



# FARSP Mouthpiece

FARSP Mouthpiece April 2016



## President's Mouth

By Rhonda Jackson

"Old fashioned" does not necessarily hold positive connotations in today's fast-paced, instantaneously gratified culture. Therefore, I was delighted when Joyce Cleary advised planting native, "old fashioned" flowering plants in our gardens and flowerbeds when designing a garden for pollinators! Approximately 40 FARSP members enjoyed listening to Ms. Cleary from the Collin County Master Gardeners Association explain how to attract bees, butterflies, moths, and hummingbirds by planting certain plants. Some Farspians might have even stopped at Shades of Green on the way home from the meeting to stock up! Thank you, Susan Burkett, Second Vice President -- Programs, for inviting your fellow master gardener.

February's FastPacs drop-off created a bit of frustration for me. The drop-off site closest to my home was no longer available, so I found another location across from Frisco High School but, alas, no drop-off bin! I called the FastPacs director, and we agreed to meet at their warehouse. Little did I know that the warehouse was in "old" Little Elm close to the cemetery, almost at the lake! So, I took the March donations to yet another location – Grace Avenue Methodist Church. What a joy: the people there were so kind and actually helped me unload. Then I learned that the originator and creator of FastPacs is a Grace Avenue member who responded to a growing concern in her heart to help these kids. Suffice it to say that Grace will be my new drop-off location.

Thank you to so many members who signed up for 2016/17 committees. Opportunities to sign up will also be available at the April and May meetings. Reminder: the April meeting (the 5<sup>th</sup>) will be at the CTE Center again. I look forward to seeing each of you!

## THE LEGAL EAGLE—

Judy Smith

Everybody has a new Best Friend – It's a Senator;  
Everybody has another Best Friend – It's a Rep.  
If Turner is your Guy, you'll be saying, "Good bye,"  
And voting is in May – The 24<sup>th</sup> is the day,  
Is Nelson or Estes your Chum? Then the time has come,  
For TRS health care plans rest in their hands.  
And Taylor, you ask? Education is his assigned task.  
To keep what we've earned, it's time that we learned that  
Everybody has a new Best Friend – It's a Senator;  
Everybody has another Best Friend – It's a Rep.



## BOOK PROJECT ALERT

By Sandy Carlisle

Guess what!?! We're going to partner with "active teachers" and their high school students to help them reach their goal of providing a book for each student at Bright Elementary to take home for the summer. Ms. Erin Carlisle, Team Leadership teacher at FHS, has asked if we will bring books appropriate for K-2<sup>nd</sup> grade to our meetings in April and May to help them reach their goal.

## APRIL MEETING

By Sandy Carlisle

You're in for a treat at our April meeting because Mrs. Jean Courtney, the coordinator of the Teacher Education Program at the Career and Technical Education Center is bringing some of her students to tell us about what they are learning about becoming future teachers! Our last year's scholarship recipient was one of Jean's students. Jean is also the sponsor of the Education Organization: Texas Association of Future Teachers, a statewide organization recognized by TEA.



Hope Vanderbilt—2015 FARSP Scholarship Recipient

## !!!Membership Alert!!!

If you have not renewed your FARSP/TRTA membership for 2016/2017, please do so. We need to report membership numbers for next year in June.

### \*\*\*Benefits\*\*\*

By Suzanne Sayer

#### HOME AND TRAVEL INSURANCE

Met Life Auto & Home Insurance

1.877.491.5089

This group insurance program could help save you hundreds of dollars a year. In addition to special group discounts on auto and home insurance, TRTA members also have the opportunity to apply for renter's insurance, condo, boat, motor home and RV coverage, among other policies. For more information about the group discounts offered through this program, please call 1.877.491.5059 and mention discount code CIC.

#### PET PROTECTION

Veterinary Pet Insurance (VPI)

[www.petinsurance.com/amba](http://www.petinsurance.com/amba)

TRTA is pleased to offer Veterinary Pet Insurance (VPI), a Nationwide Insurance Company, as a benefit to its members and their beloved furry friends.

Members can enjoy a 5 percent discount on their pet insurance premiums.

Coverage is available for dogs and cats, as well as exotic pets including birds.

#### ~~~Décor Galore~~~

By Tricia Phillips

Thank you Nolita Johnson, Kay Smith, and Judy Stamper for the great job of decorating the tables at our March FARSP meeting. We loved all the green clovers, cute little hats, and good tasting mint treats. Our decorators for April will be Sandy Hansel and Gail West.



#### Renewal of Membership:

By Debra Purefoy

It is time to renew your TRTA membership and continue to support your fellow educators as we pursue common interests, protect our defined benefits program, and make sure that our health care needs are properly funded!

Your degree of involvement in FARSP is up to you! We would, of course, be thrilled to see you at monthly meetings, but regular attendance is not mandatory. FARSP membership is open to anyone who has an interest in educational issues. You do not have to be a retired school employee. Feel free to invite your friends to join as associate members.

The 2016-2017 TRTA/FARSP Membership Forms will be available at the April 5th meeting and on the FARSP website.

There are three options available: Each requires an membership enrollment form.

**Option 1:** \$2.92 monthly payroll deduction (Diamond Plus Program). You will complete TRS Form 593 and make a check to FARSP for local \$13 unit dues.

**Option 2:** \$2.92 monthly bank draft (Diamond Plus Program). Send Treasurer a voided check from your account and a check to FARSP for \$13 for local unit dues.

**Option 3:** Check made out to FARSP for \$48 for local unit dues and TRTA dues.

All forms will also be available on the FARSP website.

**Checks and forms should be mailed to:**

**FARSP  
P.O. Box 312  
Frisco, TX 75034**

#### SHINGLES

by Janice Scott

A viral infection causing a painful rash, shingles most often appears around the left or right side of one's torso. It is usually a single stripe of blisters. Yet it can be anywhere on the body. Shingles is caused by the same virus that causes chickenpox. After a person has chickenpox, the virus lies inactive in nerve tissue near the spinal cord and brain. Years later, the virus may reactivate as shingles.

This disease is not a life-threatening condition but can be extremely painful. Vaccines can help in reducing the risk of shingles, and early treatment can shorten the infection and lessen the chance of complications. The signs and symptoms may include the following: pain, burning, numbness, tingling, sensitivity to touch, a red rash that begins a few days after the pain, fluid-filled blisters that break open and crust over, and itching. Some people also experience fever, headache, sensitivity to light, and fatigue. Shingles is a disease that people fear and strive to avoid.

#### Volunteering

By Mary Ann Ashby

Spring is here with rain, sunshine, cool and warm days, new growth, and extra energy to begin or continue your volunteer opportunities! Many FARSP members participate in the TRTA program each year, but we have many members who are missing that blessing. "Volunteers don't necessarily have the time. They just have the heart!"

#### \$\$\$RAFFLE\$\$\$

By Joyce Crook

Thank you to Ellen Fogle and Joyce Crook for volunteering to furnish items for our monthly raffle at the April meeting. Tickets for the raffle are \$1 each or 7 tickets for \$5.