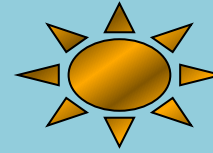


FARSP MOUTHPIECE

May 2017



TUESDAY, MAY 2nd FARSP MTG. @ FRISCO ISD ADMIN. BLDG., 5515 OHIO ST



President's Mouth

By Rhonda Jackson

As I sat at my computer with my fingertips poised over the keys, ready to review our year and offer my thanks, I hesitated. No...that could take pages, and while we are no longer in the classroom, the feelings of expediency to wrap up the year and begin the summer linger with us! Our 2016/17 year offered fascinating speakers, fun programs, and, as always, lots of warm fellowship. As far as gratitude, thank you, thank you, thank you for your support, encouragement, and help as I end my three-year tenure as President and Co-President. It has simply been a blast, and I have loved getting to know you and working with you immensely.

At the May meeting, please don't forget to sign up for 2017/18 committees, raffles, and decorating. And this is our last chance before September to bring Fastpacs and children's books! See you May 2nd!



Volunteer

By Mary Ann Ashby

Haven't we had a wonderful year in FARSP? We are blessed with terrific leadership and have experienced delightfully challenging programs. As you enjoy relaxing this summer, please do not forget to keep our legacy of volunteering utmost in your thoughts. I know you will be helping your community, church, family, neighbors, or other organizations this summer, but please keep a record of your hours on a calendar or the volunteer sheet. I have found that important information must be written down or it may be forgotten! Thank you for embracing the attitude that there is "VALUE IN VOLUNTEERING".



SEVENTH ANNUAL LUNCHEON FOR THE NEWLY RETIRED

FARSP is anxiously awaiting the opportunity to welcome the 2017-2018 retirees to FARSP's seventh Luncheon for the Newly Retired School Personnel. Please make plans to reach out to your newly retired friends and invite them to this luncheon! The luncheon is scheduled for August 22, 2017, at the Frisco ISD Administration Building, from 10 AM to 12 PM. We hope that many of you will attend the luncheon to show our new guests what a strong organization they will have in FARSP. Active members will be asked to assist and provide food. Please help out the gracious committee by volunteering when August rolls around. (YES, this counts as volunteer hours!) This is a perfect opportunity to visit with your friends and acquaintances, greet new retirees, and make new friends!!!

\$\$\$Raffle\$\$\$

By Joyce Crook

Thank you to Donna Self and Ginger Matthews for donating items for the raffle for the May 2, 2017, Frisco Area Retired School Personnel meeting. Come early to enjoy a time of fellowship and refreshment, and remember to stop by and purchase your "lucky" raffle tickets! Tickets are \$1 each or 7 tickets for \$5.

~~~Décor Galore~~~

By Trishia Phillips

Thanks go out to Susan Burkett and Sandy Gunn for our precious Easter decorations at our last FARSP meeting. Our table decorators for May will be Joyce Crook and Mary Ann Ashby. We have **NO September decorators** that have volunteered to decorate for our September meeting. If a couple of you are willing to sign up, that would be awesome! Thank you!



The Legal Eagle

Brenda George



The last few months have put TRTA members on a roller coaster ride on the topics of our cost for TRS-Care and Defined Benefits vs Defined Contribution thanks to the Texas Legislators. Where are we today on these two topics? As you know, there has been no agreement of the Senate and the House on how much funding to budget for TRS-Care, so a **Conference Committee** consisting of Senators and Representatives has been appointed. This group of legislators negotiates the details of the budget for the next two years that ultimately gets passed by the end of the session. In the April 21st *Inside Line* you can find the names of the Conference Committee members. You may remember that in November 2015 Governor Greg Abbott appointed **Josh McGee, the Vice-President of the Laura and John Arnold Foundation**, to be the Chairman of the Pension Review Board (PRB). This was **confirmed** by the Texas Senate Nominations Committee. In the past McGee has shown a strong, consistent preference for defined contribution plans. Remember, there is a well-funded national movement to replace all public employee defined benefit pension plans. The Laura and John Arnold Foundation is a national leader in this movement. SO, we **must stay vigilant** in protecting the **TRS DEFINED BENEFIT PLAN**.

Locally we have some voting opportunities for everyone between April 24-May 6.

Frisco, Prosper, & Celina - Early voting-April 24-May 2; Election Day May 6

Frisco - Frisco Mayor, Frisco City Council, Frisco ISD Board of Trustees, Collin College Board of Trustees, & Collin College Bond Package

Prosper-Town Council, Propositions, Collin College Board of Trustees & Collin College Bond Package

Celina-Mayor, Councilman, Collin College Board of Trustees & Collin College Bond Package

FARSP members it is **VERY IMPORTANT** to sign up for the *Inside Line*. It is easy and it is included in your TRTA membership; go to trta.org, a link is there to subscribe to the Inside Line. Yes, I will continue to send it out when Tim needs us to make contact with our representatives, but why depend on me.

All FARSP members have made this year very enjoyable for me because of your dedication to "fight the good fight", even with the uncertainty of our future. I trust that Tim Lee and the State Legislative Committee will do their best to help us. In turn we need to continue to help them by contacting our legislators through mail, email, & phone calls.

Have a fun, safe summer!!!
See you on August 22 for the New Retirees Luncheon.

Member Benefits

By Suzanne Sayers

Discounted Tickets to Dallas Zoo

As a TRTA member, you are now able to buy discounted tickets with the added convenience of printing your admission tickets from your computer and presenting them at the entrance turnstiles, bypassing ticket booth lines. Purchase tickets by visiting our exclusive Dallas Zoo Employee & Affiliate online Discount Tickets Store: go direct to <https://zootickets.dallaszoo.com> and enter this personalized store name: trta. Purchasing tickets has never been so easy!

Protective Services

The Evil Airline Phishing Attack

Sandy Carlisle received this information from FISD Technology Integration Specialist Kathy Stroud: There is a new spin on an existing phishing scam you need to be aware of. Scammers are doing research on you personally using social media to find out where and when you (might) travel for business or pleasure. Next, they craft an email especially for you with an airline reservation or receipt that looks just like the real thing, sent with a spoofed "From" email address that also looks legit.

Sometimes they even have LINKS in this email that go to a website that looks identical to the real airline, but it is fake. They try to do two things: 1) steal your username and password, and 2) trick you into opening the attachment which could be a PDF or DOCX. If you click on the link or open the attachment, your workstation could possibly be infected with malware that allows the scammers to hack into your network.

If you want to check any airline reservations or flight status, open your browser and type the website name in the URL address bar or use a bookmark that you set earlier. Do not click on links in emails to go to websites.



Arthritis

by Janice Scott

Innumerable people in the world suffer from arthritis. This disease affects the musculoskeletal system (especially the joints), and it is the main cause of disability among people over fifty-five years of age in industrialized countries.

Several components working together can cause most types of arthritis. The following factors may contribute towards a higher arthritis risk:

- ❖ Your genetic makeup
- ❖ A physically demanding job, especially one with repetitive movements
- ❖ A previous injury
- ❖ Infections or allergic reactions causing short-term arthritis and if caused by an infection, known as "reactive arthritis"
- ❖ Sometimes certain foods can either bring on arthritis symptoms, or make existing ones worse.
- ❖ Obesity, which places extra strain on joints
- ❖ The autoimmune disease

Symptoms of osteoarthritis may include joint pain and progressive stiffness that develops gradually.

Symptoms of rheumatoid arthritis may include painful swelling, inflammation, and stiffness in the fingers, arms, legs, and wrists occurring in the same joints on both sides of the body, especially upon awakening.

Symptoms of infectious arthritis may include fever, chills, joint inflammation, tenderness, and sharp pain that is associated with an injury or infection elsewhere in your body.

Activities which can help with arthritis include occupational therapy, physical therapy, an exercise program and physical activity, medications prescribed by a doctor, losing extra pounds, rest, relaxation, and slow-tempo classical music.

Arthritis patients usually find that being active will help them find improvements in pain, sleep, day-to-day functioning, and general energy levels.]