



El Paso Retired Teachers Association

# GRAPEVINE

January 2016

Volume 2, Issue 4

## PRESIDENT'S MESSAGE

### *Happy New Year!*

It is my sincere hope that you enjoyed your holiday season and are looking forward to new challenges and new friendships in 2016. As always, we appreciate your membership and participation in Texas Retired Teachers Association and El Paso Retired Teachers (Support Personnel) Association. My wish for you is peace, health, wealth, and much happiness in the future, starting NOW!

At our November Luncheon, our members donated toys for needy children in El Paso. In December, we also sent special holiday greetings to at least 50 of our members, many of whom cannot attend our luncheons. I hope that if you received a card, you will write back OR send a greeting/phone call on to another retired educator. Many thanks for the wonderful participation in our mini-projects last year. Also, a special thanks to our members who had fun ringing the bell for the Salvation Army "Adopt-A-Kettle program in December.

ALL MEMBERS: Please, please, turn in your VOLUNTEER HOURS in January!

Please attend our January luncheon (January 21) and bring a friend. EPRTA continues to support our active and retired school personnel and to stay involved in quality-of-life activities in our community. TRTA/EPRTA continues to work to keep you informed of issues involving your health insurance and your retirement.

## MEET OUR EPRTA BOARD MEMBERS

### 2nd VICE PRESIDENT Anna Bingham

Anna was born and raised in Childress, Texas and graduated in 1964 from Texas Tech. She moved to El Paso in 1965 in order to teach. She received a Masters from UTEP in 1975 and was a counselor for 20 years in EPISD.

Anna has three daughters and a son, seven grandchildren and four great grandchildren ages 15,6,5, and 2.

**Volunteer hours are now due to Ann Richardson. Forms were in the November Grapevine and are available on line. Please bring your form to the Luncheon or mail it to:**

**Ann Richardson  
4319 O'Keefe  
El Paso, TX 79902**

**"In the New Year, may your  
right hand  
always be stretched out in  
friendship  
and never in want."**

— Irish toast



## EPRTA LUNCHEON

Date & Time: January 21, 2016 @ 12:00 Noon  
Location: Wyndham Airport Hotel  
Program: Ms. Renate Hobson on Cyber Safety  
Menu Entrée: Lasagna  
Cost: \$17.00  
Reservation  
Deadline: January 13, 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

Carlene Morgan  
**THINKING OF YOU**  
Mary Edgerly  
Patricia A. Larow  
Jane Ratcliff

## EPRTA LEADERSHIP

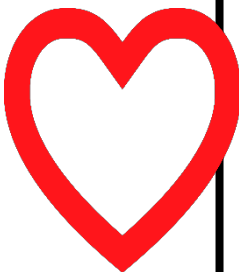
President:	Pat Lally
1 <sup>st</sup> Vice President:	James Lamonica
2 <sup>nd</sup> Vice President:	Anna Bingham
Treasurer:	Nanette Pollock
Secretary:	Beverley Mueller
Immediate Past	
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Community Service:	Ann Richardson
Foundation:	Hank Dunbar
Healthcare:	Beverly Baldwin
Legislative:	Aubrey Cherry
Member Benefits:	Joe Barbe
Protective Services:	Yolanda Barbe
Retirement Seminar:	Ruth Frith

## LUNCHEON PROGRAM

Ms. Renata Hobson, community liaison for the FBI in El Paso will be the guest speaker at the January EPRTA luncheon. The subject of her presentation will be cyber safety. Ms. Hobson will also give us some insight into her work with the FBI in El Paso.

## VALENTINES FOR SHUT-INS

At the January Luncheon, Valentines for member shut-ins and nursing home residents will be available. The luncheon attendees will be asked to sign a card and write a short note inside. The cards will be collected and then mailed to our members who are shut-ins. Some of them will be distributed to nursing home residents. If you know any of our members who you think should get one of these cards, please call Jackie Morgan-Tomko at 549-9912.



# "EACH ONE BRING ONE" RECRUITMENT FORM

## LOCAL UNIT MEMBER

Name: \_\_\_\_\_ Member ID: \_\_\_\_\_

Local Unit: El Paso Retired Teachers Association District XIX

NEW RECRUIT (Has not been a state member for the past 3 yrs.)

Name: \_\_\_\_\_ Join Date: \_\_\_\_\_

## CERTIFICATION

I certify that the above new recruit qualifies for the "Each One Bring One" Campaign.

Local Unit Membership Chairman: \_\_\_\_\_

## LOCAL UNIT MEMBER INSTRUCTION

After recruiting new member and collecting dues:

1. Fill in your name, member ID, local unit and district number.
2. Fill in new recruit name and join date.
3. Submit completed form to your Local Unit Membership Chairman by February 15, 2015.

Prize drawing will be conducted at the 2016 TRTA Annual Convention during your District Caucus. For more information visit [www.trta.org/eachonebringone](http://www.trta.org/eachonebringone)

## KNOW SOMEONE RETIRING?

The District 19 Retirement Seminar will be held February 27, 2016 at Vista Hills Elementary, 10801 La Subida Dr. (off Lomaland Dr.) from 9:00 a.m. to 12:00 p.m. Please encourage anyone retiring to attend this free seminar. Please RSVP prior to February 20<sup>th</sup> to Ruth Frith, 549-6871, to ensure there are adequate materials.

## IMPORTANT ANNOUNCEMENT FROM THE RETIRED TEACHERS FOUNDATION

Scholarship and classroom grant applications are available at [www.trtf.org](http://www.trtf.org). \$500 scholarships for students majoring in education and \$500 classroom grants are available. Go to [www.trtf.org](http://www.trtf.org) for eligibility information and applications. The deadline for applications in in March.

Don't that we will be collecting for the foundation at our February Luncheon on the 26<sup>th</sup>.



Please remember that to be on the agenda for our luncheon meetings you must contact Pat Lally for approval at least one week prior to the meeting

## HEALTH TIPS

Margarine was initially developed as a low-cost alternative to butter. By the mid-1970's, the consumption of margarine worldwide was about 25% greater than that of butter. Later, when manufacturers touted margarine's health benefits (the trans-fat in margarine was supposedly healthier than the saturated fat in butter) sales rose even more.

NOW: Nutritionist agree that margarines with high levels of trans-fat are linked to various health risks. For example, such margarines elevate LDL, "bad" cholesterol just as much as saturated fat and promote inflammation in the body, one of the underlying causes of heart disease.

Stick margarine contains the most trans-fat while many soft-tub margarines contain less than 0.5 g trans-fat per serving, which appears as "zero trans-fat" on the label.

BEST: Benecol spread or Promise Light Spread. They contain modified plant extracts that can reduce cholesterol by about 15%.

## 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.

## JANUARY PROJECT

In addition to our Valentines project, we are asking our members to bring packages of new athletic socks for men, women, and children. These socks will be distributed to homeless shelters in El Paso. At this time of year, when it is cold outside, the homeless need warm socks. Thank you for your support.

## PROTECT YOUR SAFETY

Are you interested in learning more about internet security and how to protect yourself when using your computer? If so, information on the topics listed below are available at:

[www.poledepot.org/documents/internetsecurityfor seniors.pdf](http://www.poledepot.org/documents/internetsecurityfor seniors.pdf)

You can get information about Computer Security, Identity Crime, Social Networking, Fraudulent Emails, and Internet Banking.

## COMMUNITY SERVICE

The motto of the Community Volunteer Service Committee is "If it is to be, it is up to me." Each member of EPRTA can volunteer time and/or material goods to help us in our planned activities for this year. Many of you donate time and energy for the benefit of others in your community.

**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!

## SECURITY WALLETS FOR SALE

We will have available for sale at the September luncheon security credit card wallets for a discounted price of \$3. This is a great item to help secure your credit card information.

- Protect your identity
- Click-button for easy closing and opening
- 7 expandable pockets made of PVC
- Hold up to 10 credit cards
- Measures 4.25"x2.75"x.75", weighs 2.8 oz
- Black credit card wallet. RFID blocking case

# TRTA MEMBER BENEFITS

JANUARY, 2016

**SUPER DEALS AND GREAT DISCOUNTS**

**HAPPY NEW YEAR!**

## **HEALTHCARE:**

### **Association Member Benefits Advisors (AMBA)**

Long-term care policy, Medicare supplement plans, dental and vision plans at group rates. To learn more, call 1.800.258.7041 or visit [www.myAMBAbenefits.info/trta](http://www.myAMBAbenefits.info/trta).

### **Texas Mobile Imaging**

Three cardiovascular ultrasounds for the early detection and prevention of stroke. Call 1.832.437.1296 to learn more.

### **Acadian on Call**

Provides medical alert systems to over 19,000 subscribers nationwide and ranks in top 10 US medical alert alarm companies. Use code TRTA for free shipping. 1.800.259.1234 or visit [www.acadianmedicalalerts.com/trta.html](http://www.acadianmedicalalerts.com/trta.html).

### **Medical Air Services Association (MASA)**

Administered by AMBA, MASA is a national and international emergency assistance association designed to return a person home after an illness or an injury. Call 1.800.258.7041 or visit [www.myambabenefits.info/trta](http://www.myambabenefits.info/trta).

### **Hearing Aid Express**

Statewide network of hearing health care professionals. Member benefits include complimentary hearing tests and a 10 percent off hearing aid prices. Call 1.866.478.8782 or visit [www.hearingaidexpress.com](http://www.hearingaidexpress.com).

### **NEW: American Hearing Benefits**

Convenience for retirees and their families with many credentialed provider locations in Texas. Benefits include exclusive discounts, free annual hearing consultations, a free supply of batteries, a 60 day trial period, and a free warranty (including loss and damage). Code "AMBA" 1.800.258.7041 or visit [www.myAMBAbenefits.info/trta](http://www.myAMBAbenefits.info/trta).

## **PERSONAL PROTECTION:**

### **Private Practice Educators Professional Liability Insurance**

Insurance available through the John A. Barclay Agency, Inc. for qualified TRTA administrators or educators returning to work in capacities other than the classroom. The \$1,000,000 policy is available for an annual charge of \$265. Visit [www.trta.org](http://www.trta.org) to enroll or call 512.476.6566.

### **John A Barclay Agency**

Professional Liability Insurance for the classroom. Standard \$1,000,000 policy available for an annual fee of \$39. Call 1.800.880.1650 to learn more.

**For more member benefits, please visit [www.trta.org](http://www.trta.org).**

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

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## CHECK US OUT ON SOCIAL MEDIA

Website: <http://localunits.org/elpasorta>

Facebook: <https://www.facebook.com/EPRTA>

Send newsletter suggestions to: [jphlamonica@hotmail.com](mailto:jphlamonica@hotmail.com)