



## *The Hearts of NSARTA*

**NSARTA NEWSLETTER**

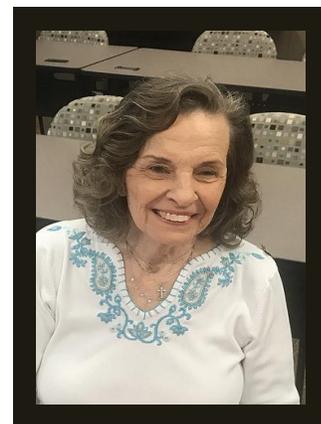
**February, 2018**



*Lorey Meredith*



*Paul Cwiklik*



*Eddy English*

***PRESIDENT'S CORNER*** Welcome “Hearts of NSARTA” to the month of Hearts: Valentine’s Day and healthy eating and living for a healthy heart. I hope you didn’t mind not having to brave the cold and unpredictable driving conditions last month when we decided to cancel the January 17 meeting. The Executive Board members and I agreed that it just wasn’t worth the risk of having something happen to any of our members that morning. A nice sleep-in that cold morning certainly was welcomed.

We are back on schedule this month – Wednesday, February 21 – with much to catch up on and to talk about. District 20 president, Barbara Soto and all the unit presidents met with the TRTA planning staff on January 25, to update everyone on progress being made to ensure a great convention on April 8-10 at the La Cantera Resort and Spa. We had a surprise visit from Tim Lee during our meeting that gave us all a positive boost. Our unit’s big role in all of this is to man the registration desk for the first two days of the convention and to assemble and distribute the goodie bags for those in attendance. At our February meeting we will be asking many of you to volunteer at the registration table and to assist the day before the start of the convention in filling those bags. **VOLUNTEERS WILL NEED TO GATHER AT THE CONVENTION SITE ON SATURDAY, APRIL 7 FROM 9 AM TO 12 NOON FOR REGISTRATION ORIENTATION AND TO “STUFF” THE BAGS. IMPORTANT TO KEEP IN MIND: VOLUNTEERS DO NOT NEED TO REGISTER FOR THE CONVENTION UNLESS THEY INTEND TO ATTEND CONFERENCE SESSIONS. Registration is \$40.00.**

We ask that all NSARTA members empty their drawers and cupboards at home and gather up the note pads we all receive in the mail from charity solicitations. These are great to put in the bags. Other popular items are pencils, pens, key chains, peppermint candies, nail files, tire gauges, etc. **PLEASE BRING ALL YOU CAN GATHER TO THE MEETING ON FEBRUARY 21! We will have boxes on hand in which to deposit your items!**

On February 1, treasurer, Carolyn Pfeiffer, piloted Harold Black and me to the semi-annual District 20 Executive Committee meeting in Devine. I’ll have additional information on that when we meet later this month.

*(President continued)*

Ah, yes, not to be forgotten - this is the month we will elect officers for the 2018-2020 terms of office.

NSARTA is likely one of the most, if not THE most active unit in District 20. Why? Because we put our “hearts” into all the things we do! See you soon!

### NSARTA HEARTS FOR FEBRUARY Michelle Bibb



Hello to our **FEBRUARY HEARTS OF NSARTA..... Lorey Meredith and Eddy English**. These 2 ladies have a total of 86 years of teaching experience in NEISD and they have known each other for many years, since both were teachers at Coker Elementary. They had many stories to share about each other and the “good old days at Coker.”

***Lorey Meredith*** was born in Augsburg, Germany. Her dad was in the military and while stationed in Germany met her mom, a German citizen. Lorey said they moved a lot while growing up until she was in the 9<sup>th</sup> grade when they moved back to San Antonio where her dad retired. She has lived in Germany, Kentucky, Illinois, Germany (again) and Texas. She had dual citizenship for many years until she began to vote at which time she declared her United States citizenship. She graduated from MacArthur High School and earned her bachelor’s degree from UTSA. She returned to UTSA and earned her master’s degree in Counseling.

She has only taught at one school, Coker Elementary. She did her student teaching in 5<sup>th</sup> grade with my sister-in-law and fellow NSARTA member, Cindy Livingston. Lorey is one of those teachers that can teach just about any grade level. She taught 5<sup>th</sup> grade for 27 years. Her principals realized she was the kind of teacher who could work well at any grade level and moved her to 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> grade. She even spent one year teaching a split class, 2<sup>nd</sup> grade in the morning and 3<sup>rd</sup> grade in the afternoon.....so many lessons to prepare! She retired in 2017 with a total of 36 years in education.

She enjoys gardening and calls it her “affordable” hobby. She has an interest in joining the Master Gardeners in San Antonio in the near future. Her more “expensive” hobby is travelling. She LOVES to go on cruises and has been on a 10 day cruise to Hawaii, cruised the Baltic Sea, and her bucket list has a river cruise in Europe on it. She, Eddy and several friends are planning a September cruise to the western coast of Europe. That should be one fun trip for this group of long time friends. Lorey is a self proclaimed fitness girl. She currently works at the only Curves still open in San Antonio, but unfortunately this location will close in February. She has already joined Planet Fitness and is looking forward to working with their machines, weights, and circuit training program.

Lorey is a single gal, she’s never been married and says she “doesn’t need anyone to take care of her but herself”. She’s strong and independent and likes it that way. She does have 2 standard poodles that take up a good portion of her day. She has a younger brother and her mom, who is 88 years old, is very active and lives by herself in San Antonio. She said her mom has just recently begun to take her first prescribed medication. I asked if she had ever worked as a counselor, but she said her love was to be a classroom teacher. She added that she used more and more counseling techniques the longer she taught. It seemed that every year, her students came with more academic and social problems and, thank goodness, she had her counseling background to draw on.

*(Hearts continued)*

Lorey is also a member of the Coker Lunch Bunch and calls herself an “eclectic restaurant diner”....she just likes any type of food. I asked if she had a motto/saying she lives by and she said “Leave the past in the PAST”...such good advice.

On a fun note, I discovered Lorey was a 6<sup>th</sup> grade student at Camelot Elementary the same year I began my first year of teaching.....at Camelot Elementary. I wasn't her teacher, but goodness, that made me feel OLD! Thank you, Lorey, for allowing me to interview you. You were such fun to talk with and I've discovered we have a lot in common..... NEISD, Camelot, Cindy Livingston, Eddy, and NSARTA. We are glad you joined NSARTA and have already become a valuable volunteer in our community.

Eddy English was born in Laredo but moved to Bruni, Texas, about 42 miles east of Laredo, when she was a baby. Her dad was a “roustabout”, a “roughneck”, and eventually named Superintendent of R.E. Smith Oil Company where he worked for 50 years. She said it was the only job he ever had. Her mom was a homemaker who was very busy taking care of the house and the kids.

Eddy attended 1<sup>st</sup> - 12<sup>th</sup> grades in the Bruni school system where all the grade levels were located in the same building. Her graduating class had a total of 16 students. She moved to Kingsville and graduated from Texas A&I College majoring in Elementary Education. She began her teaching career in Kingsville teaching 4<sup>th</sup> grade while her husband finished at Texas A&I. They moved to San Antonio in 1964 and she began her teaching in NEISD. She taught 10 years at Olmos Elementary and 40 years at Coker Elementary. Eddy said she always arrived at school between 6:30-7:00 AM and left when the custodians finally kicked her out of the building. She was nicknamed the “Expert Piddler” because she could always find something to do in her classroom. She said she prefers to be known as a “Disorganized Organizer”. Eddy retired in 2015 with a total of 52 years in the classroom. WOW!!!!

Eddy's son, a systems analyst, lives about a mile from her. Her sister, Avia, is an Activity Director for a Comal County Senior Center. She teases Eddy and says she always felt like she had 2 mothers taking care of her because of the 14 year difference in their age. Eddy has had several second jobs while teaching. She taught typing, reading and math in NEISD summer school. She worked at Target, Brighter Child, Learning Zone, and 2 area wicker stores. She continues to volunteer at Coker when someone “just needs help”. Eddy is listed in Who's Who in American Schools and Colleges. She belongs to Epsilon Beta educational society, is a member of the Coker Bunco Club and a faithful member of the Coker Lunch Bunch, a group of retired Coker teachers who have lunch together every month. She also hosts a monthly dinner at her house that began years ago when some of the Coker teachers just felt they needed to meet and share school concerns. Some schools do the same at “Happy Hour” but Eddy took it a step further and provided dinner for those who wanted to come.

Eddy HAS TO HAVE MUSIC ON in her house or car. Her favorite tunes to listen to are 50's & 60's songs, gospel and country music. She enjoys doing stained glass and calligraphy. Did I mention she enjoys gambling in Eagle Pass? In September Eddy and several friends are taking a cruise to the western coast of Europe including, England, Netherlands, France, Spain and Portugal. I asked if she had any words of wisdom to share with us and she said “To know one has breathed easier because you lived – this is to have succeeded “-- *Ralph Waldo Emerson*.

*(Hearts continued)*

Eddy, you're such a ball of energy and so willing to volunteer for any extra job. You've only been a member of NSARTA for 2 years and already serve as Assistant Registrar, Health Care Chairman, assistant NSARTA photographer with Harold, a regular refreshment provider for our meetings, and a NSARTA Elf Louise and Food Bank Volunteer this past year. Thank you Eddy, for all the lessons you've taught your students, for being such a "bright light" to those who know you, and for many, many other gifts that you so freely share with us.

LEGISLATIVE/FOUNDATION *Carlos Ortiz*



Hope everyone has their 2018 Voter Registration Certificate (yellow color). February 5, 2018 was the last day to register to vote. Earlier Betty Moseley was kind enough to send a partial list of those running for public office. The newspapers have started to write articles about the candidates running for respective offices. Absentee Voting (early voting) begins on Tuesday, February 20 thru Friday, March 2. Election day is Tuesday, March 6. In many of the races, we will have a runoff which will be held on Tuesday, May 22. **Again there is a last chance to register to vote on Monday, April 23.** The absentee voting for the Primary Runoff Election will be Monday, May 14—Friday, May 18. Then we prepare for the General Election on Tuesday, November 6.

**PLEASE PREPARE TO VOTE ---- YOUR VOTE COUNTS.**

TREASURER'S REPORT *Carolyn Pfeiffer 210-372-0434 [carolynpfeiffer48@gmail.com](mailto:carolynpfeiffer48@gmail.com)*



Treasurer's Report NSARTA Treasurer 2016-2018 As of: February 6, 2018



Amount in Checking Account is: \$1,276.28

(More details to follow on February 21)

**HAPPY VALENTINE'S DAY!**



*Time to shine up your boots for the Rodeo!*

PROGRAM Peggy Peterson/2<sup>nd</sup> Vice President, 210.373.3961 or [rpete4321@satx.rr.com](mailto:rpete4321@satx.rr.com)



**LOVE IS IN THE AIR.....ALONG WITH THE SWEET SMELL OF RODEO TIME IN TEXAS!** So, feel free to dust off your boots and hats to celebrate the annual San Antonio Rodeo at our February 21st meeting (9:45 a.m. meeting starts at 10:00 a.m.)!  
**CHILD ADVOCATES OF SAN ANTONIO (CASA) ~ A VOICE FOR NEGLECTED AND ABUSED CHILDREN.** Learn how volunteers with this local non-profit make a difference in the lives of abused and neglected children in the care of Child Protective Services. Don't miss the stories of success and hope!

**MAKE YOUR VOICE HEARD....**Part Two of our February program will be an opportunity for members to write to elected officials. Tim Lee and TRTA tell us that legislators pay special attention to personal impact stories received in writing. Paper, envelopes and contact information will be provided, so bring a pen along with your words of wisdom and let's share with our folks in Austin! Have stamps to share or extra notecards around? Donations appreciated!

SPRING PROGRAM CHANGES...Because icy January caused cancellation of our meeting, we have adjusted our programs as follows. Here's what we have coming up...

- \*March 21st - Dr. Cynthia Kennedy presents Genealogy 101
- \*April 18th -
  - \*Jake Yetterberg (Yearbook Sponsor) presents on Estate Planning and the new tax laws.
  - \*Chickie Backhaus with an invitation from Independence Hill.
- \*May 16th -
  - \*Soup and Salad Potluck Luncheon
  - \*Charlotte Folson (Yearbook Sponsor) with Texas Medicare Solutions will be available to answer your questions.

NSARTA BIG READ.....Due to changes, we will try a Book Club approach to our group read! We will meet in April to discuss the selected book. Location will depend on attendance. Book info will be shared at February meeting!

SPRING MEET-UP:

- \***March 1st - Help our own Stitchery Group!**
  - \*10:00 a.m. - 12 noon
  - \*Covenant Presbyterian Church - 210 Roletto at Loop 410
  - \*RSVP to Peggy Peterson 210-373-3961 (text or leave message) by Monday, Feb 26, 2018

CORRESPONDING SECRETARY Barbara Yates 494-6444



A "Thinking-of-You" card was sent to Janet Pennock, who is battling cancer. Our hope is that she will continue to respond well to treatments. A "Get Well" card was sent to Eddy English who has been sick with the flu. Feel better, Eddy! A "Sympathy" card was sent to Kathy Phillips on the death of her husband. Our prayers are with you, Kathy.

INDEPENDENCE HILL VISIT

Betty Moseley

Chickie Backhaus has reserved May 2<sup>nd</sup> for NSARTA to tour the Independence Hill facilities. This wonderful opportunity comes with a delicious lunch in their dining room. Please put this on your calendar for May. More specifics will be shared in March.

MEMBERSHIP Harold Black

It's time to start over. TRTA's membership year for 2018-2019 officially starts in March, but NSARTA members can get a head start by renewing at this month's meeting, Wednesday, February 21st. Don't worry about your check; checks turned in during February will not be deposited until mid-March. As a special incentive to all units, TRTA is having a big drive to reward those units that can renew the highest percentage of their membership before the end of June. PLEASE HELP NSARTA to be among the winners.

If you know retirees who have not joined or only joined at the state level, invite them to join us. Please complete the appropriate form below and bring it to the meeting with your \$50.00 membership fee.

We've lost a champion for teachers with Joe Straus' retirement. We need all the members we can get to have our needs heard in the next legislature. Remember to get informed and VOTE for supporters of education and teachers.

**Use the following forms to renew your membership for 2018-2019. If you wish to become a Diamond member, you may get the forms needed, from Harold at the meeting.**

**IF YOU HAVE BEEN A TRTA/NSARTA MEMBER FOR AT LEAST THE LAST THREE CONSECUTIVE YEARS, PLEASE USE THE ANNUAL RENEWAL FORM.**

**TRTA/NSARTA ANNUAL RENEWAL MEMBERSHIP FORM 2018-2019**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP CODE \_\_\_\_\_  
\_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_ TODAY'S DATE \_\_\_\_\_

School district from which you retired \_\_\_\_\_ Retirement Year \_\_\_\_\_

**ANNUAL RENEWAL: TRTA \$35.00 and NSARTA \$15.00 = TOTAL AMOUNT \$50.00**

Make check payable to NSARTA for the total amount of \$50.00. CHECK # \_\_\_\_\_

**If by mail, send to: Harold Black, 13307 Sage Heights Dr, San Antonio, TX 78230-5847**

**PLEASE USE THE FOLLOWING FORM FOR NEW MEMBERS OR FOR THOSE WHOSE PREVIOUS MEMBERSHIP LAPSED MORE THAN THREE YEARS AGO.**

**TRTA/NSARTA NEW MEMBERSHIP FORM 2018-2019**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP CODE \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_ TODAY'S DATE \_\_\_\_\_

School district from which you retired \_\_\_\_\_ Retirement Year \_\_\_\_\_

**TRTA: \$35.00 and NSARTA: \$15.00 = TOTAL AMOUNT \$50.00**  
**REQUIRED.**

**MEMBERSHIP IN BOTH IS**

Make check payable to NSARTA for the total amount of \$50.00.

CHECK # \_\_\_\_\_

If by mail, send to: Harold Black, 13307 Sage Heights Dr, San Antonio, TX 78230-5847

**COMMITTEE REPORTS**

**NOMINATING COMMITTEE**

*Judy Lynn*

The Nominating Committee met in December and selected a slate of officers for 2018-2020. The slate was presented at the January 3rd, 2018 NSARTA Board Meeting. The slate was scheduled to be presented at the January Membership meeting, but the meeting was canceled. Elections will still be conducted at the February 21, 2018, General Membership meeting. Nominations from the floor for any of the six officer positions will be accepted at that time as long as consent has been received from the nominee prior to the nomination being made. A ballot must be used if there are any additional nominations for any of the officer positions.

**REGISTRATION** *Pat Loewe, Eddy English*



The registration desk keeps a record of each person who attends. They also distribute name tags and furnish every attendee with a raffle ticket for a drawing at the end of meetings. Be sure to stop by the registration desk and sign in, as you enter each meeting.

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



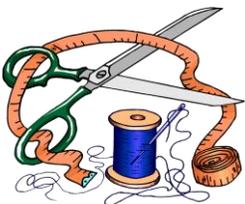
If you signed up at the JANUARY BOARD MEETING to bring refreshments for our cancelled January NSARTA meeting, we are asking you to **bring your treats to our February meeting**. If you are unable to provide them, please call Sue Blom (830) 980-3729 so we can find another volunteer to provide them.

CHILDRENS' BOOK DRIVE Sherlyn Valentin, Nancy Dooley, Pat Loewe,



The Children's Book Project Committee sent in the annual book report form to District 20. NSARTA donated 647 books in 2017: 599 books to Passmore Elementary and the rest to the Children's Shelter. An interesting fact: In the past 16 years, NSARTA has distributed a total of 11,769 books. The committee is excited to announce that the school NSARTA will be working with this year is Valley Hi Elementary in Northside ISD. We appreciate your cash and book donations. If you donate books, please remember the books must be from Kinder-5th grade levels, slightly used or new, no names or nameplates inside the books, no torn pages, and no holiday or religious themed books. **SAVE THE DATE!** If anyone is interested in helping and having fun, the book committee will be going to the NEISD PTA book sale at Blossom Athletic Center on Friday, April 6th. We will meet in the parking lot at 9:30 a.m. Contact Sherlyn Valentin, Nancy Dooley, or Pat Loewe, if you would like to go.

STITCHERY Ledru Barker



We are so excited to be the Meet-up for March. We meet at 10 AM at the Covenant Presbyterian Church, 210 Roletto at Loop 410.

We are asking for **donations**. We receive a budget from NSARTA but buy many more items out of our pockets. Please bring donations to the February NSARTA or the Meet-up. We need items from around your house. Items you probably don't use anymore. Think of your sewing from the past. Please **bring thread, needles, cloth, yarn, bobbins**. Go through your linen closet. We can make pillows and quilts from **old sheets and pillow cases**. No cloth is too small. Holes or tears in those sheets? That's okay because we can cut around those holes. Children's blankets or sheets can be used for quilts and stuffed toys for the Children's Shelter.

VOLUNTEERING Janet Pennock

Please start keeping track of your volunteer hours for 2018. The notebook will be at the registration table at the February meeting so that you can log your hours for January and February. A report was made to the District 20 chairperson, detailing the hours NSARTA volunteered in 2017. We will be sharing that number with you at the meeting. Thank you to all who reported your hours. This is shared with Legislators and makes a big difference in our credibility with them.

February is - American Heart Awareness Month

The American Heart Association wants to help everyone live longer, healthier lives so they can enjoy all of life's precious moments. And we know that starts with taking care of your health. American Heart Month, a federally designated event, is a great way to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved. Together, we can build a culture of health where making the healthy choice is the easy choice. Why? Because Life is Why.



**HEART ATTACK WARNING SIGNS**

**CHEST DISCOMFORT**

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

**DISCOMFORT IN OTHER AREAS OF THE UPPER BODY**

**SHORTNESS OF BREATH**

**STROKE WARNING SIGNS**

**Spot a stroke F.A.S.T.:**

- **Face Drooping** Does one side of the face droop or is it numb? Ask the person to smile.
- **Arm Weakness** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty** Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- **Time to call 9-1-1** If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

NSARTA  
14219 Turtle Rock St.  
San Antonio, Tx 78232

**OR CURRENT RESIDENT**

**FEBRUARY '18**

