

# FARSP MOUTHPIECE



May 2015



## President's Mouth

By Rhonda Jackson

Did you just for a brief moment wish that you were back in the classroom after seeing and hearing Jean Courtney's students? I certainly did! What a wonderful mentor and example she is for these eager young students preparing for a career in the classroom.

The Year in Review. Tim Lee and Dr. Jeremy Lyon motivated and inspired us. Dr. Duke-Ruhd, Mimi McGhee, Whitthorne, Bob LaPrelle, and Joyce Cleary enlightened us about laughing, technology, health issues, Frisco railroads, and pollinator gardens. Members decorated and raffled fun and creative Christmas trees. Vandeventer Middle School delighted us with melodious holiday music. Rosemary Rumbley enthralled field trip participants with her wealth of Dallas history and knowledge. Members donated food and books in their typical generous and caring manner. Committee members, committee chairs, and officers worked tirelessly to ensure that everything FARSP ran smoothly. And these are just the "big" things! Wow! FARSPians enjoyed a full, fun, and productive year. Thanks to all who helped make all of this possible. And a very special thank you to Debra Purefoy, Susan Burkett, and Joyce Crook whose officer terms have expired. Excellent work, my friends. Nolita Johnson – what a dedicated labor of love to serve as District X President. We are so very proud of you but also so very happy to have you back with us full-time. Brenda George's tenure as District Health Chair has also expired; congratulations on a job well done.

A few ideas have been floating around in my head for next year...

- calling list for only those who choose to be called
  - a brief section in the Mouthpiece in which members can make general announcements, etc.
  - FARSP reminders on a PowerPoint during Meet and Greet for members to peruse
- What do you think? If you have any ideas for improving our meetings, please let me know!

I look forward to seeing you May 5<sup>th</sup> at the Administration Building. Then have a wonderful, relaxed, fun-filled summer!

## FARSP MAY MEETING

By Susan Burkett

Be sure to attend our last FARSP meeting for the year on Tuesday, May 3, 2016. We will be back at our original meeting place at the Frisco ISD Administration Building on Ohio Drive. Our Meet & Greet starts at 9:30 with the meeting beginning at 10:00.

This will be our Awards program along with the Installation of our new Officers. Dr. Lyon will also drop by to see us. We're looking forward to seeing everyone there one last time before our summer break!

## BE A FARSP VOLUNTEER

By Rhonda Jackson

One of the best ways to interact with other FARSP members and get to know them a bit better is to serve on a committee. Serving on a committee accomplishes two purposes: 1) you contribute to the unit in a productive way, and 2) you get to socialize! The following committees have chairs that are willing to lead the committee but need assistance:

- \*Legislative
- \*Calling Committee
- \*Name Tags
- \*Membership
- \*Decorations
- \*Raffles

Please consider serving and sign up at the May meeting. If you are unable to attend the May meeting and wish to serve, please email Rhonda at [rhondajackson4@gmail.com](mailto:rhondajackson4@gmail.com). I will be happy to hook you up with your preference! Thank you!

## TRTA CONVENTION

By Tommie Steed

Approximately 1,000 members of the Texas Retired Teachers Association convened in Houston on April 10-12, 2016. From these "Proud to be an American" Texas activists, I heard their battle cry, "Hold yourself and Texas legislators accountable!"

Protect TRS pensions from foundations like the Laura and John Arnold Foundation, who want to control our TRS pension and turn it into a 401(k). Unfortunately, Josh McGee, vice president of the Arnold Foundation, is the presiding officer appointed by Governor Abbot to the Texas Pension Review Board, which oversees all Texas retirement systems.

Ensure that our TRS-Care Program is protected from huge premium increases. Our premiums will triple in 2017 if the state does not help fund the program. Currently, the state is paying significantly less than retirees are paying.

Know that a Midland millionaire, who is funding anti-public education Empower Texans and Texans for Physical Responsibility, is trying to oust Joe Strauss, Speaker of the Texas House of Representatives and supporter of public education.

Vote in the May runoff elections for legislators, who are not funded by anti-public education groups.

On a lighter note, humorist Suzie Humphreys, former Dallas talk show host and radio personality, delivered a motivationally uplifting keynote address. She shared personal stories about her son, her mom, her battle with breast cancer, her Andy Devine (Jingles) interview, and the healing power of having a good cry followed by eating a plate of Mexican food. A real Texas gal, her stories are everybody's story "heartbreak and all."

On a final note, I entered the convention wearing rose-colored glasses and left a budding activist, a champion for current and future retirees. Looking forward to Chicken Fajita Nachos, Tommie Steed

## HEALTH CARE

By Janice Scott

Osteoporosis is known as the “silent disease” because we may not be aware of changes until a bone actually breaks. Yet the bones may have been weakening and losing strength for years. This disorder causes the bones to become porous, brittle, and subject to fracture. It weakens the bones so much that they break easily especially bones in the hip, backbone (spine), and wrist. Osteoporosis can cause pain, decreased height, and skeletal deformities.

In order for the bones to remain strong, the body breaks down old bone and replaces it with new bone tissue. As we age, more bone may be broken down than is replaced. The inside of the bone is much like a honeycomb. Osteoporosis causes the spaces in this honeycomb to grow larger, and the bone that forms the honeycomb gets smaller. The outer shell of the bones gets thinner. The bones weaken.

To prevent weakened bones, we can do several things at any age. Eating foods that are high in calcium and Vitamin D, exercising, and using weight-bearing forms of exercise will all help us to keep healthy and strong bones. Also, avoiding smoking and limiting the use of alcohol helps us to avoid this disease.

It is extremely important that men and women have a bone density test periodically. This test will show that they either have normal bone density or low bone mass or even osteoporosis. With this knowledge, we can be aware of our bone health.

<http://www.nia.nih.gov/health/publication/osteoporosis>

### ~~~Dates to Remember~~~

\*August 9<sup>th</sup>: Planning Retreat, New Officers/Committee Chairs, The Egg & I Restaurant (tentative date)

\*August 23<sup>rd</sup>: New Retirees Luncheon, FISD Administration Building

\*September 6<sup>th</sup>: First FARSP meeting of the New Year

\*October 4<sup>th</sup>: Tim Lee, Executive Director of TRTA, guest speaker at meeting



## BOOK REMINDER

Reminder to members to please bring books to the MAY FARSP meeting because we are teaming with FHS students and teachers to give a book to all 4 & 5th graders at Bright Elementary to take home for the summer.

## TRTA 63<sup>rd</sup> Annual State Conference



### By Sandy Carlisle

WooHoo for FARSP for having four members in leadership roles at the TRTA 63rd Annual State Conference: Nolita, Brenda, Judy and me! What a cool experience I had as the trainer in the Website sessions!!! Yep, I was a nervous wreck in the weeks leading up to it, but it couldn't have gone any better down in Houston. I was so proud to say I was from FARSP and to show examples of what our great unit does throughout the year as I taught new website "content managers" how to start and maintain their websites. I am humbled to be doing my small part in FARSP and TRTA; my life is richer because of you and I feel so blessed.



## Volunteer

By Mary Ann Ashby

Our club year is coming to an end, but we have been blessed with wonderful leadership and delightful and informative programs. As summer approaches, please keep our legacy for volunteerism in your summer schedule. I know you will continue to give your time and talent to help your family, as well as community, church, neighbors, and other organizations even during those hot weather days that Texas experiences each year. Please jot your hours on your volunteer sheet or on a calendar, so you will not forget your many gifts of volunteerism! Until September – keep in mind our motto, “If it is to be, it’s up to me!”

## 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 May meeting and on the FARSP website.

There are three options available: Each requires a 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

## ^^^Décor Galore^^^

By Tricia Phillips

Sandy Hansel and Gail West were the FARSP April decorators. We all thank you. We certainly felt spring was “in the air” as we enjoyed the colorful water pitchers at our tables. Our May decorators will be Frances Justus and Lucy Hamm.

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

By Joyce Crook

Thank you to Carol Manz and Alicia Bimson for volunteering to bring items for the monthly raffle at our FARSP meeting on Tuesday, May 3, 2016.

Tickets will be sold for \$1 each or 7 tickets for \$5.