



## *The Hearts of NSARTA*

**NSARTA NEWSLETTER**

**NOVEMBER, 2017**



*Sarah Villareal*



*Paul Cwiklik*



*Carolyn Pfeiffer*

### **PRESIDENT'S CORNER**



By the time this newsletter reaches you, we will have regained an hour's sleep, as we will have changed back to standard time on November 5. Wake up sleepy heads!

If you weren't at the October meeting, you missed another great convocation of legislative discussion tempered with an animated question and answer period between NSARTA members and our distinguished guests: Senator José Menéndez (District 26) and House Representatives Philip Cortez (District 117), Tomas Uresti (District 118), and Justin Rodrigues (District 125).

In November, we will be pleased to have with us Texas House Representatives Diego Bernal (District 123) and Ina Minjarez (District 124). Our own legislative representative Carlos Ortiz will moderate their presentations and another question and answer session with NSARTA members. Have your questions ready, but please have them focus on the issues of concern to retired teachers and avoid political partisanship.

Along with our usual birthday celebrations, we will observe Veterans and Thanksgiving Day remembrances. If you signed up to bring refreshments that day, we thank you; if not, and you have a favorite holiday recipe you'd like to share, please bring your creation to the meeting, and we will be glad to help you enjoy it.

In December, we will have our annual catered Christmas luncheon (sign up with Carolyn Pfeiffer at the November meeting for \$21.00). We always have a great time of fellowship and Christmas spirit with great food, entertainment, and carol singing. **Please be aware that the date is December 13** – we moved it up a week because our regular date was too close to December 25, and we didn't want to interrupt whatever plans members may have already scheduled for that final week before the big day.

We have a great leadership team this year, so as you read through this issue, please take note of the information committee chair have to share, including the coming events on the calendar scheduled outside our normal monthly time together. We have a social hour meet-up planned in November, as well as sharing our time and talents with the Elf Louise Christmas project wrapping gifts for the holiday season.

As always, I hope you will stop and chat with me for a few minutes when we meet again. Until then, stay safe, healthy, and happy. May your days be filled with laughter and the love of life!

NSARTA HEARTS FOR NOVEMBER Michelle Bibb

Our “Hearts” this month have many things in common. They are both mothers of grown children, blessed with grandchildren, have over 65+ years combined in the field of education, are current NSARTA officers, and are involved in church activities and other service organizations.

*Sarah Villareal* was born in Baldwin, Mississippi. Baldwin is a small town with a population of about 3,300...a true one stoplight city. It is located about 18 miles from Tupelo in north eastern Mississippi. The Baldwin Consolidated School District has approximately 900 students from kindergarten to 12<sup>th</sup> grade with Sarah as one of its distinguished alumna. She graduated from Mississippi State University with a degree in Education. She also earned a master’s degree in Supervision from Trinity University.

Sarah began her teaching career at Wilshire Elementary in NEISD after being a stay at home mom while her children were young. She taught at Wilshire for a number of years before moving to Central Office in the Vocational office helping Special Education students obtain jobs. She was a Consultant for Special Education for many years retiring in 1993 with a total of 32 years helping students.

Sarah’s dad was a veterinarian and her mom taught school. She has 2 brothers, one, also a veterinarian, and the other has a PhD. She laughing says she is the most under-educated person in her family. Sarah met her first husband at Mississippi State where he attended on a ROTC scholarship. After graduation, they married and were stationed at Ft. Sam Houston. She had 4 children, sadly one daughter passed away about this time last year. Her other two daughters were both teachers. One taught at Lee, retired and is now secretary at Northwood Presbyterian Church. Her other daughter taught at many schools, retiring from Clark High School. She now lives with Sarah and is her right hand helper. Her son lives in New York and is a classical guitarist. Her grandson, whom she raised, is a computer engineer living in Dallas. She has 3 great grandchildren ranging in age from middle school to a senior in high school.

In 1972, she married Ysidro Villarreal on his 40<sup>th</sup> birthday and they have lived in Hollywood Park since then. Colonel Villarreal retired after many years of service to our country. They have a Jack Russell dog named Marley. She and Marley begin their day by taking a walk outside, Marley picks up the paper and brings it inside, and then Sarah has her first morning cup of coffee. Marley is known as her “shadow” and was sitting on her lap during this interview.

She is a charter member of San Pedro Presbyterian Church and attends all bible study classes the church offers. Her Sunday schedule consists of Church, Bible Study and Sunday School from 8:30AM ‘til noon and then out for lunch. Her monthly calendar is as full as her Sundays are. She is a “bridge queen” playing the first and third Mondays at the Forum, the first and third Fridays with other NSARTA members AND the fourth Wednesday with other retired teachers. She is a member of the Optimist Club which meets at Ft. Sam Houston Golf Club. They are getting ready for their huge Christmas Party to be held on Dec. 2 for children in the oncology unit at SAMCC and their families. The kids will enjoy face painting, balloons, games, presents, lunch and a surprise visit from Santa.

I asked if she had anything special on her “bucket list”. She said her list is just about complete and totally filled with good memories. “Good memories are all I really need and want,” she said.

*(NSARTA Hearts -continued)*

Sarah was President of NSARTA from 2004-2006, has served on the Bylaws Committee for several years, and is our current Chaplain. At each meeting, she gives the most moving and inspirational prayers to our members. I look forward to hearing her prayers at each meeting as I feel like she is speaking just to me.

Sarah, you are an inspiration to all who are honored to know you. Your positive attitude, quick wit and infectious laugh are gifts to us all. By the way, A BELATED HAPPY 91<sup>ST</sup> BIRTHDAY TO YOU!!

Carolyn Pfeiffer was born in Hutto, Texas which is part of the Austin-Round Rock Metropolitan area. Her dad, the youngest of 12, raised cattle, sheep, chicken, and cotton on the family farm and her mom was a stay at home mom who helped with the farm. Carolyn rode a bus to school, being the first one on the bus in the morning and the last one to be dropped off after school. She is the youngest of all the first cousins in her family. Carolyn has a brother who is 11 years older and currently lives on the family homestead in Hutto.

Carolyn was involved in many different sports (volleyball, basketball, tennis, softball) in high school. After high school, Carolyn graduated from Southwest Texas with a BS in Elementary Education with a minor in math. Carolyn's first "real" job was working at the library at SWT. After graduation, she moved to Uvalde, Texas and taught high school math. The following fall she moved to San Antonio and began her teaching career at Forest Hills Elementary (now Villarreal Elementary) in NISD. She was teaching 4<sup>th</sup> grade but her love was to teach the little ones in first grade. She met her future husband, Skip, one night at a party given by a friend at Carolyn's home. He had also graduated from SWT with a degree in Physical Education and a minor in science. He was teaching/coaching at Antonian High School, later transferring to Fox Tech High School in SAISD to teach/coach. After dating for a year, they married in 1972, at her childhood church, Emmanuel Lutheran Church in Pflugerville, Texas. The Pfeiffers celebrated their 45<sup>th</sup> anniversary this year.

In 1977, they moved to Bandera and lived there for 25 years. Skip began as a coach/teacher at Bandera ISD and retired in 2000 as Superintendent of Bandera ISD for a total of 33 years in education. Carolyn taught 1<sup>st</sup> and Pre 1st in Bandera. They moved back to San Antonio in 2003 to help care for Skip's parents. Carolyn was hired as a first grade teacher at NW Crossing Elementary in NISD. She retired in 2005 with a total of 33 years in education.

The Pfeiffers have 3 sons who live in Lubbock, Dallas, and New Braunfels. One son is a Research Doctor studying the brain. Another son is a Dr. of Physical Therapy and the third son is a coach/teacher at New Braunfels High School. They have 4 grandkids ranging in age from 7 years to 1 ½ years. The little one is the "princess" of the family.

Carolyn is treasurer of many organizations including NSARTA, TRTA District 20, and SACC. She belongs to Theta Beta, is secretary of her Church Women's Group, and also ushers, reads, and teaches Vacation Bible School. She is also a contributor for her church Newsletter. Carolyn enjoyed a great volunteer job of ushering at the Majestic Theatre for several years.

Both Carolyn and Skip have cruised to Alaska, Australia/New Zealand, Mediterranean, Caribbean, and Baltic Seas, and a river cruise to Amsterdam and Budapest. They have been on a safari in Africa and taken a hot air balloon ride while there. I asked if there's anything left on her bucket list and she said, "I'd like to skydive....or maybe begin with going to "I Fly" and see how I like that." With all her travelling and involvement in different organizations, she says her favorite thing to do is just be home and relax. She and Skip still make/take time for a "date night" every now and then.

Above all, Carolyn wishes everyone could stay positive and be happy. She says in the future she plans to slow down a little, but for now, is having so much fun doing, going, and being a babysitter for her grandkids. Carolyn, we thank you for the wonderful job you do as our treasurer. You are a real leader in our unit, a friend to all, and bring so much enthusiasm to each NSARTA meeting.



*LEGISLATIVE/FOUNDATION* *Carlos Ortiz*

Our guest legislators for the NSARTA Meeting will be State Representatives Ina Minjarez(124) and Diego Bernal(123). Our group provides books for 2 schools in Representative Minjarez's District. Please have questions ready

November is donation month for Texas Retired Teachers Foundation. The Foundation has helped the Houston flooded area with almost \$160,000. The donations may be made to the following:

- Helping Hand—Help retirees pay medical, dental, and other bills.
- Scholarships—Assist new college graduates going into teaching by paying for the certification tests.
- Grants—Awards \$500 to active teachers who have a creative ideas/methods of teaching.
- Legacy—Raise money to defend TRS and the defined benefit.
- Lehr-Prichard Fund-- An Endowment Fund to help any of the above-Helping Hand, Scholarships, Grants, and Legacy.



PROGRAM

Peggy Peterson NSARTA 2nd VP/Program Chair



This month NSARTA welcomes Texas State Representative Ina Minjarez, Texas House District 124 and Texas State Representative Diego Bernal from Texas House District 123 to our meeting, We look forward to continuing the dialogue started last month with our elected officials. Thanks to Carlos Ortiz for organizing our October and November meetings. Have your questions ready!

Can you believe the holiday season is right around the corner? **DECEMBER 13TH** (one week earlier in the month than usual) we will celebrate with our annual Christmas Luncheon. Heavenly Gourmet Catering will again serve a delicious meal of salad, Caprese Chicken, wild rice, fresh green beans and carrots with almonds, hot rolls, tea and dessert for \$21.00. Entertainment will be provided by Vineyard Ranch Elementary School Choir. Bring your checkbook and reserve your place for this fun celebration!

**Upcoming Meet-ups.....Elf Louise** has asked us to provide volunteers for 2 events! Sign-up sheets will be available at the meeting! Mark your calendar for November 27th and December 7th. **YOUR HELP IS NEEDED AND APPRECIATED!**

**OCTOBER MEET-UP SUCCESS!** Thank you to the small but mighty crew of **Eddy English, Linda Nolder, Diana & Richard Sarfin** that joined me at SA Food Bank on October 27th for a morning of work in the warehouse. It was a great work-out as we sorted and packed donated dry goods. 10,000+ pounds were processed and stored in the huge warehouse. This is an amazing operation and if you have never volunteered there, you should! Much help is needed and the variety of ways to help is incredible!

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TREASURER'S REPORT Carolyn Pfeiffer 210-372-4344 [carolynpfeiffer48@gmail.com](mailto:carolynpfeiffer48@gmail.com)



As of: 11-4-2017, we have in our checking account: \$2,142.27  
More details to follow at the November 15<sup>th</sup>, NSARTA meeting.



**\*\*DO NOT FORGET TO BRING YOUR**

**\$21.00 FOR THE CHRISTMAS LUNCHEON\*\***

**PAYABLE TO: NSARTA**

CORRESPONDING SECRETARY Barbara Yates 494-6444



Notes were sent to State Senator Jose Menendez, State Representatives Philip Cortez, Justin Rodriguez, and Thomas Euresti, thanking them for coming to speak to us and for their support.

A thinking of you card was sent to Karen Bishop, who is battling cancer.

STITCHERY      *Ledru Barker*



Stitchery group is busy making pillows for the VA hospital. Please join us. Anyone who would like yarn to make lap blankets can ask Ledru Barker.

COMMITTEE REPORTS

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



Many thanks to our NSARTA members for providing refreshments at our October meeting. Sherlyn Valentin, Loretta Meredith, Julie Bell, Terri De LaGarza, Adele Murphy and Sue Blom, we appreciate the delicious treats you donated to our unit.

No refreshment volunteers will be needed for the December meeting since that's our D-E-L-I-C-I-O-U-S Christmas luncheon.      **Michele Bibb**

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



We thank the members of NSARTA for their cash and book donations for the Children's Book Project. Over this year when we collect or purchase books, we look for new or slightly used books at library book sales, garage sales, PTO book sales, Half Price Books, etc. These books must first be appropriate to elementary school children Kinder through Fifth grade. Then we look at the condition of the book itself: 1. Is the book new or almost new? 2. Are there no marks, or marks that can be erased? 3. Are there no names written in the books? 4. Are there no library or school nameplates on the inside covers? 5. Are there no torn pages? 6. The theme of the book cannot be a holiday or religious. If you would like to contribute or join the book project, please contact any one of us. Thanks again!

VOLUNTEERING      *Janet Pennock japennock57@yahoo.com., 979-417-3876*

Be sure to add your hours of volunteering to the notebook as you enter the meeting on November 15th. The notebook is always at the registration desk. If you have not added your name to this notebook, please do so at the next meeting so that NSARTA will receive credit for the many hours of volunteering from our membership. Legislators definitely weigh this involvement in the community when they are making decisions concerning our pension and health care.

NOMINATING COMMITTEE      *Judy Lynn, Immediate Past President*

A Nominating Committee shall be selected at the November meeting. Judy Lynn, Immediate Past President of NSARTA, serves as chairman. The Nominating Committee will prepare a slate of candidates for the 2018-2020 school years. This slate will be presented to the general membership at the January meeting. Nominations may be made from the floor at the February meeting, provided prior consent from the nominee has been obtained.

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.

There will also be a sign-up sheet for volunteering to bring snacks for the next meeting. Six people are needed for each meeting. Be sure to volunteer for a meeting during the year.

MEMBERSHIP Harold Black



You should have received your Yearbook/Directory by now. Everyone who had renewed or become new members by September 13th, should have received your copy of the NSARTA directory for 2017-2018.

We are **still** looking for and need more renewals and new members. If you have not renewed yet, use the form below. There are also forms at the registration table at all meetings.

**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 2017-2018

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

HEALTH Eddy English



**WHAT IS DIABETES?**

A group of diseases that result in too much sugar in the blood (high blood glucose).

**Most common types**

- [Type 2 diabetes](#)

A chronic condition that affects the way the body processes blood sugar (glucose).

- [Type 1 diabetes](#)

A chronic condition in which the pancreas produces little or no insulin.

- [Prediabetes](#)

A condition in which blood sugar is high, but not high enough to be type 2 diabetes.

**TESTING FOR DIABETES**

[Fasting Plasma Glucose \(FPG\)](#)

This test checks your fasting blood glucose levels. Fasting means, after not having anything to eat or drink (except water) for at least 8 hours before the test. This test is usually done first thing in the morning, before breakfast.

- Diabetes is diagnosed at fasting blood glucose of greater than or equal to 126 mg/dl. Normal is less than 100mg/dl and prediabetes is 100 to 125 mg/dl.

[What is Prediabetes?](#)

Before people develop type 2 diabetes, they almost always have "prediabetes" — blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.

Doctors sometimes refer to prediabetes as impaired glucose tolerance (IGT) or impaired fasting glucose (IFG), depending on what test was used when it was detected. This condition puts you at a higher risk for developing type 2 diabetes and cardiovascular disease.

**Preventing Type 2 Diabetes**

You will not develop type 2 diabetes automatically if you have prediabetes. For some people with prediabetes, early treatment can actually return blood glucose levels to the normal range. Research shows that you can lower your risk for type 2 diabetes by 58% by:

- Losing 7% of your [body weight](#) (or 15 pounds if you weigh 200 pounds)
- [Exercising moderately](#) (such as brisk walking) 30 minutes a day, five days a week

Don't worry if you can't get to your [ideal body weight](#). Losing even 10 to 15 pounds can make a huge difference.

**NSARTA  
14219 Turtle Rock St.  
San Antonio, Texas 78232**

**OR CURRENT RESIDENT**

*HAPPY THANKSGIVING!*

*NOVEMBER 2017*