

Frisco Area Retired School Personnel

MOUTHPIECE — MARCH 2018

Tuesday, March 5th, 2019 **FARSP** Meeting at Frisco CTE Center



President's Mouth

By Sandy Carlisle

Hello Members!

My column this month is a focus on member volunteers:

Congratulations to FARSP member Rita Crowder!!! This is a HUGE honor to have been chosen by the Frisco Chamber of Commerce for the Frisco Silver Citizen of the Year Award! We are very proud of you! Rita is on the board of the Heritage Museum and has dedicated countless volunteer hours to the museum, city, and FARSP. Pictured are Rita and Richard Crowder.



This week has been Read Across America week with a special celebration because it is Dr. Seuss' birthday! Our own Karol Kuykendall entertained the 2nd graders and



kindergarteners at Robertson Elementary with her reading, singing an original song, and playing the ukulele! Pictured are Karol reading and Karol with her daughter Kasey

THE LEGAL EAGLE

By Brenda George

FARSP Members, Answer the call to Action!!!

Now is the time for *all* FARSP members to answer the call to action. First, sign up to receive Tim Lee's email newsletter "*The Inside Line*". His newsletter will keep you up to date on the legislative Bills being introduced in both the House and Senate. Just like in the most recent *Inside Line* he will include Links so it will be easy for you to send letters to your Representative and Senator.

There are other ways to contact your legislators. Here are various methods to reach out to your legislators:

*call *send emails *mail handwritten letters (very effective) *social media: Face book, Twitter, (**#RAISETHEBASE**)

*Plan to car pool or ride the bus on April 3, 2019 to join us on **TRTA DAY AT THE CAPITOL**. Wear your **RECOGNIZABLE RED** PROUDLY!!! Sit in the House or Senate Gallery and be recognized by the legislators. At 11:30 am attend the Rally on the Capitol steps or East Lawn. Next go visit your representative & senator and while you are talking to them or their representative—tell your personal story. Then before heading home have some ice cream on the East Lawn with your fellow retirees.

Whichever methods of contact you choose it is **VERY important to tell your story**. Remember — **numbers matter!!!** It is time to reach out to your fellow retirees!



VOLUNTEER HOURS

By Susan Burkett

Congratulations to those who submitted their volunteer hours for 2018! We had 78 members participate with a grand total of 40,165 hours!!! Let's strive to make this year even better!

I would like for everyone to please bring in your total hours for January and February. I will have two different prize drawings. Hopefully this way we can keep up with our hours and not forget what all we do to volunteer. Please see me at the meeting if you need a new 2019 record sheet and/or folder to keep track of your hours. I appreciate all you do for FARSP!!!

DATES TO REMEMBER

MARCH 5: Simply Blessed Flowers

***APRIL 9:(2nd Tuesday)** Briefly meet the candidates; Program is Frisco Police Department

MAY 7: Induction of Officers and Committee Chairs and Mimi McGhee with Technology Program

April 1-3: State Convention and Rally Day at the Capitol

April 22: District 10 Spring Leadership Development Conference

*We will continue to support **Fast-pacs** this year.

*Please continue to bring children's books to meetings for our book project. *Tell Susan Burkett about opportunities to do volunteer work together.

Membership

By Gail West

March is the beginning of our membership drive for the 2019 – 2020 year. We will have forms at our March meeting for you to complete and to pay your membership dues. The TRTA dues are \$35.00 and the local FARSP dues are \$13.00 for a total of \$48.00. Please come prepared to renew your membership.

TRTA and FARSP membership is so important to our retirees and active employees as the organization is the only one in Texas that fights for our pension and benefits. Everyone in the education profession should support these efforts by these groups to ensure that we can have the best retirement program possible. If you know of retired and/or active co-workers that have never joined TRTA or FARSP, please discuss with them the importance of member numbers. This certainly helps us when legislation is introduced into the Texas legislature. Our elected representatives, as our organization has grown, are realizing that retired educators are a force that demands a listening ear!

TRTA has begun another contest that enables FARSP to earn \$500.00 when we report our membership to them by July. We encourage our members to renew now because it is difficult to contact people in the summertime. TRTA encourages us to renew memberships as quickly as possible during March, April, and May.

I will have a list of people that encouraged a retiree to join FARSP during this year. These people will have their local dues of \$13.00 paid by FARSP because they encouraged a visiting person to join our wonderful organization. See you March 5th – with check-book or cash in hand!!!

Retirement Education Seminar

By Gail West

We had a very successful **Retirement Education Seminar February 12, 2019**. FARSP worked in conjunction with the Allen and McKinney units and McKinney hosted the event at the new McKinney ISD Event Center overlooking their new stadium. A delicious dinner was offered and prepared by the Event Center caterer, Aramark. Our speaker from TRS was very good and spent a long time afterwards answering individual questions. Natalie Parker and Lisa English presented information about AMBA. Each unit gave away two \$50.00 gift cards in a drawing from each unit's districts. Registration cards were used for the drawing.

FARSP has the best committee members! Special recognition and heartfelt thanks go out to: Sandy Carlisle, Catherine Fowler, Sandy Hansel, Debbie Thompson, Billy Vandeventer, and Mercy Westphal. These ladies assembled goody bags and were fabulous hostesses to all the people that came from Aubrey, Celina, Frisco, Pilot Point, and Prosper.

We had 70 reservations from these districts, however, as a result of illness and unexpected circumstances, only 47 were able to attend. With our committee members attending, our FARSP unit was represented by 52 people. I don't have the exact numbers from the other units, but there were probably about 120 seeking information about retirement. Again, thank you wonderful FARSP volunteers **for** making my responsibilities so easy and fun!



Healthy Living Newsletter

By Joyce Hall

March is a busy month as **Spring arrives!** This month is also packed with many reminders for Healthy Living! Preventative steps that we can take to improve our health include reducing blood pressure (ideally to 120/80mmHg or less), maintain a healthy weight, limit alcohol, do not smoke and exercise regularly. The same recommendations that we keep being reminded of affect all areas of our lives. Make March a time to get out and enjoy improving weather and keep some of those New Year's Resolutions to improve your health!

Resources include: **Brain Awareness Week:** 16-22. Dana Alliance for Brain Initiatives (212) 401-1689 www.dana.org/brainweek

National Colorectal Cancer

Awareness Month: Prevent Cancer Foundation (800) 227-2732

www.preventcancer.org

And www.mayoclinic.org/diseases-conditions/colon-cancer/home/ovc-20188216 **National Nutrition**

Month: Academy of Nutrition and Dietetics www.eatright.org/nnm

Calling all Future Officers and Committee Chairs!!!

Would you enjoy working with us behind the scenes in any of the FARSP activities? We are a great support group of volunteers; together is better! All positions will have help from the previous officer as well as from numerous other members. WE APPRECIATE YOU!

Décor'Galore

Tricia Phillips

Our FARSP February meeting looked like we were surrounded by love. Thanks go out to Mary Smith, Margaret Nixon, and Tricia Phillips for decorating with all the Valentine décor. The **FARSP March decorators** are Nolita Johnson, Rhoda Christie, and Judy Stamper.