



El Paso Retired Teachers Association

GRAPEVINE

March 2016

Volume 2, Issue 6

PRESIDENT'S MESSAGE

First of all, thank you to all who were able to find a parking place and attend the February luncheon. We found out that there was a group of 300 that would occupy our normal area that day. I had been informed that our group would be moved so as to be away from the noise, but was surprised to find out that we didn't have our tables... As it turned out, the other group was there earlier than us so most of us got our exercise walking that day, for sure! My apologies to the 10 members that couldn't make it at all.

So...Welcome to March, 2016!

I am very excited about our continuing plans for winter into spring. Elections for officers for 2016-2018 will be held at the March luncheon. Our spring membership drive will begin in April. Just a reminder, the fiscal year for TRTA/EPRTA is from July 1 to June 30. Your Board of Directors has already been busy "taking a look forward" to find new adventures for the coming seasons! In the meantime, let's continue to strive to not lose touch with members that we may not see often.

A quick reminder: Be sure to read and share information from The Ledger with friends and active employees in our schools. Current deadline for grant applications and scholarships is March 17. This is money that really needs to be spent!

Once again, thank you for your participation in our monthly mini-projects. For March we will collect non-perishable food for the Rescue Mission. Our March luncheon is March 24, 2016.

Pat Lally

Plall722@aol.com

915-821-4570

Nominations Committee

At the March luncheon, the Nominations committee reported the following nominations 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.

Elections will be held during the March Luncheon. Nominations from the floor will be accepted at that time.

MINI-PROJECT

The mini-project for March is to bring non-perishable food items for The Rescue Mission of El Paso at 1949 W Paisano Dr. "RESCUE Mission of El Paso aims to teach all people encountered how to take care of themselves and their families by becoming productively employed members of society." Every month we also collect pull tabs for the Transitional Living Center.

"Sometimes it's better to teach a young dog old tricks."

— Old Irish Proverb



EPRTA LUNCHEON

Date & Time: March 24th, 2016 @ 12:00 Noon

Location: Wyndham Airport Hotel

Program: The Rescue Mission

Note: We will take a 2nd collection for The Foundation.



Menu Entrée: Salmon

Cost: \$17.00

Reservation

Deadline: March 16th, 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.

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.

IN MEMORIUM

If you know of a member or a member's spouse who has been ill or passed away, please contact Nancy Wall at 755-5152.

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 guest speaker this month will be Blake Barrow from The Rescue Mission. He will speak on the importance of the rescue mission in El Paso and on their planned move to a new facility.

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!

WE WILL HAVE A SECOND COLLECTION FOR THE FOUNDATION AT OUR MARCH LUNCHEON. IF YOU HAVE NOT HAD A CHANCE TO GIVE. PLEASE DO SO AT THAT TIME.

**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

DON'T WANT A COLD? Go to bed.

After tracking sleep patterns of 164 healthy adults for seven days, researchers then exposed them to a common cold virus. Those who slept six hours or less a night were four times more likely to get sick within five days than those who slept seven hours or more.

Why?

Adequate sleep is essential for a healthy immune system.



PROTECT YOUR SAFETY

Why you should keep your land line.

All of us use cell phones because they are so convenient, but they aren't always reliable. If cell towers get destroyed in a disaster you might be out of luck. Cell phone networks aren't always as disaster proof as we would hope. Hurricanes, blizzards, and power outages can knock holes in coverage.

Sometimes during a major emergency if too many people try to make calls at once the cell towers can't handle the traffic and everything jams up. Consider instead, sending a text message. That puts less strain on a network. Your message might be delayed, but it will get through.

A land line will work best because many times phone cables are underground where they are safe. Land lines also have an independent power system which keeps them working under most circumstances.

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Send newsletter suggestions to:
jphlamonica@hotmail.com