



El Paso Retired Teachers Association

GRAPEVINE

April 2016

Volume 2, Issue 7

PRESIDENT'S MESSAGE

THE FURTHER I GO THE BEHINDER I GET!

Does anyone else feel this way? Surely not! It seems with Spring breaks, religious holidays, doctor's appointments, attention to family and friends, etcetera, that time has just been "swallowed up" as if by a giant Manatee. Throw into the mix anniversaries, birthdays, trips to the doctors, spring cleaning, errands, attention to and fun with family as well as wonderful friends, fill in the blank _____, I just wonder: CAN JUNE BE FAR BEHIND? Or what about December?

As our membership year comes to a close in April and May, I want to say "thank you" again to all members of EPRTA for your commitments in support of our retired El Paso Educators and Service Personnel. A vital organization such as ours requires all of us. I hope that you have enjoyed our TRTA publications, our EPRTA Newsletter, *The Grapevine*, and also our luncheons as well as our local projects.

Swinging into our new membership year, remember that we are all the Membership Committee! Invite your friends to participate in lending a hand to help retired seniors, employed school personnel, and especially students and teachers. Members Mentor?? Don't forget to renew your own membership. The blank form is in the publication.

FINALLY, let's pause, take a long deep breath, and enjoy our "one day at a time," for each day we know, once gone, will never be back again. We have lost it? Or used it?

Please join your fellow retirees for the April EPRTA Luncheon at the Wyndham Hotel on April 28! (bring a friend...)

Pat Lally
Plall722@aol.com
915-821-4570

2016-2018 Officers

At the March luncheon, the following people were elected for the 2016-2018 term.

President – James Lamonica
1st VP – ?
2nd VP – Debra King
Secretary – Beverly Mueller
Treasurer – Carlos Martinez

We still need a 1st Vice President. This person is in charge of membership and publishing our directory.

There are a host of committees and each one needs help. President Elect Lamonica believes that many people, each doing a small, task, makes everything easier

MINI-PROJECT

We will be collecting money to support the El Paso Zoo. "Your involvement, support, gifts, and volunteer time help ensure a wonderful experience for everyone who enjoys the Zoo, and the animals residing here."

elpasozoo@elpasotexas.gov



"Dost thou love life? Then do not squander time, for that is the stuff life is made of."

Benjamin Franklin

EPRTA LUNCHEON

Date & Time: April 28th, 2016 @ 12:00 Noon
Location: Wyndham Airport Hotel
Program: The El Paso Zoo
Menu Entrée: Pasta Primavera
Cost: \$17.00
Reservation
Deadline: April 20th, 2016



Luncheon Reservations

The Wyndham requires that reservations be turned in on the Thursday before the Luncheon. The reservation deadline is listed above. If you are not contacted for the meeting, please call Lila Murphy at 253-5792 by the reservation deadline. If you make a reservation for the Luncheon, cannot attend, and cannot cancel by the deadline, you will be responsible for the cost of the meals reserved. Please pay the Treasurer, Nan Pollock.

Meal Choice Information

For each Luncheon, two (2) meals will be available. Those will be:

- (1) The regular meal published in this newsletter.
- (2) A veggie plate that will also be gluten-free and dairy-free. There is no guarantee that the salad or dessert will meet dietary needs.

Please tell your caller if you wish the veggie plate when you make your reservations.

Lila Murphy, Communication Chair, 253-5792

IN MEMORIUM

Frank J. Bailey
Jack Marcell
Mac Reed

Thinking of You

Joe Pollack

EPRTA LEADERSHIP

President: Pat Lally
1st Vice President: James Lamonica
2nd Vice President: Anna Bingham
Treasurer: Nanette Pollock
Secretary: Beverley Mueller
Immediate Past

President: Robert Word
Community Service: Ann Richardson
Foundation: Hank Dunbar
Healthcare: Beverly Baldwin
Legislative: Aubrey Cherry
Member Benefits: Joe Barbe
Protective Services: Yolanda Barbe
Retirement Seminar: Ruth Frith

LUNCHEON PROGRAM

The program features a spokesperson from the El Paso Zoo on how the Zoo helps the community through their programs and how we can help the Zoo. Hopefully they will bring something cuddly.

COMMUNITY SERVICE

The motto of the Community Volunteer Service Committee is "If it is to be, it is up to me."

CONTINUE to keep a record of those hours on the form provided in the January, August and November publications. Let's make volunteering the cool thing to do!

THE BOOK SHELF

Read a good book lately? Want to share? Need a new book to read? Bring your book to our Luncheon. We have a book table where we share books. It's fun and there are always good tips on good books.

TRTA MEMBER BENEFITS

APRIL 2016

TRAVEL & LODGING BENEFITS

Always check details of discount rates and follow the guidelines for receiving these discounts or rates.

Avis Rent-A-Car

For personal and/or business rentals in making reservations ask for the best rate and mention Avis Worldwide Discount # (AWD) D404600 to receive up to 25% off the rental. Reserve www.avis.com/AvisWeb/html/bridge/go.ex?D404600, or call 800.331.1212

Budget Rent-A-Car

For personal and/or business rentals in making reservations, ask for the best rate and mention Budget Customer Discount Number (BCD) X885500 to receive up to 25% off the rental. To reserve call 800.527.0700 or reserve online at www.budgetcarrental.com/budget/assoc/index.html?x885500

Enterprise Rent-A-Car

Offering 10% discount to members when car is rented from an airport location and 5% discount when car is rented from non-airport location. Call Enterprise by phone at 800.736.8227 for reservations. To receive your discount, mention this code: "65TRTA" by phone. Or online www.enterprise.com and use code: "65TRTA" online & enter corporate code "TEX" on second page.

La Quinta Inns & Suites

Offers members the Texas State Rate which is up to 35% off prevailing room rates in Texas & 15% off nationwide subject to availability. Call 866.468.3946 or visit www.lq.com. Refer to promotional code "TRTA" when making reservations. (Occasionally, you may find rates that are lower than TRTA rates due to low occupancies at a particular property during slow times of the year. If/when this occurs when reserving online, enter promotional code "TXSTAT10" and receive 10% off a particular property's Best Available Rate. When making reservations by phone, ask the clerk to check both promotional codes to see which one will give you the best rate.)

Drury Inn and Suites

Receive 5% discount off corporate rates at the more than 100 Drury Inn & Suites in nineteen states (discounts are not available when hotels are on "peak status"). Amenities include a hot breakfast of scrambled eggs, sausage, biscuits & gravy, Belgian waffles & more, one hour of free long distance per room per night, evening beverages and snacks from 5:30-7 p.m. and high-speed internet access in every room & wireless lobby. Call 1.800.378.7946 and provide Corporate ID #311435 or visit www.druryhotels.com and use BizTrip Corporate ID #311435.

Dallas Zoo

You are now able to buy discounted tickets with the added convenience of printing your admission tickets from your computer and presenting them at the entrance turnstiles bypassing ticket booth lines. Purchase tickets immediately by visiting our exclusive Dallas Zoo Employee & Affiliate Online Discount Tickets Store: Go direct to <https://zootickets.dallaszoo.com> and enter this personalized store name: trta.

For more information on the TRTA member benefits

Visit www.trta.org/memberbenefits

GUIDELINES OF THE EL PASO RETIRED TEACHERS EMERGENCY FUND COMMITTEE

This committee shall be called the El Paso Retired Teachers Emergency Fund Committee. It shall consist of the Chairman, Treasurer, and three other members. Appointment is made by the chairman of the committee from the membership of EPRTA.

Funds shall be deposited in an insured financial institution. Names of the chairman and treasurer of the committee shall be on the account and either may sign the checks.

Persons applying for the funds must be teachers or classified personnel retired from the El Paso Independent School District.

Applications will be considered case by case on the basis of merit along with the approval three of the committee members. The following guidelines will be used with any exceptions considered by the entire committee:

1. The committee shall have the option of limiting the amount of each loan based on the amount requested and the availability of emergency funds. Maximum amount that can be loaned is \$1200.
2. Loans will be for emergencies such as medical, food, utilities, and emergency repairs.
3. Applicants may be granted a second loan only if at least 50% of the first loan has been repaid.
4. Applicants will be asked to sign a contract stating the terms of repayment based on the individual's ability to repay. Loans are interest free. However, repayment is expected.

*For further information or to apply,
please contact someone in EPRTA
Leadership listed in this publication.*

**EL PASO RETIRED TEACHERS ASSOCIATION
TEXAS RETIRED TEACHERS ASSOCIATION**

Membership Form for: July 1, 2016 - June 30, 2017

Make your check payable to EPRTA (Your check will include payment to TRTA also.)

Date _____

PLEASE PRINT

Name _____ Address _____

City/State/Zip _____ Tel. _____

E-mail _____

Your email address will only be used for official EPRTA business. Providing your email will help us cut costs.

_____ 35.00 + _____ 1.00 + _____ 10.00 = \$46.

TRTA District Local Association

I have TRS Payroll deduction _____ (Attach Form TRS 593)

I am local life _____ I am State Life _____

I am a Current Monthly member _____

Total enclosed: \$ _____ CASH _____ CHECK # _____

*I am a new member _____ Renewal? _____

**referred by _____

Mail form to:
Nan Pollock
5404 Vancouver
El Paso, TX 79924

Please pay 2016-17 dues promptly to ensure you will appear in our Yearbook and will receive our publications.

HEALTH TIPS

Know Your Resting Heart Rate

A heart that beats fewer times a minute is usually a more efficient heart. To get your resting rate, sit in a comfortable position and use your index and middle fingers to feel your radial artery, just below your opposite wrist, at the base of your thumb. Count how many beats in 60 seconds. Anything between 60 and 100 beats is considered normal, but lower in the range is usually desirable. The great news is that simply adding 30 minutes of brisk walking to your daily routine could lower your resting rate and add years to your life.

Source, USA Weekend 1/10/2014

PROTECT YOUR SAFETY

Public swimming pools and water parks - The CDC found them to be hot spots for E-Coli. Your best defense is don't swallow the water. Restaurant Menus have been found to have more bacteria than a toilet seat. Clean your hands after using them. 70% of lemon wedges on the rim of glasses have bacteria microbes. Many drinking fountains rarely get cleaned. You are better off carrying your own water bottle. Wipe cart handles and baby seats in carts with anti-bacterial wipes that some stores provide or carry your own. Only 65% of women and 31% of men wash their hands after using a public bathroom. Your best defense is to wipe the handle with an anti-bacterial wipe or place a paper towel over the handle. Hotel television remotes, lamp switches, hair dryers, and telephones are rarely cleaned. Any time you check into a hotel make it a point to wipe these items with anti-bacterial wipes.

**IT'S TIME TO PAY
YOUR DUES.**



The April Luncheon
Fun with stretch bands.

Thanks Joe Barbe

