



The Heart of NSARTA

NSARTA NEWSLETTER

MAY 2017



Barbara Yates



Maureen & Paul Cwiklik



Betty Moseley



Our Adventurous PRESIDENT'S CORNER May has arrived with its mixed blessings of rain, not too much rain, and the advent of summer heat. But on the upside, we have Mother's Day, the closing days of the school year, and the end of my first year as NSARTA president.

Wednesday, May 17, will be our final gathering for this year. The Hospitality committee and volunteer members have planned a grand display of all manner of salads that will be the centerpiece of our meal together. Of course, the centerpieces on individual tables will be added to our list of many door prizes.

On this day, we will recognize NSARTA award winners in seven categories of notable achievements established by TRTA. I look forward to co-hosting the presentation of those awards along with Immediate Past President Judy Lynn.

While we will be short on customary unit business on the 17th, we will complete this May celebration with a special Memorial Day observance honoring those who have served our country and rest in peace as everlasting sentinels of our freedom and democracy. Appropriately, we will end our time together with the playing of "Taps" by a member of the Southwest High School faculty.

I hope to see many of you at this final get-together and wish you all an exciting summer sprinkled with enjoyable rest as well.



NSARTA HEARTS FOR MAY *Michelle Bibb*

Our MAY HEARTS OF NSARTA are **Barbara Yates** and **Betty Moseley**. These “hearts” have been members of NSARTA for many years and are active leaders in our chapter. They and their husbands were best friends for decades. When I called each of them to tell them they were going to be our May Hearts, both said they had not done anything exciting in their lives and really didn’t want to bore everyone. After reading each story, I’m sure you will realize just how wonderful and special these ladies are. It is so perfect that we end this year’s “Hearts” with Barbara and Betty.

Barbara Yates was born in San Antonio, attended Travis Elementary, Mark Twain Junior High, and graduated from Brackenridge High School. She got her driver’s license when she was only 14 under a hardship clause. She attended SWT but left school to marry Billy Yates, a man she met on a blind date. Their first date was to travel to Bandera to see Ray Price in concert. In 1960, sixteen months later, they married and Barb said her blood “turned maroon” the day she married Billy, a Texas A&M grad.

In 1962, Barb suffered a brain aneurysm and was told she’d either be blind, paralyzed, or could possibly die. She underwent a 9 hour surgery, and if you know Barb, you know how hard she fought to regain her strength and most of her vision. She lost her left side vision in both eyes and was now unable to drive, but she never lost her love of life, family, and the Lord. The young couple along with their 10 month old daughter moved in with her mother for about 6 months while Billy was working as a construction supervisor in west Texas for a highway construction company. A few months later they bought their first home and began raising their family. For 18 years Barb was a “stay at home” mom. She has 3 daughters, Danita in College Station, Lanisa and Sal living in San Antonio. She made all their clothes, doll clothes, and was PTA Vice President at Colonial Hills Elementary School. She also subbed there in all grade levels.

When her oldest daughter was in high school, Barbara went to UTSA to finish her Elementary Education degree. She proudly states that she was part of the first graduating class of seniors from UTSA. Billy would take her to school before he went to work and pick her up during his lunch hour. She finally received her degree in 1977 and was immediately hired at Hidden Forest Elementary. In 1979 she received her Reading Specialist Certification. At this time, the Yates family lived only a few blocks from the school. Billy would take her to Hidden Forest around 7AM each morning as he was going to work. She would stay at school until Billy got off work (around 6PM), OR one of the teachers would take her home, OR she’d walk home with a school bag full of books/papers/projects to finish at home.

In 1990, Barbara was diagnosed with ovarian cancer. After recovering from surgery, she began chemo treatments one weekend each month. She’d check into her hospital on Friday after school, stay through Sunday during these months she never missed a day of school. In 1999, Barb was diagnosed with breast cancer. The teachers at Hidden Forest, led by her team of 2nd grade teachers, formed a “Driving Miss Barbara” rotation schedule to take her to CTSC every afternoon after school for radiation treatments. Again, she never missed a day of school. Barbara laughed and said, “I only get the BAD BIG things and NEVER have had the more minor illnesses like the flu even though she doesn’t get the flu shots.”

She is a Master Bakerpies, cakes, cookies, Easter egg cakes, wedding cakes, rolls...you name it, she can bake it. She has won many 1st Place Awards in most baking categories. Every year she would bake a “small birthday cake” for each student in her class on their birthdays. If their birthday was in the summer, she had a small cake for each of them the first day of school. She even made “sugar eggs” with a scene inside the egg for each student at Easter.

Barbara’s daughters each have a boy and girl for a total of 6 grandchildren. Next year, she will have all 6 grandkids living in College Station attending either A&M University or Blinn College. She has season Aggie football tickets and has only missed 3 home games since 1979. Barb said she and her family have travelled from New York to California with many stops in between to be there for the Aggies.... they are **REAL AGGIE FANS!!** She said her oldest granddaughter, Tiffany, recently surprised her by asking her grandmother to present her senior ring during the Aggie Ring Day presentation.

Every summer her entire family, all 13 of them, take a trip to the coast and stay in a large home on the beach. Barbara and her family are also HUGE San Antonio Rodeo Association members. Billy was Director of the Rio Grande Valley Days and served on the Hospitality Committee while Barb worked in the information booths. This past rodeo, she was awarded her 30 year Life Member Pin for the Hospitality Committee. They have had box seats for every performance since 1975. Do you remember all the boots we use for our February table decorations....they are just a few of her boots in her "boot collection."

Barbara retired in 1999 after teaching at her church kindergarten and 22 years at NEISD. The Yates and the Moseleys have taken several vacations together to Branson, the coast, and other Texas locations. They went to Churchill football games, attended the same church, and Betty and Barbara even taught at Hidden Forest when it opened. Billy, the love of her life, passed away in 2002. They were married almost 42 years. Barb is very active in her church, San Pedro Church of Christ, attending services or classes 3 times a week. She has also taught Sunday school for 50 years. She bakes for their Silent Auctions having one man purchase 2 of her famous coconut cream pies for \$100. She walks 3 miles every day except Sunday, mows and edges her yard, and has given herself the name "The Lady Leaf Sweeper" on her street. Seems her neighbors never clean up their red oak leaves so she does it for them. She is a member of the Hidden Forest Garden Club, entertains neighbors each month at her home for Bunco, has held several offices in the San Antonio Aggie "Women's Club and actively participates in all their fund raising campaigns. She has been Recording Secretary, Registrar, and is currently NSARTA's Corresponding Secretary. She and Betty have attended many TRTA Conventions all over the state.

Barbara wants everyone to know how **THANKFUL** she is to her daughters, their husbands, grandkids, her best friend Betty Moseley, and many other friends for helping her each day. She is grateful for all those people who drive her to appointments, meetings, church, HEB, or wherever she needs to go. *You know, Barb, we are the fortunate ones to call you "our friend"!!*

Betty Moseley was born and raised in Sherman, Texas. In high school, she was a cheerleader. During this time she fell in love with Billy Joe Moseley, a football and basketball athlete. Even though their parents didn't want them to marry right away, they married as soon as Betty graduated. Bill had received a basketball athletic scholarship to East Texas State University when he graduated 2 years before Betty. The newlyweds moved to Commerce, Texas. Betty soon found a job working in the City Hall. The young couple didn't have a car so they walked to work and to class. She remembers their first car cost \$90 but it ran and got them to wherever they needed to go. The Police Chief took her home from work each day and convinced her it was time to take her driver's license test. . The second year at ETSU she worked in the college library.

When Bill graduated, they moved to Devine, Texas for a coaching position with his high school coach, Bill Evans who later would take Bill to a coaching position in Luling, Texas and then to Robert E. Lee in NEISD. Because Luling is so close to San Marcos, Betty began commuting to SWT to begin her college career. She carpooled with Frances Evans who is also from Sherman and served as Associate Superintendent in NEISD in later years. During the summer months, Bill had various jobs including selling encyclopedias and coaching tennis. His first years' contract was for \$4800 for coaching and teaching Science. Betty still has that contract. Betty received her degree in Elementary Education with a minor in English from SWTSC in 1975.

When moving to San Antonio, they began attending San Pedro Church of Christ where they met Barbara and Billy Yates. Betty taught Barbara's two youngest daughters in the church Kindergarten, and later became the Kindergarten Director. In 1975 after graduating from SWT, Betty was hired to teach 1st grade at Jackson Keller Elementary. Genie Hurta and Linda Davis were also teachers there at that time and are both NSARTA members. She transferred to Hidden Forest Elementary when it opened as a first grade teacher. During this time, Bill took his final coaching job at MAC. Betty would sit with all the other MAC coaches' wives in a reserved section of the bleachers. She remembers going to Joe Bill Fox's home (head coach at MAC) after every game so the coaches could review the good and bad plays of each game. After 7 years of coaching, Bill was hired at Blue Cross Blue Shield. While there, he served as district manager and regional manager but retired as a sales executive. During this time, Betty was the Hidden Forest ELP teacher. While at Hidden Forest, she served as half-time Assistant Principal and was awarded a scholarship to Trinity where she received her Mid Management Certification. She accepted a position at Stahl Elementary upon completion of her degree. There she taught 3rd grade Math and English for half day and the other half day she was an Assistant Principal.

During this time she developed Guillain-Barre syndrome. This is a rare inflammatory autoimmune disorder of the nerves outside the brain and spinal cord. After weeks in a hospital, she finally was able to return home and thank goodness, had no lasting complications from this illness. She returned to Stahl on a half time basis as Assistant Principal.

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That summer Betty was named principal of summer school. Glennie Lecocke was an assistant. The following year she moved to East Terrell Hills Elementary as "Principal Elect". "Principal Elect" was a position NEISD offered to 2 individuals to "shadow" existing principals who would be retiring, for a year before becoming full time principals. The next year Betty became principal of East Terrell Hills. She remained there for 3 years before she was moved to Coker Elementary. There she worked with Eddy English, Mary Ramos, Cindy Livingston, and Kathleen Shelton who are all NSARTA members. Betty retired in 1997 after 26 years in public education.

She and Bill loved to travel and with both now retired they had the time and energy to see the world. Their first post retirement trip was to Greece exploring the country by water and land. After returning back home, they went to a promotional meeting and purchased a "time share" in Florida. Betty was much more excited about doing this than Bill!!!! Since then, they have purchased time shares in Galveston and Branson. Sadly, Bill passed away in 2008 after a lengthy illness.

Betty has 3 children, Debbie, Melissa, and Jon. She has been blessed with 7 grandchildren and 5 great grandchildren. All of her children, son-in-law, one granddaughter and her husband, and one grandson have graduated from Texas A&M. Several years ago, she and her 3 kids took a fall cruise sailing from New York, up the eastern coast to Maine, Halifax and other ports in Canada. According to Betty, it was one of the best trips EVER. She recently returned from a family trip to the coast. This summer the "girls" are planning a cruise to Honduras.

After Bill's passing, Betty remodeled her home adding a "wing" for Melissa. She says it's been a blessing to have her daughter live with her. Betty and Melissa are HUGE Spurs Fans. The latest playoff games have been so exciting and yet so nerve wracking to watch. They share their home with 2 rescue dogs, Scout and Sugar.

Betty is a gardener, loves to eat at Jacala's on West Ave., is the church librarian, and has taught various age groups in Sunday School for 50 years. She and Barbara Yates co- taught 5th grade Sunday school classes don't you know those kids had a great time! She is chairman of her church's "Silver Thread" committee who send cards of encouragement to church members. Graduating high school seniors look forward to the bulletin board she creates for them acknowledging their hard work at school. She has served NSARTA as 1st Vice President, Historian, Community Volunteer Chairman, Photographer, and Newsletter Editor.

*****On a personal note, I have been fortunate to teach with Betty and Barbara at Hidden Forest. They are creative, funny, energetic and so positive!! Our entire staff learned many teaching strategies and life lessons from them. They are members of the "original teachers" at Hidden Forest that helped develop and promote a "school family community" atmosphere where children were valued and loved.

LEGISLATIVE/FOUNDATION *Carlos Ortiz*



Now that the Texas House has passed HB 3976, it is up to the Senate to bring SB 788 back or to accept HB 3976. Both of these bills speak to the health-care costs. Regardless of the outcome retirees will pay more for their TRS-Care. It appears that for those over 65 who are on Medicare will see their premiums increase from \$90 a month to \$146. Those retirees below 65 need to pray that the health-care premium will not be too much. SB 1458, which was passed two sessions ago and gave us the increases into our TRS Pension Fund, warned those under 65 about the TRS-Care costs. Right now in our State Capitol we have a good working chamber

and one that is dysfunctional. The dysfunctional chamber does not care about those on a fixed income; they just want to pass the costs to the consumer-retirees.

The role of the Conference Committee (composed of House members & Senate members) will be very important as the Legislators work out a State budget for the next 2 years. We need to stay informed as the session winds down.

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INDEPENDENCE HILL VISIT

This year we failed to schedule our May visit to Independence Hill for the tour and luncheon. Because I was sick and “out of commission” during March and April, we did not contact Chickie to get on the calendar. Chickie wants all our members to know that they are welcome to schedule a visit with lunch, anytime. So if there are members who want to get together and schedule a visit, all you need to do is call or email Chickie to get on her calendar. Her contact information is:

Chickie Backhaus

(210) 615-4000 Ext 249

(210) 615-4289 (FAX #)

chickieb@independencehill.com

www.independencehill.com

PROGRAM



Peggy Peterson/2nd Vice President,
210.373.3961 or rpete4321@satx.rr.com

GREETINGS NSARTA FRIENDS,

Our 2016-17 NSARTA year has come to an end. It has been our mission to enlighten, inspire, and entertain you in a way that leaves you with thoughts to ponder and a smile on your face, for whoever knows “what we may be” tomorrow.

This month, along with a yummy potluck luncheon, we will be challenged to consider possibilities.



Meet Kimberly Folse, a retired sociologist that rarely sits still for long. After retiring, Kim discovered a passion for teaching English as a second language and more recently, through teaching on-line with SKYPE, she has discovered opportunities she never would have dreamed of a year ago. Kim started Sólo Para Mí (Just for Me) an on-line business offering language coaching in Mexico to professionals. Come hear how her passion turned into a reality. You might find a spark, a niche or an adventure made just for YOU!

Happy Summer!

Peggy Peterson/2nd V.P./Programs

TREASURER'S REPORT Carolyn Pfeiffer 210-372-0434 carolynpfeiffer48@gmail.com

As of: May 8, 2017---in our checking account is \$836.70. More details on May 17.

CORRESPONDING SECRETARY Barbara Yates 494-6444



A get well card was sent to Sue Blom who had knee surgery. We wish her a quick recovery. A get well card was also sent to Ken Lynn who is in the hospital.

Our hearts go out to the family of David Dague, who passed away on May 6. Please keep this family in your prayers.

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MEMBERSHIP *Harold Black*



March marked the official start of our membership drive. Please talk to your friends and those who will be retiring and encourage them to join us. I've already sent in 73 new and renewals for 2017-2018, but we've got a long way to go. Please try to renew your membership at the May meeting, which will be your last "face- to- face" chance to renew or join until September. It would really help if you would get the forms from the TRTA website (**directions below**) and have your forms filled out. However, if that is not possible for you, I will have the forms at the meeting on May 17th.

I also want to encourage each of you to log on to the NSARTA website. It is so easy. All you do is:

Open your internet browser and type in <http://www.localunits.org/NSARTA>. The http:// is not even needed. the computer will add that for you. ALL the forms you might need to renew are on our web page under Forms. "The TRS 593 and TRTA membership renewal require being printed in portrait format. NSARTA local forms need to be printed in landscape format." They will also be available on the table where we sign in at our March meeting.

COMMITTEE REPORTS



NOTIFICATION COMMITTEE *Michele Bibb 494-8197*

A final "thank you" to the Notification Calling Committee, **Margaret Bates, Frances Garcia, Janet James, Debbie Moulton, and Anita Oberle**. They have made calls each month for the past SEVERAL YEARS notifying members of NSARTA News. Because of their work, every member of NSARTA either received a monthly Newsletter or monthly call notifying them of upcoming events, speakers, or other important NSARTA news. Thank you to **Betty Moseley** for editing, assembling, and emailing our Newsletters. You ladies are part of the backbone that keeps NSARTA strong!!

May Brown Bag Lunch Sign-Up (REMINDER)

Salads:

Green Salad – Sue Sim, Kathy Cooke
Fruit Salad – Lou Gibbons, Nancy Dooley, Deanna VanPelt
Pasta Salad – Teresa Flansburg
Meat Salad-Lynn East
Deviled Eggs – Michele Bibbs

Breads:

Ledru Barker (wheat), Georgia Couch (croissants)
Dixie Gholson (Baked Bread) Judy Lynn (bagels)
Billie Oehler (bagels)

40 Dinner Plates:

Diana Sarfin

Soups:

Betty Moseley, Dolores Ramon, Pat Loewe, Janet Pennock

Sandwiches:

Barbara Yates, Carolyn Pfeiffer (chicken), Judy Mcfeaters, Janet James

Chips & Dips:

Kathy Cooke, Edna Blanks, Sherlyn Valentin, Beverly Jefferson

40 Salad Plates:

Mary Ramos

40 Plastic Cups:

Eddy English

Drinks:

Linda Nolder

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*HOSPITALITY Michele Bibb, Barbara Rothe 380-8150,
Linda Nolder 490-1035*



Our monthly refreshment contributors have done a great job providing delicious nutritious snacks for each NSARTA meeting. Let's give a final "thank you" to our members who provided snacks for last month's meeting. **Judy Lynn, Janet James, Brenda Sweet, Kay Kelley, Eddy English, and Peggy Peterson** were our "food angels" for April.

Everyone will be providing refreshments for our final meeting of 2016-2017. I know there will be so many wonderful choices to select from. Can't wait to try out all the delicious items and hopefully, recipes will be shared. Be sure to save room for the ice cream sundaes!!

CHILDRENS' BOOK PROJECT Nancy Dooley, Pat Loewe, Carolyn Varian



On Thursday, May 25th, we will be distributing over 600 books to each child at Passmore Elementary School in Northside ISD. We still need your support to complete our collection of these books; we especially need books for kindergarten and 4th/5th grade students. So please take the opportunity to participate in this project and bring your book (new or very gently used) and/or cash donations to the May 17th meeting. Baskets for donations will be at each table and the Registrar's table. Each book donated will have a bookplate identifying it as a gift from TRTA and NSARTA.

Hopefully, many of you can join us for the distribution on May 25th and see the enthusiasm and appreciation of the students when they choose a book of their very own. We start at 8:00 am and it takes a little over 3 hours for each child to receive his/her book to take home for the summer. You could come for some or all of the time. The school is located at 570 Pinn Road 78227 (397-0500). From 410 West, take Military Drive W (a marked exit) inside the loop; after you pass under Hwy. 151 take a left on Brown Leaf Drive and the school (and Pinn Road) is on your left. The librarian plans to write an article on the NISD websites, and Eddy English will take pictures to put on our web page. For more information, please call or talk with us at the meeting. Thank you in advance for your generous support of this project.

VOLUNTEERING

Sue Winebrenner, 8615 Espanola Dr. Helotes, Tx. 78023



Be sure to fill in your volunteer sheet with hours volunteered in the past few months. The notebook is always at the registration desk. It is so much easier to tally your hours each month than to try to account for them after the year has passed.

Obituary for a NSARTA Member



David Karl Dague, age 85, passed away on Saturday, May 6, 2017 in San Antonio, Texas. He was born on June 18, 1931 in Harlingen, Texas to Karl and Evelyn Dague. He received a Bachelor's degree from Southwestern University and a Master's degree in school administration from Trinity University. He was preceded in death by his parents. David is survived by his wife of 49 years, Darlene Dague; sons, Paul Dague and wife Cynthia, Tim Dague and wife Jessica; grandchildren, Curt, Olivia, Jarod, Alex and Cody; siblings, Beverly West and husband Dwayne, Daniel Dague and wife Jeanne, and Nancy Priest and husband Pat as well as numerous nieces and nephews.

David was a friend to so many in his life, and he loved them as much as they loved him. David had many passions in his life, including his church, his family, classical music, writing humorous stories, and restoring and driving classic Ford V8 vehicles. He had a lifelong commitment to singing and to choral music, and he shared the talent the Lord gave him in numerous sacred choral works and solos with his great baritone voice.

David enjoyed playing tennis, walking and hiking, and was proud to have walked the Grand Canyon from rim to rim at 65. He also enjoyed watching sports live and on TV - including the Cowboys, Astros, and Spurs.

He served his country in the U.S. Army, and carried a strong sense of patriotism throughout his life, often being moved emotionally whenever he heard patriotic music.

He had a part in educating thousands of children as a P.E. coach, a teacher and an elementary school principal in a career that spanned 35 years. He was particularly enthusiastic and innovative in teaching kids that struggled with their multiplication tables. He was voted District XX Texas Elementary Principals and Supervisors Association's 'TEPSAN of the Year' for the 1983-1984 school year. His fellow principals were just one of many groups of friends he helped organize over the years to keep close friends close. David was a man of Christian faith here on earth and his family and friends look forward to seeing him again one day where we are certain he will be singing mightily with the choirs of angels. "Be thou faithful unto death and I will give you a crown of life." Revelation 2:10

The family will receive friends from 6:00 to 9:00 p.m., Friday, May 12th, at Porter Loring Mortuary North.

SERVICE

SATURDAY, MAY 13, 2017

12:00 P.M.

CROWN OF LIFE LUTHERAN CHURCH

19291 STONE OAK PKWY

Interment with Military Honors will follow in Sunset Memorial Park.

In lieu of flowers, memorial contributions may be made to Save the Children at www.savethechildren.org or Crown of Life Lutheran Church.

We will certainly miss our sweet member. He joined NSARTA several years ago and was so passionate about getting a "writing to your legislator" going. Unfortunately, we never quite got that off the ground. In recent years, David

was not able to remain active, but always paid his and Darlene's dues. He was a fine man and had a wonderful family. I taught his youngest son at Hidden Forest and Barbara Yates taught his older son. They were a testament to the fine parenting they received. Prayers are with his family. Betty Moseley

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HEALTH Eddy English



What Is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

Biological factors, such as genes or brain chemistry; life experiences, such as trauma or abuse; and family history of mental health problems. Mental health problems are

common but [help is available](#). People with mental health problems can get better and many [recover](#) completely.

Early Warning Signs

Not sure if you or someone you know is living with mental health problems? Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

Eating or sleeping too much or too little

Pulling away from people and usual activities

Having low or no energy

Feeling numb or like nothing matters

Having unexplained aches and pains

Feeling helpless or hopeless

Smoking, drinking, or using drugs more than usual

Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared

Yelling or fighting with family and friends

Experiencing severe mood swings that cause problems in relationships

Having persistent thoughts and memories you can't get out of your head

Hearing voices or believing things that are not true

Thinking of harming yourself or others

Inability to perform daily tasks like taking care of your kids or getting to work or school

Learn more about [specific mental health problems](#) and [where to find help](#).

Mental Health and Wellness

Positive mental health allows people to:

Realize their full potential

Cope with the stresses of life

Work productively

Make meaningful contributions to their communities

Ways to maintain positive mental health include:

Getting professional help if you need it
Connecting with others
Staying positive
Getting physically active
Helping others
Getting enough sleep
Developing coping skills

www.mentalhealth.gov



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