

FARSP MOUTHPIECE



October 2016

October FARSP Meeting
Tuesday, October 4th at Frisco Admin. Bldg.
Frisco, TX



President's Mouth...

By Rhonda Jackson

Approximately 70 FARSP members welcomed two special guests at the first meeting of the year: Dr. Jeremy Lyon, Superintendent of Fisd, and Mayor Maher Maso, Frisco Mayor. Dr. Lyon welcomed us back to the new school year and astonished us with staggering growth statistics. He then thanked those who voted in the ISD tax rate election and noted that discussions had already begun on how to keep doing "the best" for our school district without the much-needed injection of M&O funds. Next Mayor Maso delighted us with stories of past, present, and future Frisco, and he, too, astonished us with growth projections for future Frisco and Collin County.

A tentative date, February 28, 2017, has been scheduled for the retirement seminar hosted by Allen. Further details will be supplied closer to the event. A firm date, March 25, 2017, has been scheduled for our Arts and Craft Fair at Centennial High School.

I have two FARSP t-shirts, both size medium, \$5 each. Let me know if you want one!

Our October meeting is packed, with two candidates for Texas House District 33 and two speakers, Dr. Jeremy Lyon and Tim Lee, so please peruse this Mouthpiece closely as we will not have time for some of our standard agenda items. I hope to see you all October 4th!

Informative/Protective Services

By Suzanne Sayer

You're almost certainly dealing with a scammer if the caller:

- Asks you to provide personal information such as passwords, account numbers or your Social Security number.
- Insists on payment right now.
- Employs pressure or fear tactics.
- Becomes rude or abusive or uses threatening or foul language.
- Calls at odd hours--after 9 p.m. or before 8 a.m.
- Uses a vague identity such as "cardholder services" or "your credit card company" rather than a specific bank name, such as Citibank, Chase, etc.
- Requires payment in the form of Visa gift cards, iTunes cards or Western Union. The Federal Trade Commission prohibits any telemarketer, legitimate or otherwise, from using these forms of payment. If you're asked to pay this way, it's categorically a fraud.

Thanks again to The Dallas Morning News for such timely information.

A Trip down Memory Lane

By Sandy Carlisle
Co-President, Tech Chair
TRTA State Historian



FARSP Historian Judy Stamper and I had a great summer working on preserving our FARSP scrapbooks. Jason at the Fisd Printing Center converted them all into digital format for us! Look for them on the big screen during our gathering and greeting time before each meeting. You'll love seeing what members were doing 10 years ago!!!

Tech Corner

By Sandy Carlisle
District Tech Chair
TRTA State Historian



Tech chairs and historians from around District 10 attended two days of workshops in Frisco this summer. Members worked on updating their local unit websites, unit Facebooks, and preparing information for the State TRTA Memory Book slide show that will be shown at the State Convention in Austin in March.



FASTPacs

By Rhonda Jackson

Please find below the updated Fastpacs list that now includes "no nuts," including anything peanut butter related. Thank you, as usual, for your warm generosity and giving spirit!

- 15 oz canned fruit
- 15 oz canned veggies
- Canned meat (chicken tuna, chili, sausages)
- Full-size canned pasta and sauce (ravioli, spaghetti, etc.)
- Individual pasta meals (Easy-Mac, Ramen, etc.)
- Granola bars "NO NUTS"
- Individual oatmeal packets
- Individual desserts (Rice Krispy treats, cookies, gummies, etc.)
- Individual snacks (Cheeze-its, crackers, pretzels, raisins, etc.)



TRS-Care/Legislative Update

By Tommie Steed

On October 4, 2016, FARSP will host Dr. Jeremy Lyon, Superintendent of Fisd; Tim Lee, Executive Director of TRTA; and Candidates for Texas House District 33, Justin Holland (R) and Karen Jacobs (D). Plan on a packed meeting as At-Large TRTA members, area superintendents, and Fisd board members have been invited.

~~~~Décor Galore~~~~

By Tricia Phillips

Sandy Hansel and Gail West...thanks so much for kicking off our FARSP school year in such a grand way! Everyone loved our "Welcome Back" balloons and other festive décor. Due to the large numbers expected with Tim Lee's speaking in October, and a different room arrangement, we will have no assigned decorators for October. Decorating for our November meeting will be Suzanne Sayer and Theresa LaValle. We still need 6 more volunteers to decorate our Christmas tables and also one more volunteer for January's meeting. Please look for the sign-up sheet at our November's meeting or call Tricia Phillips at (214)544-2807 if you are willing to help with decorations. Thank you!



The Legal Eagle

Brenda George



October is going to be a very busy month of contacting our legislators. The two current items of concern are: the projected \$1.3 billion funding shortfall facing TRS-Care; and the Equal Treatment of Public Servants Act of 2015 (WEP). As of today the interim committee regarding the TRS-Care crisis has not made any recommendations. In July the decision on HR711 was postponed until an agreement could be found on WEP. At this time I have not heard any updates on the continuing discussion in the House Ways and Means Committee. FARSP members need to handwrite letters to their legislators asking them to make TRS-Care sustainability a priority when they return to Austin in January 2017. Tell them how the changes have or will affect you personally. Between now and January jot down your thoughts then at the January FARSP meeting we will take about 10 minutes to write our letters to our legislators. Please feel free to write your letter at home and bring it to the January meeting. I will take up all the letters and mail them to TRTA.

If you are not sure which voting district you live in just look at the right side of your Voter Registration card. If you are **NEW members** or if your **district has changed** from last year, please email Brenda George your district numbers so you can be added to the 2016/2017 FARSP Contact list. You can determine who represents you by going to the TRTA Home page or contacting one of your FARSP Contact Team members.

The following are your Contact Teams:

District 8: Brenda George, Gail West, Suzanne Sayer, Rhonda Jackson; **District 12:** Ellen Fogle, Polly Tadlock

District 30: Charlie Mooneyham, Sandy Hansel;

District 33: Sandy Carlisle, Charles Justus, Barbara Pope, Suzanne Sayer, Donna Self, Rhonda Jackson

District 70: Dianna Rhoades, Mary Smith;

District 106: Charlie Mooneyham, Sandy Hansel

At the October 4th meeting in the back of the room near the bottles of water, look for the following handouts:

*Key point of the Equal Treatment of Public Servants Act of 2015 (HR 711)

*Major Concerns of TX Public School Retired Educators

*The most recent TRTA *Inside Line* by Tim Lee

Now is **THE TIME** to reach out to our legislators and ask them for their support of all current and future issues affecting the retirement benefits of the public education retirees!



FIELDTRIP

By Tommie Steed

Museum of the American Railroad

Plan to attend the American Railroad Guided Tour on OTOBER 19, 2016, from 9:30 a.m.—11:00 a.m. The Frisco Heritage Museum is located at 6455 Page Rd., Frisco, TX 75034. Beginning at 9:30, tickets can be purchased for \$8. Wear comfortable shoes because the guided tour includes walking and climbing.



OSTEOPOROSIS

By Janice Scott

"Osteoporosis is a disease characterized by low bone mass and loss of bone tissue that may lead to weak and fragile bones. There is an increased risk for broken/fractured bones especially in the hip, spine, and wrist. This disease often is considered to be a condition that frail elderly women develop. Yet the damage begins much earlier in life. Because peak bone density is reached at approximately 25 years of age, it is important to build strong bones by that age, helping bones remain strong later in life. Adequate calcium intake is an essential part of building strong bones.

The major cause of osteoporosis is a lack of certain hormones, particularly estrogen in women and androgen in men. Women, especially those older than 60 years of age, are frequently diagnosed with this disease. Menopause is accompanied by lower estrogen levels and increases a woman's risk for osteoporosis. Other factors contributing to bone loss in this age group include inadequate intake of calcium and vitamin D, lack of weight-bearing exercise, and other age-related changes in endocrine functions (in addition to lack of estrogen).

Symptoms: Osteoporosis may have no symptoms in the early course of the disease. Later, it may cause dull pain in the bones or muscles, particularly low back pain or neck pain. Later, sharp pains may come on suddenly. The pain may not spread to other areas; it may be made worse by activity that puts weight on the area, may be accompanied by tenderness, and generally begins to subside in one week. Pain may linger more than three months. Spinal compression fractures may result in loss of height with a stooped posture (called a dowager's hump). Fractures at other sites, commonly the hip or bones of the wrist, usually result from a fall."

The medical field has treatment and exercises for people with osteoporosis. It is important to work with one's doctor to get help with this condition."

Source:

www.emedicinehealth.com/osteoporosis/page7_em.htm#medical_treatment