

# FARSP MOUTHPIECE~~ March 2018



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

**IS THE KEY!**

find us on facebook: FARSP

**Tuesday, March 6<sup>th</sup> FARSP Mtg. at Frisco CTE Center**

## MEMBERSHIP

*by Sandy Hansel*

### IT'S THAT TIME AGAIN!!!

March is the month to renew your membership in TRTA and FARSP for 2018-2019. Is this important?

**YES...ABSOLUTELY!!!** As retired educators it is more important than ever that we make our **voices** heard in Austin. We must remain active to protect our Defined Benefit Pension Program and continue to monitor our health care benefits. Our state organization, under the leadership of Director Tim Lee and his staff, is working hard to represent us in Austin and Washington, DC. Our local support is imperative if changes are to be made that will benefit retired Texas educators. The bargain price remains the same: TRTA dues=\$35.00 and FARSP= \$13.00 for a total of \$48.00. Come see Sandy Hansel and Barbara Ledermann at our next meeting on Tuesday, March 6<sup>th</sup> at the Frisco ISD CTE Center on Wade Blvd. in Frisco.



*Food for thought at Retire Ed. Seminar!*



## President's Mouth

*By Sandy Carlisle*

Happy spring, members! FARSP has had such a busy and fun winter! I'm still receiving compliments and thanks to FARSP for our candidate forum, and am very proud that the State TRTA Facebook posted our pictures! This election is such an important one for retirees and public education; it feels great to be so involved. We've also had members who were interviewed by Channel 11 News about our TRS Care crisis. If anyone hasn't voted yet and wants to chat informally on Election Day, some of us will be staying after the meeting for a few minutes. Feel free to join us! We also had a great turnout for the Retirement Seminar – good job, Gail West and committee!



*Getting Ready for Retirees!*



*--Brenda George*

**VOTE VOTE VOTE**

**EARLY VOTING CLOSES  
MARCH 2**

**OPEN PRIMARY MARCH 6**

**Thank you, thank you, thank you...**

- \* To all FARSP members for making FARSP's 1st Candidate Forum so uplifting!!!
  - \*Sandy for your support in being willing to tackle the logistics of taking on the forum with me.
  - \*Rhonda for keeping track of the refreshments donated and reading the questions with precise cadence.
  - \*Jane for locating a percolator for coffee and donating Decaf.
  - \*Greeters and Name Tag/Sign-in committees for your friendly faces welcoming our many guests.
  - \*Decorating Committee for setting the tone of the forum with your red, white & blue.
  - \*Ron for building our motto display "TEAMWORK IS KEY".
  - \*Members who were host to the candidates
  - \*Members for the delicious homemade refreshments.
  - \*Donations from Sprouts and Dunkin Donuts.
- Put all these pieces together and you end up with the **PERFECT FARSP FORUM!!!!**

**TEAMWORK IS KEY!!!**

## 2018 RETIREMENT EDUCATION SEMINAR

*By Gail West*

The 2018 Retirement Education Seminar February 13 at Lebanon Trail High School was attended by 127 in the Frisco Area (152 made reservations, however, 35 cancelled mostly due to illness), 29 from the Allen Area, and 13 from the McKinney Area. In addition to attendees, Frisco had 12 volunteers, and Allen and McKinney each had 4 volunteers. Total school personnel attending was 169 and volunteers totaled 20! What a blessing to have so much participation.

Lebanon Trail High School was a perfect location and the staff was extremely accommodating. Many thanks to Celebrity Bakery who worked with FARSP to have a very reasonably priced and delicious meal. Tom Thumb at Preston and Lebanon contributed 15 dozen cookies to complement our meal. FISSD was a huge support in advertising in 'The Beat' for a month!

Our FARSP committee was SUPURB! Thank you to our fabulous servers: Audie Adkins, Brenda George, Sandy Gunn, Karol Kukendall (who also gathered many 'goodies' for our bags), Margarita Nixon, Vickie Ryan, and Mercy Wesphal. A special thank you to the initial committee: Sandy Carlisle (who also took pictures), Matilda Eden, Catherine Fowler, Sandy Hansel (who provided the registration cards for all three Units), and Rhonda Jackson. These members put together 150 Goody Bags, decorated, checked in the many attendees, and graciously made everyone feel welcome. A very special thank you to Catherine Fowler who met me at the High School quite early to help set up and to keep me 'sane'!!

FARSP had an excellent speaker from TRS, Brenda Ledesma. Our three AMBA representatives (Natalie McKeaver, Delanna Hess, and Lisa English) were also present and helped us recruit potential FARSP members!

Thank you FARSP for your support in hosting a Retirement Education Seminar for so many active school personnel.

## HEALTH NEWS

*By Joyce Hall*

March brings us an array of new information. There are so many ways that we can be helping ourselves to be healthier, despite the increasing challenges as we age.

Brain Awareness Week: March 16-22 Dana Alliance for Brain Initiatives (212) 401-1689 [www.dana.org/brainweek](http://www.dana.org/brainweek) This site reminds us of activities that may help us to age well, as well as resources explaining the physiology of the brain and diseases that may occur.

National Colorectal Cancer Awareness Month Prevent Cancer Foundation (800) 227-2732 [www.preventcancer.org](http://www.preventcancer.org)

[www.mayoclinic.org/diseases-conditions/colon-cancer/home/ovc-20188216](http://www.mayoclinic.org/diseases-conditions/colon-cancer/home/ovc-20188216)

This year over 135,000 people will be diagnosed with colorectal cancer, with about 50,200 dying of the disease. Early detection and treatment are vital.

National Nutrition Month Academy of Nutrition and Dietetics

<https://www.eatright.org/food/resources/national-nutrition-month>

The above site provides tips on eating right. Probably everyone knows what we should do, but more information and reminders of ways to accomplish good diet help us to be more successful.

Hopefully, these resources will help us all to stay more mentally and physically healthy in the coming years!



Our March meeting will be an excellent one, with District President Thalia Matherson coming to visit and a student presentation that is sure to inspire! Hope many of you can make it!

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

Thank you to Julie Vest, Tricia Phillips, and Nolita Wittrup-Johnson for volunteering to bring raffle items for the March 6 meeting of Frisco Area Retired School Personnel. Tickets will be sold before the meeting beginning at 9:30 am. **Tickets are \$1 each or 7 tickets for \$5.**



*Rhonda Jackson, Past President; candidate Scott Milder; Brenda George, Legislative Chair; candidate Mike Collier; Sandy Carlisle, President; & Mike Waldrip, FISSD Superintendent*



**Our GREAT Greeters June Furr & Mary Smith**

~~~Decore' Galore~~~

*By Tricia Phillips*

FARSP had a great February election forum meeting. Thanks to Mary Smith, Brenda Calhoun, and Tricia Phillips, we looked very patriotic with our room and table décor. The March decorators will be Nolita J. Wittrup and Rhoda Christie. **We DO NEED ONE helper for April's meeting to assist Diann Kildebeck.** Please call Tricia Phillips at 214-544-2807 or email me at: [Tiphillips2312@gmail.com](mailto:Tiphillips2312@gmail.com) if you are willing to help Diann. Thank you so much for all your willingness to help, because your decorations really do make a huge difference creating an extra special atmosphere for our FARSP meetings!