



El Paso Retired Teachers Association

GRAPEVINE

February 2016

Volume 2, Issue 5

PRESIDENT'S MESSAGE

Are y'all as busy as ever? It seems the new year is progressing very rapidly, and we still have an EPRTA election for officers this spring.

I hope you are making plans to attend our monthly luncheon on February 25! Good food and fellowship are waiting! Don't forget, February is Foundation month!

I'm just returning from a quick trip to enjoy the sun in Florida (cold and rainy...) but who cares? Meeting up with good friends or family that you haven't seen for a while is the important thing!

I returned to St Louis to attend a birthday party for a friend who turned 90 on January 30, having taught her children maybe 40 years ago! It was a great chance to visit with many very special people in my life.

My hope is that you enjoyed your holidays with friends and family, and are looking forward new challenges.

Pat Lally

MEET OUR EPRTA BOARD MEMBERS

Secretary:

Beverley Mueller
Beverley was born in Birmingham, Alabama. She moved to El Paso with her parents in 1947. She attended Travis, Burnet and Austin. Her degree in education came from Texas Western College and her Master's in Curriculum from Lesley University.

She taught 36 years in EPISD in elementary and middle school and was a Student Activities Manager and an Assistant Principal. Beverley has been married for 52 years and has one daughter, one son and 3 grandchildren.

February is Foundation Month

Last year, the EPRTA contributed more to the Foundation than any other unit in the State of Texas. During the February luncheon, we will have our annual appeal. This money is for grants to classroom teachers and scholarships. Please give generously!

"A journey is best measured in friends rather than miles."

— Tim Cahill



MINI-PROJECT

This month we will be collecting children's books for the TRTA Children's Book Project. These books will be distributed to our local elementary schools. Books are needed in every subject.

EPRTA LUNCHEON

Date & Time: February 25, 2016 @ 12:00 Noon
Location: Wyndham Airport Hotel
Program: Heart Health
Menu Entrée: Chicken Poblano
Cost: \$17.00
Reservation
Deadline: February 17, 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 MEMORIAM

Marianne Green
THINKING OF YOU
Barbara Keily
Nanette Pollock

EPRTA LEADERSHIP

President:	Pat Lally
1 st Vice President:	James Lamonica
2 nd 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

Our speaker this month will be Dr. Mohammad Raja from El Paso Cardiology Associates. Dr. Raja will discuss "Heart Health" and when we should go to see a Cardiologist.

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.

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 August and November publications. Let's make volunteering the cool thing to do!

HEALTH TIPS

FLOSS FOR YOUR HEART

Harvard researchers found a direct relationship between heart attacks and C-reactive protein, a substance that indicates inflammation in the body. If you have periodontal disease, you have inflammation. If your gums are infected, they will release oral bacteria into the bloodstream. Some of these organisms may contribute to the atherosclerotic plaques that cause blood clots and heart attacks.

Daily flossing (and brushing) is the best way to reduce gum inflammation and prevent infection.



PROTECT YOUR SAFETY

It's Tax Season!

1. Beware of telephone calls demanding immediate payment of owed taxes. The Internal Revenue Service does not make this type of call.
 2. Do not respond to telephone calls that require you to pay your taxes by certain methods. Such as prepaid debit cards, or calls that ask for your credit or debit card numbers.
 3. Hang up if you receive telephone calls threatening you with law enforcement action if you don't pay your taxes.
 4. Do not respond to callers offering you tax refunds and then asking you for your banking and financial information.
- Take action by hanging up when you receive these tax scam calls. You may also report these calls to 1-800-3664484 or email to www.tigta.gov.
- You may also contact the Federal Trade Commission at FTC.gov and click on FTC Complaint Assistant.

MEMBER BENEFITS

1-800-Flowers Discount--Save 15% at 1-800-FLOWERS.COM! Members use promotion code AMBA to receive their discount by calling 1-800-FLOWERS or visiting www.1800FLOWERS.com.

PLAN YOU 2016 TRAVEL

AMBATravelPerx--Brings the best values in vacations to association members. Special offers are available on fantastic cruises, resorts, and escorted tour vacations to the Caribbean, Mexico, Panama Canal, Europe, Alaska, South America, and Asia. Members can call 1.800.480.4080 or visit www.ambatravelperx.com.

Road Scholar--For first-time travelers with Road Scholar, a \$200 discount for international and foreign travel, and a \$75 discount for domestic and state travel. Visit www.myambabenefits.info/trta to learn more.

Drury Inn & Suites--Receive 5% discount off [Drury's](http://www.drury.com) corporate rates at the more than 100 Drury Inn & Suites in nineteen states (discounts are not available when hotels are on "peak status"). To make reservations, call 1.800.378.7946 and provide Corporate ID #311435 or visit www.druryhotels.com and use BizTrip Corporate ID #311435.

LaQuinta Inn & Suites--Offers up to 35% off prevailing room rates in Texas & 15% off nationwide subject to availability. Call 1.866.468.3946 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.)

Car Rental Discounts--Avis Rent-A-Car (1.800.331.1212), Budget Rent-A-Car (1.800.527.0700), Enterprise Rent-A-Car (1.800.736.8227)

A few pictures from our Luncheons



El Paso Retired Teachers Association
5404 Vancouver
El Paso, TX 79924-4019

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Send newsletter suggestions to: jphlamonica@hotmail.com