

# FARSP MOUTHPIECE

## MARCH 2016



### MEMBERSHIP

by Debra Purefoy

#### Renewal of Membership:

#### 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 March 1st 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



### President's Mouth

Rhonda Jackson

I don't know about you guys, but I was totally enthralled with Bob LaPrelle's presentation in February on the American Railroad in Frisco. Mr. LaPrelle, President and CEO of the Museum of the American Railroad in Frisco, took members on a journey down the railroad tracks on the origin, present day status, as well as future plans of this museum, complete with statistics and visuals. I would love to have dinner in the diner car one day! We will welcome Bob back later with updates on the progress of this growing venture.

A few miscellaneous items of business. I will have committee signup sheets available for our final three meetings for next year's committees. As usual, the sheets will be on clipboards at the back of the room. Also, the dessert cookbook is back on the burner on high heat! Donna Zambiasi will give us flyers to assist in our pre-selling. She will also offer some examples of how everything will look and go together as a complete cookbook. So, if you haven't sent in any dessert recipes, it's not too late. Lastly, it is not too late to register for the TRTA Convention, April 10-12 in Houston, as the final registration date is March 18<sup>th</sup>. So far, seven members have committed to attending, hoping to learn and share new ideas with members.

I look forward to seeing each and every one of you at the CTE Center, March 1<sup>st</sup>!

**DON'T MISS THE BOAT—  
GET OUT AND VOTE!!!**



**Tuesday, March 1<sup>st</sup>**



### FARSP Leadership— 2016/2017

#### OFFICERS FOR 2016-2017

Co-Presidents: Sandy Carlisle and Rhonda Jackson

Immediate Past President Rhonda Jackson

1<sup>st</sup> Vice President: Sandy Hansel

2<sup>nd</sup> Vice President: Tommie Steed

3<sup>rd</sup> Vice President: Sandy Gunn

Secretary: Frances Justus

Treasurer: Barbara Ledermann

Parliamentarian: Susan Burkett

#### STANDING COMMITTEE CHAIRS FOR 2016-2017

Legislative Chair: Brenda George

Retirement Education Chair: Gail West

Volunteer Service Chair: Mary Ann Ashby

Health Care Chair: Janice Scott

Information and Protective

Services/Benefits Chair: Suzanne Sayer

Foundation Representative: Julia Stelzer

Historian: Judy Stamper

Technology Contact: Sandy Carlisle

#### LOCAL COMMITTEE CHAIRS FOR 2016- 2017

Yearbook/Directory: Sandy Hansel, Barbara Ledermann, and Donna Zambiasi

One Room School House: Catherine Fowler

Raffles: Joyce Crook

Greeters: Mary Smith, June Furr, Brenda Calhoun

Nametags: Rhoda Christie

Brags: Julie Vest and Mary Smith

Invocation and Flag Salute: Charlie Mooneyham

Courtesy: Joyce Crook

Decorations: Tricia Phillips

Fund Raising: Karol Kuykendall and Doris Owusu

Book Nook: Sandy Gunn

Photographers: Judy Stamper and Sandy Carlisle

Bulletin Board: Judy Stamper

Secretarial Committee: Frances Justus

Audit Committee: Barbara Ledermann, Nancy Hardy, and Latrelle Thompson

New Retirees Luncheon: Debra Purefoy and Susan Burkett

Mouthpiece: Julie Vest

**RETIREMENT EDUCATION SEMINAR**  
By Gail West

The 2016 Retirement Seminar, held at Leonard Evans Middle School in McKinney Tuesday evening, February 16, provided good information to 132 current educators. FARSP had 58 prospective retirees attend, Allen had 39, and McKinney had 35. There were 29 TRTA members that helped with the event. McKinney, the host unit, had 12 TRTA members, Allen had 11, and FARSP had 6 members. Thank you Sandy Carlisle, Matilda Edens, Sandy Hansel, Rhonda Jackson, Suzanne Sayers, and Judy Smith for your help putting together goody bags for the attendees in the FARSP area and for helping with the seminar. We were fortunate to have Anthony Solis from TRS present again. Natalie McKeever from AMBA presented information and a door prize. Each unit had drawings for two door prizes each. FARSP gave away a \$50.00 Master Card gift card and a \$50.00 Visa gift card for their drawings. We look forward to helping with the Retirement Seminar next year.

**~~~~Décor Galore~~~~**  
By Tricia Phillips

Love was in the air at our February's FARSP meeting. Thanks go out to Brenda Calhoun, Mary Smith, and Tricia Phillips for all the Valentine decorations. Nolita Johnson, Kay Smith, and Judy Stamper will be our decorators for March.



by Debra Purefoy

**March 7th - Rosemary Rumbley Dallas Tour Information:**

We are thrilled 30 FARSP members and friends purchased tickets for our Dallas tour. If you purchased a ticket and are not able to go, you may sell your ticket to a friend. If this happens, you can contact Debra Purefoy and Rhonda Jackson and we can send an email out to try to help you sell your ticket by notifying our members that your ticket is available for purchase.

**Those who have purchased tickets must be in the FISD Administration back parking lot and check in no later than 8:15 am.** We don't want to leave anyone behind! **The bus will pick us up at 8:30.** There is another group that will join us on the tour so we are on a tight schedule and cannot wait on those who are not there on time.

Please remember to **bring your \$3 tip money to the March 1st meeting** and give it to Debra Purefoy. for the tour guide.

**VOLUNTEER HOURS**  
By Mary Ann Ashby

Welcome to March with changing weather temperatures, windy days, spring break, and Easter holidays. I know you will find ways to increase your volunteer hours this month as you continue your dedication to help and serve others. These warmer spring days can give us energy to get out of the house and be productive in our volunteer efforts. Last year forty-seven of our members turned in **38,162 hours** which is about 10,000 more hours than in 2014. I am so proud of you!!! Keep up the good work!!! Remember, "If it is to be, it is up to me."

**MEMBER BENEFITS**  
by Suzanne Sayer

Some super deals and discounts on travel. Check out AMBA Travel Perx at [www.ambatravelperx.com](http://www.ambatravelperx.com) (1.800.480.4080). Special offers are available on cruises, resorts, and escorted tour vacations to the Caribbean, Mexico, Panama Canal, Europe, Alaska, South America, and Asia. First-time Road Scholar travelers receive \$200 discount on international travel and a \$75 discount on domestic travel. Drury Inn and Suites and La Quinta Inn and Suites offer discounts to TRTA members, as well as Avis Rent-A-Car, Budget Rent-A-Car, and Enterprise Rent-A-Car. Take advantage if you can. Visit [www.trta.org/memberbenefits](http://www.trta.org/memberbenefits) for all TRTA benefits.

**INFORMATIVE/PROTECTIVE SERVICES**  
by Suzanne Sayer

Some TRS-Care customers have reported receiving phone calls from scammers claiming to be from Express Scripts "Security Department" calling about credit card issues. Express Scripts is the pharmacy benefit manager for your TRS-Care, but it does NOT have a "Security Department." These scammers are phishing to obtain personal information from the participants. If you receive one of these calls, hang up immediately and call the Express Scripts Hotline at 1.888.216.7096 to report it.

**\$\$\$Fund Raising\$\$**  
by Karol Kuykendall

HUGS TO YOU!!! Well, you "FARSP-ers" did it again! Thanks to you and the love you spread for Valentine's Day, we added another \$113 to our scholarship fund! Thanks for embracing our fund raising efforts and participating in the Valentine sale! Kisses!



Help us to welcome Spring by attending our FARSP meeting on Tuesday, March 1, 2016. It will be held at the Career and Technical Education Center (CTE) on 9889 Wade Blvd. Our program is presented by Joyce Cleary who is a Master Gardener from Collin County. Joyce gave our program last year about Container Gardening. She will give us information at our meeting about designing a Garden for Pollinators. Be sure to be there at 9:30 for the meet and greet, with the meeting starting at 10:00. Hope to see you all there!!

**NUTRITION**  
by Janice Scott

Our bodies need enough vitamins, minerals, and other nutrients in order for us to be healthy. Eating healthy means that we get plenty of

- ❖ Vegetables, fruits, whole grains, and fat-free or low-fat milk products
- ❖ Seafood, lean meats and poultry, eggs, beans, peas, seeds, and nuts.

Eating healthy means limiting

- ❖ Cholesterol, sodium (salt), and added sugars
- ❖ Trans fats, which may be in foods such as cakes, cookies, stick margarines, and fried foods
- ❖ Saturated fats, which come from animal products such as cheese, fatty meats, whole milk, and butter
- ❖ Foods made with refined grains, such as white bread, noodles, white rice, and flour tortillas

Eating healthy is good for our overall health and can help us be active and strong. By making smart food and beverage choices and using good portion sizes, we help manage our weight and lower our risk for certain diseases. A lifetime of healthy eating helps to prevent chronic diseases like obesity, heart disease, high blood pressure, and Type 2 diabetes. Healthy eating is one of the most powerful tools we have to reduce the onset of disease and to have a life blessed with activity and good health.

**\*\*\*PROGRAM NOTE\*\*\***  
**FARSP MARCH 1<sup>ST</sup> MEETING WILL BE AT THE CTE CENTER**

*Remember to bring FASTPAC items and children's books!!!!!!!!!!*

**\$\$\$Raffle\$\$\$**  
by Joyce Crook

Thank you to Nolita Johnson and Rhoda Christie who are donation items for the monthly raffle at our March 1 meeting. Tickets will be sold for \$1 each or 7 tickets for \$5.