

FARSP MOUTHPIECE ~ ~



~ ~ NOVEMBER 2015

November FARSP Meeting
Tuesday, November 3rd at Frisco Admin. Bldg.
Frisco, TX



President's Mouth—

By Rhonda Jackson

FARSP 2016-17 officers and TRTA Annual Convention – a LONG time away, yes? Actually, no; both are right around the corner! The offices of president, 1st vice president, 2nd vice president, treasurer, and parliamentarian will “term out” this May. Please consider holding an office next year; the in-depth knowledge of FARSP workings is rewarding as well as the added benefit of making new friends. Or, if you wish to nominate someone, please contact me or a member of the nominating committee: Sandy Carlisle, Mary Smith, or Joyce Crook. A clipboard will be available at the back of the meeting room at the November meeting for members to jot down nominations for officers. A slate of candidates will be presented in February (so new officers can attend the State Convention in April) followed by a vote. Thank you!

TRTA 63rd Annual Convention planning is underway. The site is the Westin Galleria Hotel in Houston; the dates are April 10-12, 2016. If you are planning on attending and wish to make hotel reservations, the Westin Galleria is booked already so reservations can be made at the Westin Oaks Hotel, 5011 Westheimer Rd., the alternative booking location.

Next month is our special Christmas program, highlighted with a luncheon, the Vandeventer Middle School Jazz Band performance, and a brand new addition to our day – a tabletop Christmas tree auction. Please see Susan Burkett's article about the luncheon and Karol Kuykendall's article about the tree auction in this edition of the Mouthpiece for specific details.

I look forward to seeing you November 3rd at the Administration Building!

Bylaws Amendment

By Rhonda Jackson

Article IV: OFFICERS, Section 2. Officers of the FARSP Bylaws states the following:
“All officers shall serve for one fiscal year. Officers shall be eligible for re-election to one consecutive term with the exception of the treasurer who may be re-elected for additional terms.”

The Executive Board voted at the August planning meeting to amend this to state the following:

“All officers shall serve a term of two fiscal years, with the exception of the treasurer who may be re-elected for additional terms.”

This amendment to our bylaws will align our unit with District X and the State's bylaws concerning office tenures. Please read this now (before the 11/3 meeting) and be prepared to vote at the meeting November 3rd. If you have any questions or wish to discuss this before the meeting, please feel free to contact me at jacksonrhonda4@gmail.com. Thank you!

\$\$\$RAFFLES\$\$\$

By Joyce Crook

Thank you to Karol Kuykendall, Mary Ann Ashby, and Joyce Crook for provided raffle items for the FARSP meeting on Tuesday, November 3, 2015. Tickets will be sold for \$1 each or 7 tickets for \$5.

~~~Décor Galore~~~

By Trish Phillips

Our October meeting's tables looked awesome thanks to Judy Smith, Suzanne Sayer, and Diann Kildebeck. We enjoyed the lifesavers, too! Mary Ann Ashby and Joyce Crook will decorate for our November meeting. A sign-up sheet will be sent around at that November meeting for about 12 volunteers to sign up to decorator the tables for our Christmas luncheon.

TRTA District X Fall Convention 2015-16

By Brenda George

From the time everyone walked through the doors they got all “JAZZED UP” from the perky decorations. Thank you FARSP members for helping Sandy & Ron Carlisle decorate the Heritage HS cafeteria. The TRTA President, Fran Plemmons, thought the convention room was exciting and upbeat. Ms. Fran told me she loved coming to District X Conventions. So you see, FARSP set the perfect tone for the whole day!

District X was welcomed by Mr. Bob Allen, Deputy Mayor Pro Tem, Dr. Jeremy Lyon, Superintendent, Frisco ISD, and Mr. Mark Mimms, Heritage HS Principal. Also, we were honored to have around 20 Representatives attend the early morning festivities. Tonna Duke, TRTA Legislative Committee member, and TR Fletcher, District X Legislative Chair, both honored the representatives with an Appreciation Proclamation and the presentation of Certificates of Recognition.

The Local Unit Presidents entertained us twice at the fall convention. First, they performed a cheer for our TRTA President, Fran Plemmons, and then during our lunch break they performed a soft shoe dance. FARSP's very own Rhonda Jackson, FARSP President, looked “smooth as silk” doing the soft shoe routine!

The total attendance at the fall convention was 200 with 19 of the attendees representing FARSP. Way to go FARSP!!! Our very own Nolita Johnson, District X President, made everyone feel welcome from the time she called the meeting to order to the last item on the agenda. In my opinion, FARSP was represented both professionally and with dignity by all who attended. Thank you Ron Carlisle for creating the 2 prefect jazz silhouettes and for the FARSP members who helped decorate, answered questions, helped with lunch, gather up decorations and many other tasks of which I'm unaware.

November Membership Report

By Debra Purefoy

Each One Bring One: Each member is encouraged to invite at least one friend to join FARSP this year. If you haven't had an opportunity to invite someone to join, yet this year, our upcoming November meeting or the Christmas luncheon would be a great special event to invite your retiree friends to and encourage them to join FARSP.

Membership team opportunity: We need your help! We would love for you to join our membership team. **There will be a sign up list available at our next meeting. We hope you will join our team!**

November 10th: Mary Kay Museum Field Trip is part a history lesson, part tribute and part recognition hall devoted to the life of one of America's most famous businesswomen. We will carpool from the FISD Administration Building at 9:00am for a free self-guided tour of the museum. It is located in the Mary Kay building off of the DNT, north of Beltline Rd. We will enjoy lunch between 11:00-12:30 in the Mary Kay Restaurant on the first floor. Each member will cover the cost of their meal with choices from grilled sandwiches to fresh salads or a choice of entrees and gourmet desserts. **You can sign up for this field trip at the November meeting or contact Debra at purefoyd@gmail.com. We hope you will join us.**

\$\$\$FUND RAISER\$\$\$

By Karol Kuykendall

Hey, Members! It's time to get those creative juices flowing! We are planning a Christmas Tree Silent Auction for December and we have 20 trees to decorate! We're asking 19 (I've already done one) Christmas lovers to decorate small tabletop trees for the auction. We will even give you the tree!!! These are the small 1.5 foot trees that might be used for centerpieces, small table decorations in the home, or anywhere to decorate for Christmas. We'll be setting these up in the foyer area of the FISD Administration Building on Dec. 1 before our Christmas meeting. Anyone that sees them can bid on them. There will be more information at the November meeting, so be thinking about helping out with your original Christmas ideas for a tree! If you want to volunteer before the November meeting, just call me at 214-727-2628!

BENEFITS

By Suzanne Sayer

A short list of some restaurants that give senior discounts:

- Arby's: 10% off (55+)
- Burger King: 10% off (60+)
- Chick-Fil-A: 10% off or free small drink or coffee (55+)
- Chill's: 10% off (55+)
- CiCi's Pizza: 10% off (60+)
- Dunkin' Donuts: 10% off or free coffee (55+)
- KFC: free small drink with any meal (55+)
- Krispy Kreme: 10% off (50+)
- Steak 'n Shake: 10% off every Monday & Tuesday (50+)
- Whataburger: 10% off (62+)
- I have found that in most cases you have to ask for the discount.

VOLUNTEERING

By Mary Ann Ashby

We are down to our last two months for reporting volunteer hours. Since our reporting year for 2015 is January through December, I hope that you have been diligent about keeping a list of your hours. Last year we only had 48 members who turned in their total hours, but I know this year it will be more. Read again the sheet in your folder to see the many varied activities that can count as hours! As retired teachers, let us continue our legacy through community volunteer service.

Protective Services Idea

By Suzanne Sayer

The Dallas Morning News, September 29, 2015, featured an article by Leslie Baker listing ten items necessary in a disaster kit. Put the items in a duffle bag or other container and store in an accessible place.

1. **WATER:** Figure on a gallon of water per person per day.
2. **CLOTHING:** Include socks, rain gear, sturdy shoes, a coat, work gloves.
3. **COMMUNICATION AIDS:** Think whistles, air horns and battery-powered radio, and, of course, cellphones. Goal Zero and other companies sell solar-powered cellphone chargers.
4. **FIRST-AID SUPPLIES:** You can buy a ready-made kit, but personalize it. For ideas on a complete kit, check out redcross.org/prepare/location/home-family/get-kit/anatomy.
5. **FOOD:** Suggestions include peanut butter, low-salt crackers (salt will make you thirsty), energy and fruit bars, dry cereal, and canned goods (don't forget the manual can opener).
6. **ILLUMINATION AIDS:** Flashlights with extra batteries and glow sticks.
7. **MISCELLANEOUS:** Duct tape, towelettes, plastic bags, pet food (if needed), etc.
8. **MONEY:** Cash!
9. **SHELTER:** Does not have to be a tent; garbage bag could be used.
10. **TOOLS:** All-purpose knife like a Leatherman or Swiss Army knife, screwdriver, and hammer.

SAVE THE DATE

Tuesday, February 16, 2016
5:00-8:30pm

Retirement Seminar

Direct questions to Gail West - 972-571-3551

Email: westgmg@gmail.com

PROGRAM UPDATE

By Susan Burkett

We are excited to have as our guest speaker again, Mimi McGhee, FISD District Technology Applications Manager. She has lots of new information and tips for us to use concerning our computers. Our meeting on Tuesday, November 3, 2015, will be held at the FISD Administration Building. Come at 9:30 for Meet & Greet, with the meeting starting at 10:00.

Be sure to mark your calendar for our Christmas Luncheon on December 1, 2015. The luncheon will be at the FISD Administration Building this year starting at 10:30. We are having an Italian Feast Luncheon for the price of \$10.00 per person. Please bring your payment for the luncheon to the November 3rd meeting. We also need 11 volunteers to each help decorate a table like we did last year. There will be a signup sheet at the meeting.

TEXAS RETIRED TEACHERS FOUNDATION

by Ellen Fogle

The Texas Retired Teachers Foundation changes lives every day. November is TRTF month to donate. If every TRTA member gave just \$10, we could raise an astonishing \$ 800,000. Foundation Month video series will be released in late October and throughout November. Please sign up at Texas Retired Teachers Association Home Page - TRTA to see these videos.



Texas Retired Teachers Association Home Page - TRTA
Since 1953, the Texas Retired Teachers Association (TRTA) advocates improved benefits for all education retirees and promotes the well-being of its members. View on www.trta.org

Health Care



By Janice Scott

Alzheimer's Disease is a brain disease. It is irreversible and progressive and slowly destroys memory, thinking skills, and finally the ability to perform the simplest tasks. Usually, symptoms first appear sometime after a person reaches age 65.

Alzheimer's Disease is the most common cause of dementia among older people. Memory problems are typically one of the first warning signs of cognitive loss, possibly due to the development of this disease. A decline in other aspects of cognition, such as word-finding, vision/spatial issues, and impaired reasoning or judgment, may also signal the very early stages of Alzheimer's Disease. Other symptoms occur such as getting lost, having trouble handling money and paying bills, repeating questions, using poor judgment, having mood and personality changes, and taking longer to complete normal daily tasks.

Some common behavioral symptoms of this disease include sleeplessness, agitation, wandering, anxiety, anger, and depression. Scientists have made important advances through research and studies about Alzheimer's Disease. Thus, we are closer to managing and, ultimately, preventing this devastating disease.



THE LEGAL EAGLE

By Judy Smith



HAVE YOU VOTED??

If not, plan to hit the polls on your way to or from our FARSP meeting. November 3 is Voting Day! There are seven proposed Constitutional Amendments to consider, plus local races and issues. Early voting ends Friday, Oct. 30.

Warning!! Be sure to rest your writing hand before the meeting, as we'll be signing Thanksgiving cards to deliver to the State Legislators who represent FARSP.