PRESIDENT’S CORNER

As I begin to write this message, we have all now learned the results of yesterday’s federal, state, and local elections. I hope our supported candidates were among those elected to represent our interests; if not, remember that the winner of any contest is now the person who speaks for us, and we should learn as much as we can about him or her. In return, we should make sure he or she gets to know us, and that means sitting down to write appropriate letters expressing our concerns and points of view. This is our right as constituents; the voting cycle is not complete without transparency, accountability, and feedback.

Now that we are back on central-standard time, my calendar also indicates that Thanksgiving Day is just a traditional turkey away. I realize that day is the day following the third Wednesday of the month – November 21 – our regular monthly program. After much discussion amongst the members of the board, we have chosen NOT to cancel our scheduled gathering. Now, we realize some of you will be busy preparing at home for the big day or traveling out of the area to spend the holiday elsewhere with family and friends, and you won’t be able to join us on the third Wednesday of the month. That’s O.K., we understand and wish you safe travel and a “fulfilling” holiday.

Meanwhile, at the San Pedro Presbyterian Church Fellowship Hall, we will have a scaled down version of our normal program agenda. We will observe Veterans Day, particularly honoring those of our members who have served our country. We will continue to celebrate our Hearts of NSARTA and November birthday people, all while enjoying an assortment of pastries and coffee provided by NSARTA. Tentative plans include some time for legislative letter writing and a game or two of Thanksgiving Bingo with our favorite “numbers” person Carolyn Pfeiffer.

There are two important reasons we did NOT cancel the program: (1) We want to provide another opportunity for members to sign up and pay their $22.00 for the Christmas luncheon on December 19. We want to share that traditional catered holiday gathering with as many of you as possible. (2) November is Foundation month when we take up a personal donation to aid TRTA retirees who are in need of assistance throughout the year – NSARTA made a unit contribution to the fund during the District 20 conference in Boerne last month.

Should I not have the opportunity to see you on the 21st, Maureen and I wish you a most prayerful Thanksgiving with family and friends and look forward to seeing you at our Christmas luncheon on December 19. God Bless!
NSARTA HEARTS FOR NOVEMBER

Michelle Bibb

Our Hearts for November are Linda Nolder and Barbara Rothe. You may know them better as the Hospitality Committee Chairladies. Upon entering the Fellowship Hall, their beautiful smiles and friendly personalities welcome all members to each meeting. Family, jobs, and volunteer activities keep them busy 24/7. NSARTA is extremely lucky they choose to volunteer each month decorating, organizing refreshment providers, serving as waitresses at our Christmas luncheon, and introducing new members to our group. Blessings to you, Linda and Barb, for helping make NSARTA meetings so beautiful and friendly.

Linda Nolder

was born in Shreveport, Louisiana. Linda says, “My father was stationed at Barksdale Air Force Base, but my mother was an RN at Tri State Hospital there, so I was not born on the base. When my father finished his air force career, he went to work for Cities Service Oil Company. We lived there in Shreveport ‘till the end of my 3rd grade year. When Cities Service changed to CITGO Oil Co., we were transferred to Bartlesville, OK where I attended school through the 8th grade. I loved Oklahoma! CITGO decided to leave Bartlesville, and the tax department was moved to Tulsa, Oklahoma, where I attended and graduated from Memorial High School. My brother and his family and my Mom still reside in Tulsa – a great town. I chose to attend college across the state line at the University of Arkansas – yep a true Razorback!

Fayetteville is a beautiful place to attend college. I graduated in Elementary Education in 1974. Fayetteville is where I met my husband, Craig, my senior year. I did my student teaching in Rogers, AR, which just also happened to be the home of my future in-laws. Craig had been drafted while attending Kansas University, and served at the Sandia Air Force Base in Albuquerque, New Mexico. While he was there, his parents retired from farming in Dodge City, Kansas and moved to Rogers. When Craig finished his service he came to his new home in Rogers, where he finished his college career at the University of Arkansas in Secondary PE and was the Diving Coach for the University. Lucky Linda! I taught 4th grade for 2 years, developmental 2nd, and developmental 1st at Tyson Elementary in Springdale, AR. Yep – Tyson Elementary was named that because it sat on land surrounded on 3 sides by Tyson Chicken Houses – and nope – we did not have air conditioning, so windows were open to that “wonderful” aroma daily! My oldest daughter, Wendi, was born at the end of that 1st grade school year. But as Arkansas was not the highest of states on the pay scale of teaching, we moved to Longview in East Texas, where Craig worked for the oil company and I got to stay home to raise Wendi, Tiffany, and Travis. Craig picked up coaching of diving again with age group athletes in Longview. With his traveling and coaching across the state, the diving coach from NE school district was ready to retire and convinced Craig to transfer to San Antonio. So in 1988 we both began our teaching for the Northeast district. Craig at Regency and the diving coach for the district and Linda at Northern Hills. I began in Special Education but eventually switched to 1st grade where I was blessed to be with the same 5 core teachers for the rest of my career. Retiring in 2010, I am busier now than I ever was. I enjoy being very active at Coker Methodist and serving as chair and co-chairs on many major projects there. I am on the board for my neighborhood association and of course, our wonderful NSARTA. Having helped my husband through his career in running diving competitions, I now travel around the US running the new computer generated programs of diving. I am also truly blessed to have both my daughters living here in San Antonio, so I get to spend lots of hours helping them with being “nana” to my 4 beautiful granddaughters. I am truly Lucky Linda – my “heart” full of wonderful blessings. The number of friendships I have made throughout the years of teaching are too many to count. What a wonderful profession we represent.
Barbara Rothe

Barbara was born in Torrance, California. Barb says, “I prefer to be called “Barb” because when people call me “Barbara”, I wonder if there’s trouble! I am the youngest of three children. I grew up in a very close knit family in Southern California with lots of aunts, uncles and several cousins. My older brother, Chris, was born deaf, which influenced my life-long desire to teach children with disabilities. My sister, Nancy, is also a retired teacher and lives in Redlands, CA. Nancy is just 18 months older than me. To this day we are occasionally mistaken for twins! Growing up, we were inseparable and were just called the “girls” to family and friends. I regularly visit both siblings and their families and love “just visiting” beautiful Southern California.

After 29 years, I finally met the love of my life, Rick. We met in California, where he was stationed at LA Air Force Base, El Segundo. He was an officer and a gentleman who swept me off my feet. We were married just six months after meeting! We recently celebrated our 40th anniversary. I consider myself a proud “Texan” and love everything Texas! Rick retired from the Air Force in 1990 and we have lived in San Antonio ever since.

During Rick’s AF career, he rose to the rank of Colonel, whereas; I remained a “dependent spouse”, which is how wives were identified on Base. I doubt that is still the case in our world of feminism and that’s okay with me!

I loved the Air Force life. I highly respect the military and the sacrifices they continue to make to keep our country free. We had awesome duty assignments in the States and overseas. We started out in Los Angeles, then on to Navy War College in Rhode Island; Naples, Italy; Philippines, Oklahoma; Colorado and finally here in Texas. Each and every assignment was unique. I especially loved making life-long friendships, learning about different cultures and visiting new sites. I have many wonderful memories of the people and places we have lived.

We have three lovely daughters. Michelle is my step daughter and she lives with her teenage children, Roman, 16 and Lauren, 15 in Alamo Heights. Pamela lives in San Antonio, just 10 minutes away, with her husband and her darling babies; Kylee, 2 years and Reese, 1 year. Julie lives in Austin with her husband and her awesome daughter, Mila, 7.

Professionally, I enjoyed a career in Special Education and Counseling before retiring from North East ISD in 2012. I received my under grad degree from University of Oklahoma, in Norman, OK while we were stationed there and I began teaching autistic children in Colorado. Then, after moving to Texas, I was a resource teacher at Thousand Oaks Elementary and Hardy Oak Elementary. After completing my Master’s Degree in Counseling, I began counseling at Coker Elementary and Canyon Ridge Elementary. I cherish my teaching career and continue to be passionate about helping children achieve their highest potential.

After retiring, I decided to obtain my Real Estate license and work with my daughter, Pam, in the Real Estate business. This adventure proved to be a fulfilling way to stay connected with people. It is somewhat funny that my daughter is in some way my “boss”. I am active in NSARTA and co-chair the Hospitality Committee. I am a CASA, Court Appointed Special Advocate, and adore helping children find their “forever” home. I am an
active member of Holy Trinity Catholic Church, and belong to the charitable organization, Catholic Daughters of America (CDA). She has recently applied for membership with Daughters of the American Revolution (DAR). My sister, Nancy, actually did all the research and required background work as she is a member of the Chapter in Redlands, California. I am very proud of my ancestors who enabled me to become a member of DAR.

I delight in spoiling my little poodle, Toby, and am an avid animal lover. I enjoy reading historical novels and gardening in my yard. I love the outdoors and am thankful that Texas only has a few months of cold weather. I am most thankful for my family and all the friends I have met along my life’s journey."

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**LEGISLATIVE/FOUNDATION**  
**Carlos Ortiz**

At our November Meeting, we may start to focus on our letter writing topics. Our letters should be ready for delivery after our January NSARTA Meeting. At that time we will know our elected representatives and senators. We may also know committee assignments in the respective capitol chambers.

Suggested topics to be discussed are:

1. Raise the State’s contribution rate into the TRS Pension Fund from 6.8% to 8.5%. Why is the State’s contribution lower than the TRS member?
2. Keep the Defined Benefit and do not consider the Defined Contribution. The Defined Benefit gives members a lifetime annuity. In the Defined Contribution, a member may run out of money. Over 90% of the Texas school districts do not pay into Social Security.
3. Compare the Health-Care for Employee Retirement System (ERS) and Teacher Retirement System (TRS). ERS member pays zero; yet TRS member pays over $135.
4. Support public schools not charter schools. Tax money should be used for public schools.

We may have other topics to discuss in our future NSARTA meetings.

**NOVEMBER IS DONATION MONTH. PLEASE MAKE A DONATION TO TRTF.**
**Independence Hill Opportunity**

Get well cards were sent to Adele Murphy, who had surgery, and Frank Gonzales, who also had surgery. We wish them good health and a complete recovery.

Cards were sent to the speakers at our October meeting, thanking them for coming to talk with us and answer our questions.

**STITCHERY**

The Stitchery group gave 80 pillows to the VA Hospital. We also dropped off six afghans made by Lee Carr along with 12 quilts made by Kay Rosene. We invite other members to help us make items for the VA Hospital and Children’s Shelter. As Christmas approaches, the Children’s Shelter could really use new toys and books. We can also use donations of cloth and sewing-supplies that you no longer use.

You can give your donations to any member of the Stitchery group. Please come to our meeting to help us stuff pillows.
GREETINGS ALL... We have suddenly arrived at Thanksgiving and are looking forward to the promise of more cool weather coming our way. For me, I am happy that the mid-term elections are over and the political ads have vanished from the airways! Soon holiday music, Black Friday ads, and the latest craze in electronics, toys and fashion will fill the void! I’m ready to tap my foot and sing along with the jingles as we look to the holidays!

At NSARTA we are continuing with our goal of keeping members informed and sharing stories and opinions with our elected officials. The candidates that participated in our October meeting were excellent in sharing their philosophies. It was encouraging to me to hear such articulate and informed individuals running for office.

Upcoming Events:
1. **Big Read Book Club** meets on Wednesday, Nov 14th at 12:30 at the home of Barbara Yates.
2. **Meeting November 21st**
   - Because it will be day before Thanksgiving and many are busy preparing for the holiday or traveling, the meeting will be “light”......coffee and pastries at 9:45, meeting at 10 with an abbreviated agenda.
   - Contact information for Bexar County’s elected officials will be provided along with some writing tools. We will take the time to share our retirement “stories” and let these representatives know our concerns and ideas. Our goal is to STAY CONNECTED throughout the upcoming legislative session.
   - **Annual November TRTA Foundation collection to be taken at the meeting.**
3. **Elf Louise Meet-Up Project**
   - Assist Elf Louise in organizing family packets.
   - Spaces still available for Monday, Nov 26 or Tuesday Nov 27 from 10:00 - 3:00.
   - Contact Peggy at 210.373.3961 (text or call) or rpete4321@satx.rr.com to volunteer
   - Directions will be emailed to volunteers by Nov 16th. Join the fun and help this amazing organization!
4. **Christmas Luncheon December 19th**
   - Menu includes Green Salad, Stuffed Heavenly Chicken, Mashed Potatoes, Sauteed Fresh Vegetables, Rolls, Beverages and Dessert.
   - Submit payment of **$22 by December 3rd to**
   - **Carolyn Pfeiffer, Treasurer/ 8310 Magdalena Run, Helotes, TX 78023-4502**
   - Payments will be taken at the meeting as well.

**TREASURER’S REPORT**

Carolyn Pfeiffer 210-372-434 carolynpfeiffer48@gmail.com

In our checking account we have:

$1,747.05, as of: 11-3-2018

Happy Thanksgiving to All!!!
COMMITTEE REPORTS

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

We are thankful to our members who brought refreshments to the October meeting. DIANA SARFIN, BETTY MOSELEY, EDDY ENGLISH, DOLORES RAMON, PEGGY PETERSON, AND KAY KELLY provided us with a variety of delicious goodies and Halloween treats. Thank you, ladies!!

Pastries and coffee for the November meeting will be provided by NSARTA. December will be our delicious catered Christmas luncheon......DON’T FORGET TO PAY FOR YOUR CHRISTMAS LUNCH AT THE NOVEMBER MEETING.

Board Members will be providing refreshments for our January, 2019 meeting. We will not be asking for volunteers to bring refreshments again until our February meeting. If you have not brought refreshments so far this year, you still have time to bring them February-April. Michele Bibb  210-494-8197

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

On October 3rd, Nancy Dooley, Janet Pennock, and Sherlyn Valentin delivered 135 books and a bag of school supplies to the Children’s Shelter. Nancy Dooley has also delivered 159 books to a pediatric clinic. The books we give to these children are due to the support and generosity of the members of NSARTA. If you wish to donate books to the Children’s Book Project, please make certain that these books are: appropriate for Pre-Kinder to Fifth grade levels, have no markings or names inside or outside the book, do not have religious or holiday themes, and are new or slightly used. The cash donation baskets for the book project are on the tables at each NSARTA meeting. Thank you!

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

Your volunteer hours are very important to the community. Volunteers are responsible for keeping many community programs alive. Without you, many programs wouldn’t exist. Your volunteer hours have a monetary value of $20 an hour. If you are not sure exactly how many hours you have volunteered, record an estimate. I will be collecting the volunteer hours from our unit in January. You can text me or email me with your hours, if you cannot attend the December meeting.
MEMBERSHIP  Harold Black

TRTA has a new challenge!

Our fall competitive challenge ended on Oct 31, 2018. Three of our members each recruited one and have earned TWO credits per recruit (two entries for the $100 award at the state convention district caucus.)

The winning unit, Huajilla, was announced at the District 20 conference and received a $250 voucher.

You should have received your Yearbook/Directory by now. Everyone who had renewed or become new members by September 14th, should have received your copy of the NSARTA directory for 2018-2019.

We are still looking for and need more renewals and new members. If you have not renewed yet there are forms at the registration table at all meetings.

INVITATION AND REMINDER OF MEETING TIME/PLACE

The following is a new feature of the newsletter suggested by our President, Paul Cwiklik. This will serve as a reminder of when and where our meetings are held and double as an invitation that members can use to invite friends to join us.

Welcome!

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!!
Informative & Protective Services State Committee - Earl Wall, Chair; Dr. Amy Jo Baker; Sandra Berber; Petti Chapman & Alicia Smith

November 2018

Articles & Quick Blips

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<tr>
<th>Probably Normal Aging</th>
<th>Potential Signs of Cognitive Decline</th>
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<tbody>
<tr>
<td>Walking into a room and forgetting why you entered</td>
<td>Getting lost in familiar surroundings</td>
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<tr>
<td>Having trouble recalling the names of unfamiliar people.</td>
<td>Having difficulty remembering important details of recent events.</td>
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<tr>
<td>A change in memory compared with when you were younger.</td>
<td>Difficulty following the plot of a television program or book because of memory problems.</td>
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<tr>
<td>Memory changes similar to other people of the same age.</td>
<td>Memory changes that are worse than those of people your same age.</td>
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<tr>
<td>Misplacing items, but later recalling where you put them.</td>
<td>Misplacing items, and being unable to relocate them later.</td>
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Source: Rebecca Amariglio, Harvard Medical School

- This chart makes a distinction between normal aging-related memory loss and possible signs of cognitive decline or dementia.

- If you answered “yes” to signs in the right column, consider getting an assessment

We Remember

Honoring Our Veterans

To all of our TRTA members and veterans in our communities, both past and present, who have served or who have had or currently have family members who serve: we salute and honor you on behalf of a grateful nation.

- 100th Anniversary of Armistice Day (end of W.W. I)

- 75th Anniversary (on-going) of World War II
November is Stomach Cancer Awareness Month®

November, a month known for the pleasure of eating, is the ideal month to raise awareness about gastric cancer. There is a great deal of focus on food, nourishment and family at this time of year, and that can be challenging for people dealing with stomach cancer, and for those living without a stomach.

In 2010, NSFC successfully championed and celebrated the first official Stomach Cancer Awareness Month in the U.S. Additionally, the Surgeon General has committed to making Thanksgiving Day National Family History Day, emphasizing the importance of knowing one’s hereditary risks for disease, clearly one of the risk factors for stomach cancer.

November is Stomach Cancer Awareness Month, however, raising awareness about stomach cancer is important all throughout the year!

Early stage stomach cancer rarely causes symptoms, making early detection very difficult. Stomach cancer may or may not present with vague gastrointestinal symptoms, including indigestion, abdominal pain or discomfort, nausea and vomiting, bloating, or the feeling of fullness when eating a meal (also called early satiety). These symptoms can also be associated with other gastrointestinal illnesses, however, and should be discussed with a doctor who can perform tests to determine the cause of the symptoms.

**Signs and symptoms of stomach cancer can include:**

- Indigestion, heartburn or ulcer-type symptoms
- Difficulty swallowing
- Abdominal pain or vague discomfort in the abdomen, usually above the navel
- Nausea and vomiting and/or bloating after meals
- Vomiting blood, or blood in the stool
- Diarrhea or constipation
- Loss of appetite
- Unexplained weight loss
- Weakness and fatigue
- Sense of fullness after eating small amounts of food (also called early satiety)
- Symptoms may mimic other conditions, such as GERD, gastritis or peptic ulcer

Signs and symptoms should not be ignored. Most of these symptoms may be caused by things other than stomach cancer. They may also occur with other types of cancer. People who have any of these symptoms, especially if they don’t go away or get worse, should see their doctor to determine the cause and be treated.

**Diagnosis**

Lab tests may be normal with stomach (gastric) cancer, or there may be signs of anemia (low red blood cells). The best way to diagnose stomach cancer is by taking a sample of stomach tissue (biopsy). To do this, a gastroenterologist uses a small camera called an endoscope to look inside the stomach and take biopsy samples. The samples are then sent to a pathologist, who can look at them under a microscope to determine if the cells are cancerous. Other tests that may be performed to look for cancer include endoscopic ultrasound, barium swallow, CT scan, MRI, or PET scan. [www.nostomachforcancer.org](http://www.nostomachforcancer.org)
OR CURRENT RESIDENT

HAPPY THANKSGIVING!
NOVEMBER 2018