Larkspur! After 10 years of driving around town and fighting traffic, I decided to officially retire.
Since retirement, I’ve enjoyed attending NSARTA meetings and serving on the hospitality committee and participating in the book club.

My husband, Roland, and I met at a wedding that my mother forced me to attend! Believe me, my mother never let me forget that she was responsible for our meeting. We will celebrate our 50th wedding anniversary in September of this year.

We have two sons, Alex and Danny. Both live in California. We have a beautiful daughter-in-law, Lorena, and have been blessed with twin granddaughters, Julia and Grace. These two cuties are the light of my life. I’ve been known to fly out to LA at the drop of a hat! I’m fortunate enough to be able visit my children and grandchildren at least four times a year.

Now that I’m really retired I’ve enjoyed traveling to places other than California. I’ve been on two cruises and I’ve gone leaf peeping. In March, I went to Washington DC to see the cherry blossoms. Last year, Karin Stanley and I traveled to the Holy Land. We’ll be going to Italy in May.

I’m looking forward to more traveling. Ciao!”

Kathy Phillips: “I was born January 17, 1933 at the Nix Hospital in San Antonio, Texas. My parents were Jody and Evenly Newman. I had one sister. We grew up in San Antonio and attended Woodlawn Elementary, Woodlawn Hills Elementary, Horace Mann Junior School and Thomas Jefferson High School. While at Jefferson, I was a Lasso and learned to twirl the rope. It was lots of fun. My senior year I joined the Cadet Corp. After graduation, I attended the University of Texas in Austin. That was lots of fun too. I got my degree in Business Education and joined the Delta Zeta Society and was very active in the Wesley Foundation.

After graduation I returned to San Antonio and went to work at Southwest Research Institute. During that time, I met Olan Phillips, who was stationed at Kelly Air Force Base. We married on June 25, 1955 at Jefferson Methodist Church and were married for 62 years. Olan passed away on February 6, 2018. After our wedding we moved to Houston where Olan was attending the University of Houston and working for Tidewater Oil Company. I worked for Baroid Mud Company as a secretary in the credit department. Olan decided to attend the University of Texas so we moved to Austin and I worked for the State Board of Insurance.

My Dad offered Olan a job with his company, The Alamo Casket Company, and so we moved back to San Antonio. We decided it was time to start a family. We have 3 children, Janis, Dean and Gene. I worked part time while our children were little. When the children started to school, I started subbing and found that I really wanted to teach. I commuted back and forth to San Marcos with a group, to get my certification.

We were very involved in our children’s schools. Olan was president of the Colonies North PTA and ran for the school board. He served 9 years and during that time, I subbed in Edgewood School District and got a job in Castroville at Medina Valley High School, teaching typing, shorthand, and office procedures. I was there 3 years and then transferred to Holmes High School where I taught typing and office procedures. Business Careers came to Holmes and I was part of the staff that taught office procedures. I developed a program where half of the class went to the office for three weeks and the other half stayed in class, preparing them for co-op. It was neat. When I retired, we had 3 teachers teaching the class.
After our children finished school, Olan and I tried to take two Road Scholar trips a year, visiting the different states in the US and Canada. We also started volunteering at the Sports Foundation and the Alamo Bowl. We attended the Bowl game every year and went to Austin for the State Boy’s Basketball Tournament for over 20 years. The Alamo Bowl just recently named the Volunteer Party “The Olan and Kathy Phillips Volunteer Party”.

I have received many nice awards- 1992-93- High School Business Teacher of the Year for Alamo District II, Texas Business Education Association; 1995-Secondary Teacher of the Year-TBEA Teachers’ Association, District 20; and 1998-99-Holmes Business Careers Business Department Teacher of the year. Since I was a teacher, I was elected to Delta Kappa Gamma and was the treasurer and yearbook chairman for many years. I really enjoy NSARTA and appreciate being honored as a HEART of NSARTA.”

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We will continue searching for “Hearts of NSARTA” next year. Don’t be surprised if either Betty Moseley or Michele Bibb tap on your shoulder or call you on the phone asking YOU to be that month’s Heart. It may seem like a daunting task but we will help you compose your biography. NSARTA members live such interesting lives and we want to share your life with our membership. AND, thank you for being a valuable member of NSARTA. Michele Bibb

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**LEGISLATIVE/FOUNDATION** Carlos Ortiz

As the 86th Legislative session goes into its last month, we must stay vigilant to what Bills are in the works. SB 12 has been voted out of the House Pensions Committee and the entire House with changes similar to HB 9. Now the Senate must approve all these changes. If the changes are not approved by the Senate, then a Conference Committee (5 Senators & 5 Representatives) is formed. During the TRTA Conference, I asked Tim Lee to send the names of the Conference Committee as soon as he knows. I have not heard from him. Right now SB 12 has all the provisions to make the TRS Fund actuarially sound and to give a $2400 COLA. We can begin to write our letters or e-mails to our Senators and Representatives.

Email:

Representatives: Senators:

firstname.lastname@house.texas.gov firstname.lastname@senate.texas.gov

Note: Senators Jane Nelson & Joan Huffman appear in almost every Senate Bill that deals with money. E-mail them and ask for their support to TRS retirees. Keep it simple—“I have been a TRS retiree for 15 years and received one small annuity increase during that time. Please help TRS retirees.”
WE MADE IT TO MAY! It is time to close our year with the always popular and amazingly yummy Potluck Luncheon. Thanks to all that have volunteered to bring goodies and to Sue Blom for reminding us what we signed up for with a cheery call. NSARTA is providing the dessert and our fabulous Hospitality Committee will decorate and organize the coffee, tea, water and paper goods, so mark your calendar for Wednesday, May 15th. We will begin at our usual time with coffee and program. This is a not to be missed event!

This month the Big Read Book Club met at The Bread Box in The Alley to share lunch and chat about *Daughter of a Daughter of a Queen* by Sarah Bird. An incredible work of fiction based on the real life of Cathay Williams, the first woman to enlist in the US Army and to serve in the Buffalo Soldiers. Cathy/Cathay a former slave braved great hardships as she posed as a man to serve her country. I highly recommend it!

NSARTA Big Read Book Club next reads....
- July 10th ~ *America’s First Daughter.*
- September 11th ~ *Educated*
- Location and time to be determined
- Interested in joining the book club? Contact me at 210.373.3961 or casapeggyp@gmail.com and I will happily add you to the email list.

Planning for 2019-2020 programs is in the works. Tim Lee will kick us off as always in September but I would love to hear your suggestions for additional programs. Send your ideas to me at rpete4321@satx.rr.com (yes! I use 2 different emails....call me crazy!) or give me a call.

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

As of May 2, 2019,

NSARTA checking account balance: $1,159.08

More details at our next meeting, Wednesday, May 15th

**HAVE A GREAT SUMMER!**
A thinking of you card was sent to Sarah Villarreal whose husband was ill. A get well card was sent to Genie Hurta who was ill.

On a personal note, I want to thank all of you who sent me cards when my daughter, Lanisa, passed away March 30th. It is comforting to know that others care, and I am very grateful for your love and support.

STITCHERY

Ledru Barker

We met May 2, for the last time until September. We will still accept donations of material and thread to our last NSARTA meeting, May 15th. Thank you to all for your many donations of materials and time in volunteering. We look forward to continuing this good work when we convene in September.

SCAM

You receive an unsolicited call from a debt collection agency. The caller claims you have an old unpaid debt that is about to go to court. The person who speaks with you is extremely polite and appears to have your best interests at heart. They seem like they sincerely want to help you avoid going to court. To fix the situation, all you need to do is make a reasonable payment, perhaps even divided up into several installments.

No matter how polite the caller seems, don't fall for it. If you make the payment, the person you spoke to on the phone will take the money and disappear. Any future efforts to contact them will be in vain.

**How to Avoid Debt Collection Scams**

- **Ask for an official "Validation Notice" of the debt.** In the US and most of Canada, debt collectors are required by law to send you a written notice that includes the amount of your debt, your rights, and the name of the creditor you owe. If a caller refuses to send you this information, you're probably speaking with a scammer.

- **Ask for more information.** If you do owe money, and aren't sure if the caller is real, ask for their name, company, street address, and telephone number. Verify before paying up.

- **Just hang up.** If you know you don't owe money to anyone, hang up the phone immediately. Con artists don't just steal money, they often try to obtain your personal information too.

**For More information**

Learn more about debt collection scams by reading [BBB.org/DebtCollectionScam](http://BBB.org/DebtCollectionScam).

If you've been the victim of a scam, help others avoid the same fate by reporting what happened to [BBB.org/ScamTracker](http://BBB.org/ScamTracker). Find out more about scams at [BBB.org/ScamTips](http://BBB.org/ScamTips) and learn to protect yourself at [BBB.org/AvoidScams](http://BBB.org/AvoidScams).
Please renew today!!!!

Our new membership year is off and running. TRTA will have a new incentive campaign this year similar to last year’s. NSARTA did not do well on new members last year and we need to put extra effort into membership this year. PLEASE renew NOW and send your form and check to Harold. 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.

Use the following form to renew your membership for 2019-2020. If you wish to become a Diamond member, you may get the forms needed, from Harold at the meeting.

TRTA/NSARTA ANNUAL RENEWAL MEMBERSHIP FORM 2019-2020

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

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!
COMMITTEE REPORTS

HOSPITALITY   Barbara Rothe  380-8140, Linda Nolder  210-219-4749

Thank you to Debbie Moulton, Laurie Harris, Brenda Sweet, Bertha Colunga, Dixie Gholson, and Sue Blom for providing refreshments at our April meeting. The room looked so festive with all the “fiesta” decorations and coupled with all the delicious treats, our meeting, along with Paul’s well planned agenda, was organized, informative, and fun for all.

The Hospitality Committee would like to thank everyone who provided refreshments for our 2018-2019 meetings. And to those who brought refreshments for several months, thank you, thank you, THANK YOU!!

CHILDRENS’BOOK PROJECT   Sherlyn Valentín, Nancy Dooley, Pat Loewe

On Friday, May 31st, members of NSARTA will distribute books from 8:00 a.m. to 12:00 p.m. to the students of Valley Hi Elementary, 8503 Ray Ellison Blvd. If you would like to help, we will meet at Valley Hi at 8:00 a.m. For 2019-2020, suggestions are welcome for a new school for the Children’s Book Project. A big thank you to Pat Loewe, Adele Murphy, and Carolyn Pfeiffer; for book donations for the project.

INFORMATIVE AND PROTECTIVE   Adele Murphy

Spring Safety concerns

Picnics and Barbeques. Here are a few reminders:

- Keep raw meat and veggies separate
- No under cooked meat – minimum internal temp. 160° (165° for poultry) Cut meat to check before you serve (get meat thermometer)
- Thaw meat thoroughly in refrigerator before you grill
- Don’t put cooked meat on same unwashed platter used for raw meat
- If serving time has to be pushed back, keep meat hot above 140°
- Don’t leave condiments out, especially in the Sun
- Try to only prepare as much food as will only be consumed on picnic or at the BBQ
Yet another Spring Safety concern is Driving Dangers. Spring brings new hazards to the road that drivers need to be aware of:

- **Potholes** – these can cause severe damage to cars, like popping tires, bending rims & damaging suspension/alignment
- **Sun Glare** – the sun is at a different angle to Earth in the spring than in winter. Have polarized sunglasses in car & keep windshield clean
- **Increased Motorcyclists & Bicyclists** – Spring’s nice weather brings out more motorcyclists & bicyclists. Always check surrounding area before changing lanes, turning or backing up. Pay close attention when approaching intersections
- **Children Playing Outside** – Reduce speed in residential areas & where children are playing in yards. Children just dart after run away balls & toys. If you see these roll into street, stop & look for a child to follow. Wildlife is out and about more too.
- **Frequent Rainfall** – “spring showers bring beautiful flowers” and make driving treacherous. Use windshield wipers and TURN ON THOSE LIGHTS! Slow down, pull over if need to (off road), and use emergency flashers if you do pullover or slow down significantly. Driver’s guidelines recommend it 5 – 10 miles per hour, depending on severity of downpour.

**VOLUNTEERING**

It is wonderful to see how active our unit is with volunteering in the community. Jim Long was chosen the AARP Safe Driver Volunteer of the Year for the State of Texas. As such, he became a nominee for the AARP Safe Driver of the Year Award for the country. Carolyn Pfeiffer was recognized for her volunteering by the San Antonio Women’s Federation in January. She was also recognized for her community service by Delta Kappa Gamma-San Antonio Area in April. I bet we have other members who have been recognized by other organizations for their volunteering efforts. Let me know about those recognitions. Toot your horn! Keep recording those hours. Your volunteering lets others know that retired teachers still make a difference in the community.
Vaccines for Adults By Kristina Duda, R.N. Cold & Flu Expert

**Tetanus (Td or Tdap)**- After the initial series of tetanus shots as a child (included in the Dtap), all adults need a booster every 10 years. It is recommended that one of those be replaced with a Tdap to protect against whooping cough (pertussis) at some point between the ages of 19 and 64.

**Pneumonia**- All persons over the age of 65 should have a pneumonia vaccine one time. If you have risk factors putting you at higher risk for the disease, you may need this vaccination before you turn 65. People with chronic illnesses and suppressed immune systems will need this vaccine every 5 years.

**Influenza**- The current recommendations for flu shots are that all children under 18 and all adults over the age of 50 receive the vaccination yearly. It is also recommended as a yearly vaccination for anyone between the ages of 19 and 49 who meets at-risk criteria.

**MMR** - If you have not had an MMR vaccine and have never had measles, mumps or rubella (German measles), you may need the vaccine. One or two doses are recommended if you are between the ages of 19 and 49 and one dose is recommended for those over the age of 50 who are at high risk for these diseases.

**HPV** - The HPV vaccine is a relatively new vaccine to prevent certain types of cervical cancer. It is recommended for girls between the ages of 11 and 24 and needs to be given in three doses.

**Varicella (Chickenpox)**- The varicella vaccine is recommended for all adults who have never had the vaccine and have never had the chickenpox disease. This vaccine is given in two separate doses. **Hepatitis A**- The hepatitis A vaccine is recommended for all adults who are at high risk for the disease. It is given in two doses.

**Hepatitis B**- The hepatitis B vaccine is recommended for all adults who meet high-risk criteria for the disease. It is given in three doses.

**Meningococcal**- The meningococcal vaccine is recommended for all adults who are at high risk. It protects against certain types of meningitis and pneumonia. One or more doses may be necessary depending on your risk factors and your doctor’s recommendations.

**Zoster (Shingles)**- One dose of herpes zoster vaccine is recommended for all adults over the age of 60. It protects against shingles, regardless of whether the person has had the disease before or not.

- Starting at age 65, if you’ve had three or more negative Pap tests, and no positive Pap test in the last 10 years, speak with your doctor about whether you should continue screening.
- **Colonoscopy** every 10 years to check for colorectal cancer

- MD Anderson does not recommend colorectal cancer screening for men and women age 85 and older. If you’re age 76 to 85, your doctor can help you decide if you should continue screening.