



**--IS THE KEY!!!**

# FARSP MOUTHPIECE

**DECEMBER 2017**

[www.localunits.org/Frisco](http://www.localunits.org/Frisco)

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**DECEMBER 5th FARSP CHRISTMAS LUNCHEON AT FRISCO CTE CENTER, 9889 Wade Blvd**



## THE LEGAL EAGLE



*Brenda George*

Here we are in the month of December and there are several legislators resigning or retiring, leaving seats in the Legislature open.

In Collin County Senator Van Taylor is seeking to replace retiring U.S. Rep. Sam Johnson. While educator Angela Paxton of McKinney is vying for the Senate District 8 seat against Dallas Co. Republican Party Chairman Phillip Huffines of Richardson. Both are related to members of the Legislature; Paxton is wife of Attorney General Ken Paxton and Huffines is the twin brother of Texas Senator Don Huffines. Also, in Senate District 30 State Rep. Pat Fallon of Frisco is challenging Wichita Falls incumbent Craig Estes. Incumbent Dan Patrick is being challenged by Scott Milder. Mr. Milder and his wife are the founders of the Friend of Texas Public Schools. You can Google this group to find more information.

As you can tell there are **LOTS OF CHANGES** taking place. **YOU KNOW WHAT THAT MEANS...**

We are going to be very busy contacting our legislators and their primary challengers! We will inform them about the difference between TRS (The Retirement System of Texas) and TRTA (Texas Retired Teachers Association). Next we will let them know our stance on the Defined Benefit Pension Plan of TRS. If they are the incumbent, please let that legislator know that we appreciate his/her support during the Special Session and we appreciate his/her service to the state of Texas.

To those FARSP members who were so gracious to agree to be on the Legislative Contact Team: TRTA, District 10, FARSP, and I thank you for volunteering for this **VERY important** team!

**ALL FARSP MEMBERS** please stay informed during this very important campaigning time. There are two sites you can check: [TexasEducatorsVoteandVote411.org](http://TexasEducatorsVoteandVote411.org) – [League of Women Voters](http://LeagueofWomenVoters.org)

Filing for candidacy for the State Legislature ends at 6:00 PM on December 11<sup>th</sup>.

**Primary election will be on March 6, 2018.**

We will need to contact the incumbents and their challengers between December 12<sup>th</sup> and March 6<sup>th</sup> to educate them about TRS/TRTA, DBP, and supporting retired school personnel health care. When combining all of FARSP members' years of experience in the education field, it is quite clear that

**"WE HAVE THIS!"**

### ~~~~~DIRECTORIES~~~~~

If you were not able to pick up your 2017-18 Directory at our Nov 7<sup>th</sup> meeting, they will be available at our Christmas Luncheon and at the January meeting. Look for the table inside the meeting room. If you have a spouse who is also a FARSP member, please share one

## President's Mouth—

*By Sandy Carlisle*

Our holiday season is on the fast track! I hope yours has been as fun as mine! November has been a great month for FARSP, with one of our best meetings ever with the emphasis on volunteers. Our guests were from Court Appointed Special Advocates (CASA) and DFW Ambassadors, with testimony from members Rhonda Jackson, Betsy Daste, and Teresa Kolacek. We also had a much needed and appreciated sharing of healthcare information in an informal setting after our meeting; thank you so much Charles Justus for kicking off this session!



*The Fowlers with Fisd Board Member, Bryan Dodson*

The annual football outing was fun, and we enjoyed our seats in the Fisd suites at the STAR, thanks to Jenna Benabe, our Community Outreach Liaison. The Second Annual Best-Ever FARSP Craft Fair was a winner, thanks to the incredible Karol K, Vicki Ryan, and Doris Owusu – and the many members who pitched in to make it all work.



**If I don't see you until the New Year, don't forget that the meeting is the SECOND Tuesday, January 9 at the CTE Center, usual time.** Until then, I'm wishing you all a very Merry Christmas and a wonderful holiday season!



## CHRISTMAS LUNCHEON

*By Sandy Gunn*

Our annual Christmas Luncheon will be held on **Tuesday, December 5, 2017**, at the Frisco ISD CTE center. The luncheon starts at 11:00 am but please come at 10:30 to sign in and visit. We are excited to have the Janice Scott Elementary School choir sing for our entertainment at 11:00. Our luncheon will be served by the Frisco ISD Catering Service after the performance. Our tables will be decorated in Christmas themes by many volunteers. Come in your festive attire to start out the Christmas season!



## SAVE THE DATE

The State TRTA Convention is in San Antonio this spring (April 8-10) at the La Cantera Resort and Spa, with an emphasis on fun! The theme this year is "Preserving the Past; Securing the Future". Read about the convention and view the agenda on page 10 of the Voice or on the TRTA website. Let Sandy Carlisle know soon if you are interested in attending because the rooms are filing up fast!

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

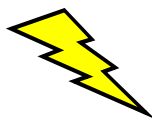
*By Joyce Crook*

Thank you to Judy Stamper and Julie Vest for donating the items for our raffle at the December 5, 2017, Frisco Area Retired School Personal meeting. The tickets will be sold for \$1 each or 7 tickets for \$5.00.

## Volunteer Wrap UP

By Mary Ann Ashby

As the end of the year quickly approaches, I want to thank you for all your volunteer work and hope that you are keeping an account of your hours (no matter how many or few) of service to others. If you choose to turn in your volunteer form at the December meeting just "guesstimate" the hours you will be doing in December for your yearly total. I will be in the hall at the registration table to receive your forms or answer any questions. The deadline for all 2017 volunteer hours will be at our January meeting in 2018. Our motto "If it is to be, it is up to me!" reminds us of the importance of our service!!



Don't forget to bring food items for FASTPACS (canned fruit, canned veggies, canned meat (tuna, chili), canned pasta and sauce, individual pasta meals (ramen or mac and cheese), individual oatmeal packs, individual desserts or snacks (no nuts)



**Save the Date**  
**Retirement Seminar**  
**Tuesday, February 13, 2018**  
**Lebanon Trail High School Cafeteria**

Dinner will begin at 5:00 P.M. and the program will begin at 6:00 p.m. Celebrity Bakery will provide a spaghetti dinner for \$6.00 a person. The following FARSP members will be the servers: Brenda George, Audie Adkins, Margarita Nixon, Vickie Ryan, Judy Stamper, Mercy Westphal, and Sandy Gunn. The Retirement Committee is: Matilda Eden, Rhonda Jackson, Sandy Carlisle, Catherine Fowler, and Sandy Hansel. Thank you ALL for volunteering. Be sure to contact prospective retirees. The flyer has been sent to all surrounding districts. Future retirees from any school district, however may attend.

## ~~~~Décor Galore~~~~

By Tricia Phillips

Thanks go out to Suzanne Sayer and Theresa LaValle for their great fall decorations at our November FARSP meeting. We really appreciate our ladies who have graciously volunteered to decorate for our FARSP Christmas luncheon. They are: Debra Purefoy, Nolita Johnson Winthrop, Rhonda Jackson, Brenda George, Judy Stamper, Susan Burkett, Tricia Phillips, Sandy Carlisle, Vicky Ryan, Karol Kuykendall, and Julie Vest. We will go in between 5:30—7:30 pm on Monday, December 4 in order to decorate the tables ahead of time.

Audie Adkins, Brenda Calhoun, and Mercy Westphal have agreed to bring live poinsettias for display up front.

**Thank you, thank you to all of these ladies who will help to add so much to our luncheon with the beautifully decorated tables!**

## BOOKS! BOOKS! BOOKS!

By Rhonda Jackson

Please bring one **new** children's book to our December 5<sup>th</sup> meeting. I'll be making our first deliveries to Rogers and Rucker later that week! If you wish to make your donation specific, please find below requested selections:

- \*Cave Boy Dave by Aaron Reynolds
- \*Dog Man by Dav Pilkey
- \*Diary of a Wimpy Kid series by Jeff Kinney
- \*Smile by Raina Telgemeier
- \*Sisters by Raina Telgemeier
- \*Amulet series by Kazu Kibuishi
- \*Dork Diaries by Raina Telgemeier
- \*Big Nate series by Lincoln Peirce
- \*Captain Underpants series by Dave Pilkey
- \*The Babysitters Club by Raina Telgemeier

Also, Rucker needs Spanish fiction (as it is Prosper's dual language school).

**Our lending library will be available from 10-11 that morning, so please shop! Thanks!**

## BEWARE—WHO'S CALLING?



By Suzanne Sayers

**Who's calling?** If your phone rings and the caller ID says the caller has the same area code as yours, you answer ...and get a telemarketer from 1,000 miles away. It's called neighbor spoofing, and it's one of the newest fraud trends. Spoofing with the intent to cause harm is illegal, and in June, the government cracked down on one such company for spoofing 96 million homes in attempt to sell timeshares. That hasn't slowed down this new practice. Now regulators are considering letting phone companies block spoofers. Let your answering machine handle callers you don't recognize. Also, register your phone at the National Do Not Call Registry ([donotcall.gov](http://donotcall.gov)).

## +++HEALTH NEWS+++

By Joyce Hall

December can be the most wonderful time of the year! However, flu season is also upon us, so be informed and take steps that are appropriate for you to prevent illness.

### DECEMBER National Influenza

**Vaccination Week: 7-13** National Center for Immunization and Respiratory Diseases (800) CDC-INFO (232-4636)

[www.cdc.gov/flu/nivw/](http://www.cdc.gov/flu/nivw/)

National Influenza Vaccination Week  
Reducing Your Risk of Viral Upper  
Respiratory Infections:

[www.lifescrypt.com/health/ Pandemic Flu Information: www.flu.gov](http://www.lifescrypt.com/health/PandemicFluInformation)

December will fly by with all of the excitement of holiday preparation, travel and visiting with friends and family! Be sure to manage your risk of holiday stress and depression so that the joy of the holidays is not overshadowed.

### Tips for a less stressful, more joyful holiday season:

-Remember to enjoy friends and family. Make memories!

-Budget and start early. Homemade gifts or time spent together might beat a purchased gift! Simplify!

-Take care of yourself. Stay on a reasonably regular diet and sleep schedule. Take time for breaks!

-Ask for help if you are overwhelmed with tasks or short on time, or if you feel depression setting in.

-Take a walk, have a cup of hot chocolate and get some sunshine! (and, yes, we still need to keep drinking all that water!)

**-Take time to remember the positive things in life☺!**

*I am thankful for this great group of folks!*