



## *The Hearts of NSARTA*



**NSARTA NEWSLETTER**

**OCTOBER, 2018**



*Sherlyn Valentin*



*Paul Cwiklik*



*Nancy Dooley*

### **PRESIDENT'S CORNER**



As advertised, Tim Lee's appearance at our September program lit up the hall with his stimulating presentation, punctuated with energetic words, and forthright candor. The Q&A that followed was just as revealing in fact, as well as speculation about what the future might possibly hold for the retired teachers of Texas, depending upon the results of the coming 2019 Legislative Biennium.

Just prior to Tim's arrival, we began with a marvelous opening ceremony featuring the James Madison High School Army JROTC students entering the hall with the presentation of our National and State flags. The audience participated in the pledges of allegiance and the singing of our National Anthem. We extend great appreciation to: Sara Gibb (US Flag Bearer), Cody Trejo (Texas Flag Bearer), and Honor Guards Sebastian Cramberg and Haydee Freire. Madison faculty member Master Sergeant (US Army, Retired) Darrell Philson accompanied the students. This same contingent performed for us at last April's TRTA 65<sup>th</sup> Annual Convention at the La Cantera Resort and Spa.

District 20 President Suann Agold joined us for her annual visit to NSARTA and spoke to us about current TRTA issues and the district's October 25 Conference in Boerne. We also acknowledged District 20 Immediate Past President Barbara Soto for her leadership during the previous two years in office.

**Prior to the November elections**, we look forward to our October 17 program when we have lined up 3-4 incumbent/challenger legislators (Democrat and Republican) to visit us in a panel format where we will hear of their positions on retired teacher and current education issues, including a Q&A moderated by Carlos Ortiz, our Legislative Representative.

**After the November elections**, at our November 21 program, we will devote our energies to writing brief, but on-target letters to our duly elected representatives and senators. **Bring a sharp pencil!**

*(President's message continued)*

WHY VOTE? Because Retirees Deserve Better!

- We must protect the defined benefit plan and funding for the TRS pension fund.
- There must be a plan for increasing permanent state funding to ensure defined benefits, retirement security and a strong pension fund.
- We need affordable and accessible health care for ALL Texas education retirees.
- There is NO long-term funding plan to sustain TRS-Care. The two-year supplemental plan is NOT a permanent solution to our health care funding issue.
- We must promote an annuity increase for ALL retirees.
- The cost of living continues to go up, but annuities are relatively stagnant.
- We support the reform at the national level for Social Security offsets, the Windfall Elimination Provision (WEP) and Government Pension Offset (GPO).
- Retired Texas educators are penalized under these offsets, and the programs treat retired teachers differently than the rest of the population.

NSARTA HEARTS FOR OCTOBER ARE



*Sherlyn Valentin* and *Nancy Dooley*. Neither was born in Texas but became Texans when job opportunities for their dads brought them to our great state. Thank goodness, they loved it here and pursued teaching jobs in various areas of Texas. We are thankful they made their homes in San Antonio and our lives have been enriched by knowing them. Both ladies have become the “hearts” of our Children’s Book Project Committee and work all year long purchasing, collecting, organizing, and storing hundreds of books that are given by NSARTA members to a

local school each year. Thank you Sherlyn and Nancy for all the work you do to support NSARTA and the children of San Antonio.

*Sherlyn Valentin says* “ I am so privileged to be part of the The Hearts of NSARTA this month with my good friend, Nancy Dooley. I never would have guessed it! Here I am in Silver Sneakers class with two other women who were born in Waterloo, Iowa, just like me! Ramona, Rita, and I all ended up in San Antonio at the same Gold’s Gym in the same class. What are the odds?

Soon after my brother, Mark, was born, we moved to San Antonio from Iowa for my mother’s health. My dad worked for Western Auto downtown, my younger brother Monte was born at the Nix hospital, and we lived on Red Rock Drive by West Avenue. The house is still there and in the 1950s my mom told me you could see a pasture out the back window.

Soon my dad was transferred with Western Auto to Cedar Rapids, Iowa, where my sister Julie was born, and then to Kansas City, Missouri. In Kansas City, we survived a tornado, my elementary class went to see former President Truman, and a young me went with my older cousins to see the first Elvis Presley movie.

My dad then decided to buy a Coast-to-Coast store in Marshalltown, Iowa, so we all moved when I was in junior high. I graduated from Marshalltown High School and since I always wanted to be a teacher (I would pretend teach my siblings and my cousins). I attended the University of Iowa in Iowa City and received a B.A. in elementary education. During my student teaching, the school planted a tree, since it was the First Earth Day. The shootings at Kent State also happened. The President of U of Iowa told the students that if they were satisfied with their grades they could go home since he didn't want any protests. My brother who, was a junior, left but I stayed to complete my student teaching.

My first teaching position was in a small school in Iowa where there was only one class for each grade level. I wasn't happy in that job so I quit, went to graduate school for awhile, and then saw an ad for teaching positions in Brownsville, Texas. My interview with Brownsville ISD was the day after the Texas schools closed to honor the passing of President Lyndon Johnson. During the 25 years I lived in Brownsville, I taught remedial reading, 4th grade, and special education. In order to communicate with the parents of my students, I took a class at the local college to learn some Spanish. I met my husband Wayne through one of the teachers at the school where I taught. We married in 1975. Wayne, the son of a Navy dentist, used to sell dental equipment and now repairs dental hand pieces.

Our daughter Jennifer was born a preemie in 1977 and so I stayed home for 9 years to be with her and our son Nicholas who was born in 1980. During those 9 years I went back to school to get my Language/Learning Disabilities Certificate. After I went back to teaching, I took an exam and received my Generic Special Education certificate. Jennifer graduated from UTSA and is an English teacher at Edison High School in SAISD. Nick graduated from Texas A&M and is Vice President of Engineering for Dean Steel. Nick and his wife Brittney have a son Jack who just turned three—our adorable grandson who we love to babysit and spoil. Since Jen and Nick decided to stay in San Antonio, Wayne and I decided to move here in 1999 to be with our family. It's the best move we ever made. As a special education teacher at Olmos Elementary and Roan Forest Elementary in NEISD, I worked with students in inclusion and resource settings. I retired in 2010, but then decided to substitute for three years. Since retiring, I enjoy being a part of NSARTA and the Children's Book Project and also being secretary for the society Delta Kappa Gamma. I have made and am still making many wonderful friends."

Nancy Dooley was born in Charleston, West Virginia. Nancy says, "My parents arrived in Charleston in 1940 after spending all their lives in Wyoming and Colorado. I lived there until I was 8, when we moved to Victoria, Texas. I am the oldest of 4 children and the only one to start school in West Virginia. After we moved to Texas – a place far, far away – my parents enrolled me in a small all girls Catholic School where I graduated in 1960 with a class of 42 students. After attending one semester at Victoria Junior College, I moved to Austin where I graduated from the University of Texas with a degree in Biology.

I began my career teaching 6<sup>th</sup> grade students Life Science in Houston, Texas. After completing 3 years and contemplating about my career path, I decided to "check out" science research as a lab technician at MD Anderson Hospital. It was an experience I needed in order to realize teaching was indeed my calling. I then began teaching Biology at Spring Branch High School and enrolled at The University of Houston to pursue my graduate degree in Biology Education. After all this, my mother reminded me that she knew I would be a teacher since I was always volunteering to "teach" the younger kids, and I even wrote "teacher" as my ambition in the yearbook.

I enjoyed living in Houston in the 60's and 70's where I continued teaching Biology (and a few other science courses). Since Houston had become home to me, I decided to purchase a small townhome. One day after I moved in, a different

*(NSARTA Hearts continued)*

sales person was in the office to answer my follow-up questions. His name was Dennis Dooley and we just celebrated our 43<sup>rd</sup> wedding anniversary. We moved to San Antonio, where he received his MSW from Our Lady of the Lake University and worked as a Bexar County Probation Officer until he retired. After I moved to SA, I took a year to substitute teach in many schools. I then began teaching 9<sup>th</sup> grade students Biology at John Marshall HS in NISD. After several years I transferred to the new magnet school in the district, Health Careers High School. I continued teaching Biology there until I retired after 35 years in the classroom.

Dennis and I have had the opportunity to visit and to share many adventures and celebrations with family and friends. We have lost all our siblings except my sister in Philadelphia and my brother in Victoria. My dear mother moved to San Antonio in 2006, and we just celebrated her 100<sup>th</sup> birthday. Our extended family brings us much joy. We are blessed with many nieces and nephews, several of whom have made us a great, great aunt and uncle. We try never to miss a special occasion/celebration! Our latest was this summer at the National Special Olympics in Seattle, WA where a nephew won a gold medal in swimming.

My love of traveling began as a young child when we visited our grandparents, aunts, uncles, and cousins in Colorado and Wyoming. Since my father loved to drive, the family took as many trips as possible. I loved to buy postcards from all the places we visited. As a young adult I had the opportunity to visit many places in the US and world. I still have the travel bug and take the opportunity to explore new places as often as I can.

Since retiring, I spend a lot of time with my mother who always welcomes me with her wonderful smile. It is also very nice to have more time to spend with family and friends and to have more opportunities to meet many new people. I joined NSARTA in 2000 and have enjoyed being a member ever since. I was active on the Hospitality Committee and then The Children’s Book Project Committee. I also volunteer with the Assistance League of San Antonio, where I help children in need receive clothes for school; I also work in their Thrift Store where we raise funds to dress children and for other programs in the community.”

LEGISLATIVE/FOUNDATION Carlos Ortiz



As we prepare for the General Election, please remember the following:

Last day to register	October 9
Early Voting	Monday, October 22—Friday, November 2
General Election	Tuesday, November 6

The website [www.Bexar.org/elections](http://www.Bexar.org/elections) will give you information on registration. The sample ballot for November 6 is on this website. Please begin now to prepare to vote for the candidates that will support public education as well as retired teachers.

VOTE EARLY---- BUT VOTE

Remember—**November** is donation month to our Foundation. Please try to make a donation



PROGRAM

*Peggy Peterson NSARTA 2nd VP/Program Chair*



Don't miss our October meeting! As Paul indicated in his article, we have invited the following individuals to address our membership and to answer questions from the floor:

**Texas State Senate District 25**

Donna Campbell, Incumbent -- Response to invitation is pending  
Steven Kling -- Confirmed

**Texas House of Representatives District 121**

Steve Allison -- Confirmed  
Celina Montoya -- Confirmed

**Texas House of Representatives District 122**

Lyle Larson, Incumbent -- Unable to attend, Chief of Staff for Mr. Larson will attend meeting  
Lynlie Wallace  
Claire Barnett—Confirmed

It is hard to believe that we are already looking ahead to the holidays but here are a few more reasons to mark your calendar:

**FALL SOCIAL - NO TRICKS! JUST TREATS on October 30th from 3-5 p.m.**

Embers Wood Fire Kitchen & Tap -819 N Loop 1604, 78232 (Between 281 & Stone Oak Parkway)

**BIG READ BOOK CLUB -**

**Wednesday, November 14th @ 1:00 p.m. @ Barbara Yates' Home**

**ELF LOUISE VOLUNTEER OPPORTUNITIES**

Help Elf Louise get ready for Christmas wrappers by organizing Family Packets

Volunteers are still needed to fill slots for:

**Monday, Nov 26th -- 10:00-3:00 OR**

**Tuesday, Nov 27th -- 10:00-3:00**

Call/Text Peggy at 210.373.3961 to join our **Merry Bunch of Elves!**

**NSARTA Christmas Luncheon**

**Wednesday, December 19th --Catered by Heavenly Gourmet**

- Green Salad
- Heavenly Stuffed Chicken with Poblano Sauce
- Mashed Potatoes
- Sautéed Vegetables
- Rolls & Beverages
- Dessert

Cost \$22.00 - Please make checks to NSARTA & give to Carolyn ASAP. Reserve your place NOW!

TREASURER'S REPORT *Carolyn Pfeiffer 210-372-434* [carolynpfeiffer48@gmail.com](mailto:carolynpfeiffer48@gmail.com)



Treasurer's Report

As of: October 2, 2018

Amount in Checking Account is: \$2,864.64

(More details to follow on October 17, at our regular meeting.)

CORRESPONDING SECRETARY *Barbara Yates 494-6444*

A get well card was sent to Cyril Firgins, who had surgery.



STITCHERY

*Ledru Barker*



Stitchery group made and donated 205 pillows to the VA Hospital. We also donated 9 quilts and 20 stuffed toys to the Children's Shelter. Please join us for stuffing and talking on the first Thursday of every month.

COMMITTEE REPORTS

Informative and Protective

*Adele Murphy*



*Emergency Readiness*

*Are you ready for a Disaster?*

September has been declared **National Emergency Preparedness Month** by the Federal Emergency Management Agency. Natural and man-made disasters can strike at any time, so it's important to have a planned response when you're at work, at home or on the road. Sources for preparedness information are:

- The National Safety Council
- Centers for Disease Control
- Ready.gov
- Federal Emergency Management Agency
- Texas Division of Emergency Management

**The National Safety Council** recommends the following precautions that apply to many disaster situations.

- Try to stay informed through TV, radio, cell phone or Internet, if possible
- Have a family communication plan in place; all members of the family should review and practice the plan
- Have all family members' and other important numbers written down or memorized
- Have an emergency kit in the car and at least 3 days of food and water in your home
- Be sure to store all important documents---birth certificates, insurance policies, etc. in a fire-proof or safety deposit box
- Assign at least one family member the responsibility of learning first aid and CPR
- Know how to shut off utilities

**What should you keep in your car?**

Every vehicle should have an emergency kit located in the trunk and the kits should be checked every six months and expired items should be removed.

- A properly inflated spare tire, wheel wrench and tripod jack
- Jumper cables, tool kit, and a multipurpose utility tool
- Flashlight and extra batteries, compass, and reflective triangles and brightly colored cloth to make your vehicle more visible
- First aid kit with gauze, tape. Bandages, antibiotic ointment, aspirin, a blanket, non-latex gloves, scissors, hydrocortisone, thermometer, tweezers, and instant cold compress
  - Nonperishable high energy foods such as unsalted nuts, dried fruits, and hard candy and plenty of water
- Reflective vest in case you need to walk for help; car charger for your cell phone
- Fire extinguisher, duct tape, and rain poncho
- Family and emergency phone numbers including your auto insurance company and a towing company
- Additional items for cold weather include ice scraper, windshield washer fluid, warm clothing, cat litter for traction and blankets. Informative and Protective Committee members are Earl Wall, Chair; Dr. Amy Jo Baker., Secretary; Sandra Barber, Petty Chapman, and Alicia Smith

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

HOSPITALITY COMMITTEE CHAIRMEN

Linda Nolder (210) 219-4749

Barbara Rothe (210) 380-8150

We would like to thank NSARTA Board Members for providing such delicious refreshments at our September 2018-2019 kick-off meeting. How great it was seeing everyone again AND meeting visiting District 20 visitors. WELCOME TO OUR NEW MEMBERS and GUESTS, also. We hope you will continue attending our meetings and get involved in the many activities NSARTA offers.



Thank you to members who signed up to bring refreshments for our October meeting. We will call you as a reminder to bring refreshments. Michele Bibb (210) 494-8197

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



NSARTA members delivered over 150 books to the Children's Shelter and to a pediatric clinic this October. We appreciate all your support and donations that made this possible. Throughout the year the Children's Book Project group will be working on growing our number of books so that in May our visit to Valley Hi Elementary will be just as successful as last year. Look for your local library book sales or garage sales to find books that are: 1. Appropriate for Pre-Kinder through fifth grade; 2. Are new or slightly used; 3. Have no markings or names written anywhere outside or inside the book. Thank you all.

VOLUNTEERING Janet Pennock [japennock57@yahoo.com](mailto:japennock57@yahoo.com), 979-417-3876

Your volunteer hours matter. We want to show the state that retired teachers still impact the community. The community volunteer hours are collected from January to December. In January, I submit a report to TRTA with a total of volunteer hours collected for a year. If you can't make it to a meeting to record your hours, you can call or text me at 979-417-3876 or email me at [japennock57@icloud.com](mailto:japennock57@icloud.com). Only 65 people recorded their hours last year, I am sure that many of you are volunteering and not submitting your hours. You now have 4 ways of getting those hours to me, all I need is your name and how many hours, record them in the binder, call me, text me or email me. Not sure what counts as volunteer hours, connect with me, I will gladly answer your question. Did you help a friend get to a doctor appointment? Did you babysit your grandchildren? Did you take them school shopping? Did you volunteer at church or at a school? Did you call a sick friend? All of these count as volunteer hours.

**NEED INFORMATION OR HAVE QUESTIONS ABOUT HUMANA?**

SANDRA GALLAGHER, Humana Sales Representative, will host an information table at our October and November meetings. She will have information about the new TRS benefits and flyers about upcoming seminars for Medicare open enrollment. Sandra's goal is to provide support and information to NSARTA members on an on-going basis. Sandra's contact information follows and members may contact her at any time.

Sandra Gallagher

950 S General McMullen, Suite 105, SATX 78237

210-478-8313

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



TRTA has a new challenge!

Our fall competitive challenge begins **NOW** and ends on **Oct 31, 2018**. All members! **EACH** One (who) Brings One before the time runs out (October 31) will earn **TWO** credits per recruit (two entries for the \$100 award at the state convention district caucus.)

The winning unit will get a \$250 voucher. Three of our members each have recruited one. We all need to make a recruiting effort!!!

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

**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

**HEALTH** Eddy English

**MEDICARE HEALTH INSURANCE**

Name/Nombre  
**JOHN L SMITH**

Medicare Number/Número de Medicare  
**1EG4-TE5-MK72**

Entitled to/Con derecho a	Coverage starts/Cobertura empieza
<b>HOSPITAL (PART A)</b>	<b>03-01-2016</b>
<b>MEDICAL (PART B)</b>	<b>03-01-2016</b>

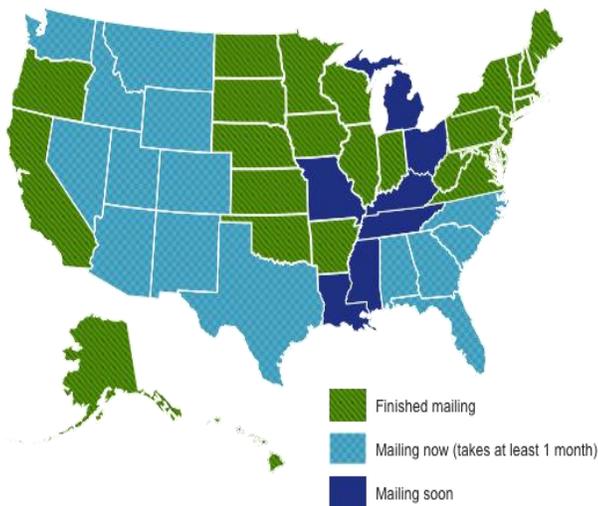
Your new Medicare card is on the way, so if someone calls and says you need to give them your personal information or money to get the new card, hang up! It's a scam. **Medicare will never call uninvited and ask for personal information or money for you to get your new Medicare Number and card.** [Learn what to do](#) if you get a suspicious call like this.

If you haven't gotten your new Medicare card yet, don't worry. **Mailing cards to each group of states takes at least a month**, so you might get your card at a different time than friends or neighbors in your area. In the meantime, **keep**

**using your current Medicare card until your new one arrives.**

Log in to your [MyMedicare.gov](http://MyMedicare.gov) account to see when your new card has been mailed. Don't have a free account yet? Sign up at [MyMedicare.gov](http://MyMedicare.gov) in just a few easy clicks.

**Note:** If you've gotten your new card in the mail already, start using it right away!



You can [update your preferences](#) or use our [1-click unsubscribe](#) to stop receiving messages from the Medicare Team.



This message is paid for by the U.S. Department of Health and Human Services. It was created and distributed by the Centers for Medicare & Medicaid Services. You're receiving this message because you signed up for email updates from the Medicare Team.

Please contact [support@subscriptions.cms.hhs.gov](mailto:support@subscriptions.cms.hhs.gov) if you have questions or problems with your subscriptions.

**NSARTA  
14219 Turtle Rock St.  
San Antonio, Texas 78232**

**OR CURRENT RESIDENT**

*Happy Halloween!*

**OCTOBER 2018**



