



FARSP MOUTHPIECE

September 2015

See our website > www.localunits.org/Frisco

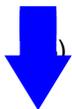


President's Mouth

By Rhonda Jackson

Welcome to the new year, FARSP friends! I hope that your summer has been wonderful. The executive committee met on August 18th and firmed up plans/activities for a great year. I really want to share everything with you right now, but that would definitely be overwhelming, so I will just disclose a few items.

- 1) We voted to again contribute food to FastPacs, who are planning to start this school year with 500 kids in 25 different schools across Frisco. The need is great. The bin, along with lists of suggested donations, will be available in the foyer at our first meeting on September 1st.
- 2) We are quite honored to have both Dr. Jeremy Lyon, Superintendent of Fisd, and Tim Lee, Executive Director of TRTA, visit our unit on September 1st. Business items and committee reports will be held to a minimum at this meeting so we can focus on what these two have to tell us! Plans are cooking on the burner for a fun, new fundraiser this year. More to come...



In the interest of saving trees, information will be dispersed to you primarily through the Mouthpiece, so please read. I look forward to seeing you on September 1st, 9:30 AM (social)/10 AM (meeting), Fisd Administration Building, 5515 Ohio Drive, Frisco, Texas 75035.

Membership

By Debra Purefoy

A reminder to all members to be sure you turn in your application forms and pay this year's dues!

- TRTA Annual Dues - \$35
- FARSP Dues: Returning members \$13 /New members \$8
- Total Due: Returning members- \$48
- New members- \$43

You have three payment options. Please choose one of the options given on the application form and **make checks payable to FARSP.**

Mail to: FARSP, P.O. Box 312, Frisco, Tx 75034

Applications will be made available to members at the Sept. 1st meeting or you can request one be sent to you at: FARSPmembership.com.

Each One Bring One

We encourage each of our members to help recruit, retain and regain members. The initiative, Each One Bring One, gives current members the chance to win \$100 while recruiting new members. Current TRTA members become eligible for entry in the drawing for each member recruited to join. A new recruit is defined as a person who has never joined TRTA or who has not been a member in the past three years. The FARSP member with the most recruits for the 2015-2016 year will be recognized at our May meeting.



Upcoming Special Event Opportunities

September 25th: Fisd Suite Tickets for 7:00 FHS/CHS Football Game at Toyota Stadium. Fisd will host this event for FARSP members and spouses. **Please sign up at the Sept. 1st meeting to reserve your tickets.** There are a limited number of tickets available.

September 29th: A Taste of Fast and Fresh Healthy Cooking Demonstrations with Chef Darren McGrady at Collin College Conference Center – Preston Ridge Campus. **You must register at** TexasHelth.org/Dinner-Tonight or call 1-877-THR-WELL. Cost: \$20 before Sept 1st or \$25 after Sept. 1st.

October 6th: Game Day following our FARSP meeting. Members who would like to participate will **bring table games** they want to play and **\$7.00 for pizza** that will be ordered for lunch. This will be a fun opportunity to get to know other FARSP members. If this turns out to be a popular event we will schedule a second one in the spring.

October 12th: District Fall Convention, 9:30-2:30, Heritage HS, 14040 Eldorado Pkwy, Frisco. FARSP will be hosting this event. We need lots of help with decorating and set up.

\$\$\$RAFFLE\$\$\$

by Joyce Crook

Thank you to Doris Owusu and Sandy Hansel for volunteering to bring items for the September 1 FARSP meeting. Tickets will be sold for \$1 each or 7 tickets for \$5. This is our regular monthly fundraiser to help defer some of our organization's expenses. I hope you will participate. You could go home a **WINNER!**

September FARSP MEETING



By Susan Burkett

We are looking forward to seeing all of our new retirees and regular members at our first FARSP meeting of the year on Tuesday, September 1, 2015. The meeting will be held at the Frisco ISD Administration Building on Ohio Street. Come early at 9:30 am for the Meet & Greet session, with our meeting starting at 10:00 am. We are privileged to have as our special guest speaker Mr. Tim Lee, Executive Director of TRTA. Be sure to come so that you can learn all the news he has to share.

FARSP PROGRAMS 2015-16

August 25--New Retirees Luncheon

Sept 1--Tim Lee, Executive Director of TRTA

Oct 6--Dr. Betty Duke-Ruhd:
Laughter is the Best Medicine

Nov 3--Mimi McGhee:
More Tech for Seniors

Dec 1--Christmas Luncheon
Vandeventer Middle School Jazz Band

Jan 5 (at CTE)--Todd Whitthorne, Pres. of ACAP Health Counseling: Building a Better Brain

Feb 2--Bob LaPrelle, President/CEO:
Museum of the American Railroad in Frisco

March 1 (at CTE)--Collin County Master Gardener:
Designing a Garden for Pollinators

April 5 (at CTE) Student Presentations:
Jean Courtney's CTE Education Program

May 3--Review of Year and Installation of Officers



BOOK NOOK

By Sandy Gunn

FARSP members don't forget to bring your books for the Book Nook exchange. We will be collecting children's books to donate. Bring any children's books you have collected over the summer to our meeting.

The Joys of Retirement

By Rhonda Jackson

FARSP members joyously greeted old and new friends alike at the New Retirees Luncheon, and new retirees seemed joyous...just to be retired! Nineteen new retirees joined approximately 50 members at the annual luncheon held August 25, 2015. Members outdid themselves with table décor centered on various themes of retirement – baking, photography, gardening, traveling (a favorite!), etc. Rhonda Jackson presented a brief overview of FARSP, Debra Purefoy explained details of membership, and Sandy Carlisle treated everyone with video highlights of FARSP exploits from the previous year. Thank you to members who brought food and who decorated tables; the food was delicious and the tables were fun and beautiful. Special thanks to Debra Purefoy and team who coordinated the efforts to make this event so much fun!

HEALTH CARE—FOOD SAFETY

By Janice Scott

As we begin a new year with our FARSP friends, I wish to urge everyone to be highly concerned about taking care of your health. Eating nutritiously and exercising at least three times a week is crucial for us to remain as healthy as possible. Visiting your doctor and dentist on a regular basis, playing mind games to keep your thinking abilities sharp, and striving to laugh daily are all essential to good health.

September is National Food Safety Education Month. Some of the basic rules for food safety include the following:

1. Wash hands before and after food preparation.
2. Clean cutting boards, surfaces and utensils between uses with hot, soapy water.
3. Use a food thermometer to insure the refrigerator is at or below 40 degrees. The dial is not a thermometer.
4. Discard perishables left out at room temperature for more than two hours, unless keeping them hot or cold.
5. Don't cross-contaminate. Separate raw meats, poultry and seafood in the shopping cart and the refrigerator to prevent their juices from dripping on other foods—especially those that will be eaten raw.
6. If possible, use separate cutting boards: one for fruits and vegetables, one for raw meats.
7. Do not reuse clean dishes that held raw food or marinade without washing them first. Use clean platters for serving.
8. Use a food thermometer to be sure that foods will be cooked thoroughly especially meat, poultry, fish, and eggs. This kills harmful bacteria.
9. Cold foods should be kept at 40 degrees F or colder.
10. Hot foods should be kept at an internal temperature of 140 degrees F or warmer.

Other rules for food safety can be found on the Internet. Bon Appetite.

Décor Galore

By Tricia Phillips

Thanks to our birthday decorators for ending our FARSP year in May in such a festive way. They included Frances Justus, Debra Purefoy, and Ellen Fogle. We all enjoyed the birthday cupcakes provided by Brenda Calhoun as well. A HUGE thank you goes to FARSP members for repeating their "Joys of Retirement" table décor for our first meeting in September.

VOLUNTEERING

By Mary Ann Ashby

As Frisco Area of Retired School Personnel begins a new year, I want to remind you how important it is that you keep track of your volunteer hours. So if you failed to record your volunteer hours you did during the summer months, please jot them down so your record for 2015 will be complete. The calendar year reported is from January through December. I suggest you reread the pages in your folder which give suggestions and ideas for volunteer opportunities that you might have forgotten or overlooked. Remember, preparation time and driving time from home to the volunteer job and back should be counted as volunteer time. You can also count time coming to FARSP monthly meetings! I will be at the volunteer table at our September meeting if you have a question, need a new record sheet or folder for keeping your volunteer info in one place. Our FARSP Service Motto reminds us of our community efforts – "If it is to be, it is up to me!"

\$\$Tutoring Opportunity\$\$

If you are looking for ways to share your skills, please read the following item.

Tutor Doctor Frisco/McKinney Hiring Tutors for the 2015-16 School Year

Set your own schedule, work one-on-one with children and get paid to do what you love! We are currently hiring for the school year and would like to invite Frisco Retired Teachers to join our tutor team! We provide 1:1 in-home tutoring for students of all ages and all subjects. Tutors are independent contractors and can work as many or as few hours a week as they prefer. If interested, please apply here:

<https://tutordocor.bamboohr.com/jobs/view.php?id=9> or email our Tutor Coordinator Michelle Dodsworth at mdodsworth@tutordocor.COM.

IPF and Benefits Suggestion

By Suzanne Sayer

This month I am making a suggestion to you that covers both Protective Services and Benefits! In 2011 TRS had a security breach. At that time, members were offered identity protection free for one year through CSIdentity. I took that protection—and have continued to renew it every year. The price is reasonable (I can't remember what it costs—but it's not too much), and it does provide me with peace of mind. If you do not have identity theft protection—or if you're covered by some other protection—you might want to check this out. Go to amba.info; click on Benefits; scroll down to Identity Theft Protection and click where instructed. Be pro-active! If you have questions, let me know.