In the words of John Muir, “Spring work is going on with joyful enthusiasm” at NSARTA! So much to do, so few opportunities to be face to face with our members. Time for renewing and growing membership, time for reminding legislators about our needs, time for reflecting on 2020-2021 and planning for 2021-2022. TRTA and NSARTA are joyfully working for all education retirees.

- **Renewing & Growing Membership ~ NSARTA’s 2021 – 2022 Membership Drive is well under way!**
  - Thanks to all that have sent in renewal forms to Eddy English, NSARTA 1st VP/Membership Chair.
  - Become a Diamond Plus member. Choosing Diamond Plus membership helps state and local units count on recurring members. Only local dues ($15.00 for NSARTA) are due each year.
  - Diamond Plus members are eligible for one of 4 - $25 gift cards to be given away in June.
  - Can’t find your membership renewal forms? Let Betty Moseley know, and she will resend them by email.

- **Reminding legislators that we are watching what is happening in Austin.**
  - TRTA’s Red Letter Campaign was a huge success. During our Zoom to the Capitol April 5th – 7th legislators mentioned our letters arriving in offices and even referenced stories shared by retirees.
  - Special thanks to:
    - All that mailed letters. NSARTA Voices were loud and strong!
    - Linda Nolder, Michele Bibb & NSARTA’s Hospitality committee for calling members to encourage their participation.
NEWSLETTER - APRIL, 2021 (President’s message cont’)

- Michele Bibb for posting pictures of NSARTA members mailing their red envelopes on Facebook. Congratulations to JULIE BELL for winning our Red Letter Campaign gift card giveaway!
- District 20 Legislative Chair, Richard Herbst for organizing many video calls with area legislators.
- TRTA for a well organized campaign with easy to use materials.

  o Now what?

  - IT IS CRITICAL THAT OUR VOICES CONTINUE TO BE HEARD!
  - Please READ TRTA’s Inside Line email every week! TRTA’s Executive Director Tim Lee keeps us posted on the status of bills.
  - To make sure members are getting this important information, NSARTA will be forwarding Inside Line to all members during this critical time. We apologize for loading your inbox. Just delete if you already receive it.
  - Watch Inside Line for update from Tim Lee on the Windfall Elimination Provision (WEP) bill passed by Representative Richard Neal.
  - Please ACT!! Make your VOICE heard! Call, write, or email your legislators.

  o Thank you! Thank you to NSARTA’s Officers, Committee Chairs and Members for working together for the benefit of ALL education retirees in Texas. You are the BEST!

- Don’t miss our April meeting to hear the latest about Texas Public Schools.
  o Join our meeting on Zoom

  Meeting ID: 886 4207 5228
  Passcode: 032894

PROGRAM 2nd VP Barbara Rothe 210-380-8150 barbrothe@sbcglobal.net

AWESOME APRIL 2021!! Spring is in the air. We have been spending hours outside. Due to the historic snow storm we lost many plants, several palms, sagas, bamboo and possibly several Live Oak trees. We are planting like crazy. Lowe’s is packed, beautiful flowers and plants are being bought and planted. I think we’ll talk about the residual effects of the storm for several years to come. However, driving around San Antonio is encouraging as I notice trees brimming with luscious new green leaves and seeing beautiful flowers blooming. Love this time of year!

THANK YOU TO OUR MARCH SPEAKERS! Jake Yetterberg, did an amazing job informing us with current financial information pertinent to retirees. As many of us maneuver on a fixed budget in retirement, he is here to assist. If you missed the meeting and would like his slide show, please contact me and I will email the slides to you. He is enthusiastically ready to help in any way.

Chickie Bachaus, our long time sponsor from Independence Hill, spoke about the lovely community. She is without a doubt one of the most lively and energetic people around. She sported the cutest green hat for St. Patrick’s Day. She is such a great cheer leader for NSARTA! Please keep her in mind if you are in need of a wonderful assisted or independent living home for yourself or a loved one. We may be able to tour the complex soon; since Covid restrictions are lifting and most folks have had their vaccinations. Please let me know if you are interested and we’ll set a date in the near future.

APRIL PROGRAM: April 21st (3rd Wednesday of the month). We are in for a treat! Our focus is “What’s Happening in Public Schools”. We have invited Deb Caldwell, Assistant Superintendent for NEISD. She will speak to us about current issues that school districts are facing. I’m certain it will be informative and enlightening as to what teachers are having to deal with during these unpredictable times in our schools.
We will also welcome Sophie Torres, of Raise Your Hand Texas, RYHT. Sophie is the Regional Advocacy Director for the San Antonio area. RYHT supports public policy solutions that invest in our students, encourage innovation and autonomy, by improving students for college and workforce readiness. I’m certain we will enjoy hearing both of our speakers. We are so looking forward to our members joining us in April. Zoom I.D # and passcode will be emailed from Peggy a few days before the meeting.

LOOKING AHEAD: Our focus for our May meeting is “Making it Through!” Yay! Pam Neel and Des LaMacchia will join us with an entertaining glance at our lovely San Antonio. Bingo may or may not be a fun portion of the meeting! (wink)

COMMUNITY SERVICE: We delivered over 700 books to Ridgeview ES on Thursday, April 1, 2021. Sherlyn Valentin, our fabulous committee chair, Harold Black, historian, and Barbara Johns, NSARTA member, and I joined forces to deliver books and funds to Ridgeview ES. Barbara Johns and several dear friends of the late Judy Wells, prior principal of Ridgeview, generously contributed monies to the book project in Judy’s honor. It was a heartfelt morning as we were invited into the library and witnessed the excitement of several classes of 4th grade students picking out their very own books in either Spanish or English!

Ms. Veronica Garza, current Principal, provided yummy treats for us, photos were taken by Harold of smiling students, Librarian, Miss Gass, and several students relaxing in the reading area. Plus, our check of $500 for Ms. Garza to use, at her discretion, where it is most needed on campus was delivered. They could not have been more appreciative! Please check out our pictures on our FB page by Michele Bibb and by Harold Black, on our website.

NSARTA BIG READ BOOK CLUB: Our next Zoom Book Club Meeting will be Wednesday, May 5, 2021 @ 1:30 to discuss the book, Little Fires Everywhere, by Celeste Ng. I could not put it down! We miss our “in person meetings” with our fabulous desserts made by non-other than our own fabulous baker, Barbara Yates! Hopefully, we will soon meet in person and partake in her delicious pies!

Continued blessings to everyone! Stay well and safe! See you on Zoom!

TREASURER’S REPORT  Dolores Ramon  210-386-4533  Dolores.ramon@yahoo.com

Happy April! Happy Spring!

I hope everyone is enjoying the spring weather and that your gardens are recovering from the winter freeze. For me, the warmer weather and colorful flowers and trees always bring me joy and fill me with hope.

The TRTA Zoom to the Capitol event gave me this same feeling of hope for a COLA and for all the other TRTA supported bills. Thank you to our members who participated in the red letter campaign and to those who signed in to the various Zoom meetings. I think our message was heard by our legislators.

On another note, I’d like to remind anyone who needs to be reimbursed for any budgeted expenses to please submit your receipts to me by May. You can mail, email, or text them to me.

We need some April Showers!
Our April Hearts of NSARTA are retirees from Coker Elementary in NEISD and both have moved many times before finally settling in San Antonio. They like to travel and as soon as it is safe to resume traveling, they plan to hit the roads, air, and waterways, along with their Coker friends, to discover the wonders of new destinations. These ladies are members of the famous Coker Lunch Bunch where they have as much fun getting together as retirees as they did while teaching together. Thank you Mary Ramos and Kathleen Shelton, for sharing your life stories with us.

Mary Ramos

“I was born and grew up in El Paso, Texas. My dad was from Cimarron, New Mexico, my mom was born in Dayton, New Mexico and grew up in El Paso. My parents met when my dad was stationed in El Paso by the Army. They married on December 3, 1941 and my dad was called to serve in Germany shortly after that. I had 1 brother, David, who passed away in 1984.

I enrolled at Texas Western College after graduating high school in 1961. I majored in Biological Sciences with the intention of pursuing a career in Medical Technology. I met my husband, Joe, in 1965 when he enrolled at TWC after his discharge from the U.S. Air Force. I graduated in May of 1966 (last graduating class of TWU – now University of Texas El Paso) and we married in September, 1966. Joe was still working on his BBA degree and I was pursuing an additional degree for my career in science but it required I move from El Paso and that was not an option. A friend of mine asked me to accompany her to apply for a teaching position in Ysleta School District so I tagged along and decided to apply also. I taught for a year before taking my first education course! Joe graduated with his BBA degree in 1969 and we moved to San Antonio. I taught 3rd grade for a year and subbed for a year in NSID. Since I was no longer eligible for emergency permits to teach, I took a job at San Antonio College teaching Medical Terminology to ward clerks at Bexar County, Nix, and Robert B. Green Hospitals in San Antonio. I then decided to pursue a Masters Degree at Incarnate Word while Joe pursued a Masters at St. Mary’s University. I graduated with an MS degree and he graduated with his MA in 1974.

Joe was transferred to McAllen, Texas in 1973. No jobs were available in my field at that time so I decided to finish my education certification requirements at Pan American College. As I was finishing up, my husband took a job back here in San Antonio in 1976. I was 8½ months pregnant when we moved. Our daughter was born in March of 1976 and I stayed home with her for 2 years. I taught Bilingual Education for 3 years at SAISD before moving to Houston. I was hired to teach Bilingual Kindergarten in Spring Branch ISD. After only living in Houston for a year, Joe was transferred to Corpus Christi. My daughter and I moved back to San Antonio. I was hired at NEISD to teach at Jackson Keller Elementary, later transferring to Coker Elementary where I retired from in 2004. I taught for a total of 30 very interesting educational years.
Our first grandson was born in September of 2004 and our second grandson was born in May of 2007. They are now 16 and 13 and are the light of our lives! I lost my husband in November of 2019 after 53 years of wonderful, eventful, and fulfilling years of marriage.

I belong to Delta Kappa Gamma Society where I have served as President and Treasurer and of course, I’m a member of NSARTA. I have always enjoyed reading and being with my wonderful friends! I am planning to travel – my family always traveled west –after marriage, I traveled east for the first time to San Antonio! I’m now ready to expand my horizons!

Kathleen Shelton

“I’m a deep South Texas girl through and through. I was brought up in Laredo, the oldest of four daughters, the Ward girls who love the outdoors and all the adventures that were offered. Our father, an avid hunter, brought home baby javelinas, bobcats, ducks, parakeets…..we had a menagerie of wild things.

Because my father was bilingual, his job with Southwestern Bell brought him many promotions. So, off we went being transferred from Laredo to Alice, then McAllen, then Harlingen where I graduated from high school. While in high school, my love of writing led me to the journalism club, and then on to an office in Future Teachers of America. We were transferred to San Antonio the day after I graduated. I had already been accepted to Pan American College in Edinburgh but my parents thought I’d be too far away from them, so I went to SAC for two years then transferred to Southwest Texas. It was here I met my husband, Dan. He was a year ahead of me and after he graduated, we moved to San Antonio where I finished my degree at Incarnate Word.

We were both teachers for a short time, but soon Joe was hired by Xerox and Kodak which led to my next set of travels. We moved to Houston, Rochester, New York, Oklahoma City, and finally back to San Antonio. In between, our four children were born, one son and three daughters. My teaching career took a break until 1984 when our youngest daughter started kinder at Coker Elementary. What a perfect time to come back to the school my two youngest daughters attended! I was hired by Kay Johnson, first in fifth grade and then to fourth grade when the writing TABS test moved from 5th to 4th. Writing was my favorite subject and after many hours earning my career ladder incentive pay, all focused almost entirely in the world of writing, I found the contentment and joy of developing budding artists, a name I called my students. My entire 27 years, only at Coker, were a pure delight and settling moments after so many years of being transient. I retired in 2011, as my husband was ill, and we had four full years of enjoying just “us” before his passing in 2015. We have nine grandchildren and four great-grandchildren all of whom live here and each one brings me much joy.

I am very active at my church, Fellowship of San Antonio, and my travels have started up again with Coker teacher friends. Cruises have taken us to Europe on wonderful adventures with more to come. My Bible study on Wednesdays keeps me from attending NSARTA meetings, but I come when I can. A surprise about me, I love cross-stitching. I am currently on the last of my grandchildren’s quilts to be given to their oldest child when Nana is gone. They involve many hours of work filled with love for future generations of Sheltons.

Question #1  What do both HEARTS plan to do in the future?
This month we sent a sympathy card to our long time member Judy McFeaters whose husband, Larry Gibson, passed away. Judy, you are in our prayers. We sent a get well card to Dolores Ramon, after gall bladder removal surgery. Peggy Peterson had her final cataract removal surgery April 1st and a get well card was sent to her. A thinking of you card was sent to Jim Long’s wife, Thelma, as she begins her treatments for breast cancer.

**“ENCOURAGING WORDS”**  
Barbara Yates, Chaplain  
barbyates1@sbcglobal.net

There are many beautiful reasons to be happy.

Enjoy all the beauty of God’s creations!

**MEMBERSHIP**  
Eddy English  
210-844-1380  
eklatt210@satx.rr.com

I have received 61 memberships – all renewals. Of those, there are 21 Diamond members (10 new). Hoping the newsletter will prompt people to send in dues. And maybe encourage some at the next ZOOM meeting.

**DIAMOND PLUS IS THE WAY TO GO!**

**Question #2** Who do you text your answers to for this newsletter?
NSARTA Minutes—Regular Meeting  
North San Antonio Retired Teachers Association  
Via ZOOM  
WEDNESDAY, March 17, 2021

1. President Peggy Peterson called the meeting to order at 10:01 AM.
2. Welcome: Peggy welcomed all members and speakers to this meeting. 33 participants were present today. She also mentioned the passing of Sarah Villareal on February 20, 2021 (Chaplain for many years and held other positions in NSARTA). She will be missed by our local unit members.
3. Invocation: Barbara Yates, Chaplain; Pledges: Paul Cwiklik, Immediate Past President.
4. Program: Barb Rothe introduced our two speakers. Chickie Backhaus (Independence Hill) and Jake Yetterberg (Yetterberg Retirement Solutions) were the speakers for the morning. Chickie and Jake are two of the local unit’s yearbook sponsors. Both expressed the loss of Sarah Villareal in their talks and remembered her smile and gracious attitude.
5. Officer Reports:
   a. Minutes from February 17, 2021 were approved and filed. Carolyn Pfeiffer, recording secretary, had these minutes previously printed in the March newsletter.
   b. Treasurer’s report, by Dolores Ramon, was reviewed, approved, and filed for audit.
   c. Eddy English (1st V-P) gave a membership report: 27 renewed members, with 9 of those being new Diamond Plus members. A “thank you” to the Membership Dream Team from Peggy for their work on a new membership form: Paul Cwiklik, Eddy English, Harold Black, Karin Stanley, and Betty Moseley.
6. Other Business:
   a. Peggy sent another “thank you” to the Porch Elves for their helping in picking up and delivering items to SAMMinistries in February: Peggy Peterson, Carolyn Pfeiffer, Barb Rothe, Terri Chidgey, Eddy English, Glennie Lecocke, Dolores Ramon, and Michele Bibb.
   b. Peggy sent another “thank you” to all the NSARTA Board Members for getting their articles into Betty Moseley for the monthly newsletter.
   c. Everyone should view The Inside Line by Tim Lee. He discusses how that if our voice is heard, it does make a difference (we have the power for change). The Red Letter Campaign will be available in the upcoming news bulletin of the TRTA “THE VOICE”, coming soon in your mailbox. Please write your letter and send to your state senator and local representative in Austin.
   d. Adele Murphy mentioned Zoom convention at the Capitol. Please sign up on the web to participate.
   e. Sherlyn Valentin and Barb Rothe will deliver 797 books to Ridgeview Elementary School on April 1, 2021 (The Children’s Book Project). A $500 check will also be delivered to the school’s principal to benefit teachers on the same day. Harold Black will meet them there to take pictures.
7. Zoom Prizes: will be mailed to the winner.
   a. Sue Sim (February) and Nancy Black (March) are the winners for the Newsletter questions.
   b. Door prizes winners are: Cande Colunga, Verna Reagan, Debby Moulton, and Glennie Lecocke.
8. Next meeting will be Wednesday, April 21.
9. May Book Club will be “Little Fires Everywhere”.
10. Adjournment: 11:40 AM.
BBB Scam Alert: Don't let boredom fool you into thinking that's your friend on Facebook

Plenty of people who are connected to the internet are catching up with friends on social media or randomly surfing the web. Unfortunately, so are scammers. They are taking advantage of social networking sites, earning victims’ trust by pretending to be someone they already know and sending out a message or two with COVID-19 vaccine news, a fundraising request or perhaps a great deal on a product.

How the Scam Works

While scrolling through Facebook, a message pops up in Facebook Messenger. It’s your friend, family member, or neighbor. At least it “looks” like them because the profile picture matches. From here, the conversation goes one of two ways. In one version, your “friend” tells you about where to find a vaccine or the most awesome deal they found on masks or other products. All you must do is select a link, share the good news or simply respond to the message. In some cases, perhaps you want to take part in the offer and are ready to pay a processing fee and tax. Stop and think: would your real friend pass along this type of information?

In another version, the “friend” claims to be raising money for a charity to support emergency personnel, a food bank or some other organization that has really been hit hard by the pandemic. They’ll push for a donation and yet, it sounds suspicious. But the message appears to be coming from someone you know and trust. Or is it?

A third version is circulating where the “friend” believes their account has been ‘hacked’ and to friend them on a new request. Turns out, they were not hacked at all. The profile is publicly visible and copied by a cyber thief who then creates a new profile and is now sending out new friend requests to a bogus account that looks like your friend.

BBB warns everyone before responding to such a request, check that the Facebook profile image is from who it says it is. Or, go the extra step and call, text, or email the friend to see if they really did send it to you.

How to Protect Yourself from Facebook Scams

- **Be wary of online messages.** A person may be trustworthy in real life, but sometimes friends share things without checking them out first, and online accounts can be hacked. Take a closer look before sharing, applying, or donating. Go to [Give.org](http://Give.org) to verify a charity.
- **Do some research.** Go to [BBB.org/scamtracker](http://BBB.org/scamtracker) to see if the online website that is selling masks (or whatever product the friend is mentioning) is truly legitimate. If you can’t find a website, it’s most likely a fake. If you can find a website, look for contact information (no contact info is a red flag).
- **Press for details.** Ask strategic questions without giving any personal information to confirm you are actually talking to someone you know. If your “friend” can’t give you straight answers, leave the conversation, block them and then change your Facebook settings as well as your password.
- **Report suspicious activity to Facebook.** You can [report scammers](http://Facebook.com/report) to Facebook to help protect your real friends and family from a scam, plus you can [report impersonations](http://Facebook.com/report). You can reduce the risk of having your profile impersonated by tightening up your privacy settings and hiding your Friends list. Do a “Privacy Checkup” by clicking on the question mark at the top of your Facebook home page.

**April Change in Question replies**

I will be traveling during the NSARTA meeting week in April. For this reason, you should send your answers to the April questions to Peggy Peterson. **THIS IS ONLY FOR APRIL.**

Answer the two Newsletter questions correctly (MUST ANSWER BOTH!) to be entered in a drawing and win a great prize. Email or call/text Peggy Peterson: casapeggyp@gmail.com, 210-373-3961, by APRIL 20, with your answers. **Winner announced at APRIL 21st meeting.**
According to Good Housekeeping, everyone knows April 1st is April Fools’ Day but did you know April is “National Humor Month”. We celebrate “National No Housework Day” on April 7th, “National Hug your Dog Day” on April 10th, and of course the always FUNNY “Tax Day” on April 15th!! April babies are extra lucky when it comes to birthstones for theirs is the diamond, which is the most durable of all birthstones. A study by the Office for National Statistics found people born in April find success in many different types of careers…..Dream big, April babies!!

TALENTED NSARTA APRIL BIRTHDAY MEMBERS include:

Harold Black, Teresa Hill, Lorey Meredith, Suzanne Sturdivant, and Gail Tschirhart (in no particular order)

WISHING THESE APRIL MEMBERS A FANTASTIC BIRTHDAY!

A BIG THANK YOU to Laurie Harris for sharing her delicious recipe for this month!!!!!!!

THE BEST ZUCCHINI CASSEROLE

6 T butter
¼ C chopped onion
2T chopped green pepper
2 medium zucchinis
1 lb. ground beef
1-16 oz. can tomatoes
¼ tsp. salt
1 tsp. ground black pepper
½ tsp. oregano
2 tsp. dried parsley
1-10 ¾ ounce can cream of mushroom soup
1 cup cooked macaroni

Topping
½ C parmesan cheese, grated
½ C breadcrumbs
1 tsp. dried parsley flakes
½ C mozzarella cheese grated
½ tsp. garlic powder

In large skillet add butter and melt over medium heat. Add onions and green pepper, saute till tender. Add thinly sliced zucchini. Cook until zucchini is tender. In another skillet, brown ground meat in 1 T oil. Drain off excess fat and juice. Add browned meat to zucchini. Add canned tomatoes, cut into smaller pieces. Stir mixture. Add salt, pepper, garlic powder, oregano, and dried parsley. Add cooked macaroni and mushroom soup. Stir mixture. Cover and let simmer over a very low heat for about five minutes. Add mixture to shallow 2 qt. casserole dish that has been lightly greased. Topping – Sprinkle top of casserole with half of parmesan cheese. Next sprinkle mozzarella cheese, then breadcrumbs. To the top of the breadcrumbs, add the rest of parmesan cheese. Sprinkle with garlic powder and parsley.

Bake – at 350F for 30 minutes. Serves 6

Note: I usually make 2 small casseroles for just Don and me. We eat one and freeze the other. You may want to add a bit more topping so you will have enough for both..

If you would like to share a recipe for MAY, Please send it to Michele Bibb at mkbibb47@gmail.com.
We survived the Week at the Capitol! We were able to visit with 18 or our 21 elected officials and make our voices heard at the Capitol. Many of our priority bills were being heard this week and great news today. The following bills were voted out of committee and headed to the House floor. This is a great achievement and a big step to getting the votes for reality and our future!

- **HB 3214** - COLA bill from Rep. Capriglione with a 6% increase capped at $100/month
- **HB 2109** - Return to Work from Rep. Wu
- **HB 3207** - Return to Work from Rep. Herrera
- **HB 2022** - Golden Ticket bill- one time opportunity to re-enroll in TRS-Care from Rep. Darby
- **HB 3507** - Supplemental payment for TRS annuitants of $2000.00
- **HB 1585** - Sunset Review Bill from Rep. Lambert

**SB 1356** which is a Tutor Initiative Bill to coordinate efforts from ISD's, TEA, and TRS to allow Retired Teachers to help with online and in-person tutoring. This coordinates with our TRTFoundation program for tutoring by Retired Teachers with pay. More to follow as this develops.

I cannot thank you enough for the **RED Letters written and mailed**. I have more envelopes, so we will keep writing those letters and having our voices heard with our elected Officials. As Senator Menendez said, "We have to be firm and fair" with our legislators and let them know what we have earned and deserve from TRS.

There is other legislation, but these bills above were critical to meet our priorities for this Session. We will watch all bills, but focus on these to get them to a vote in the House and Senate. Our Representatives understand and appreciate TRTA 's approach and expectations and especially our District 20 legislators. They are all supportive, but we must keep reminding them what our expectations are, keep them aware of our TRTA bills, and our voting power.

The week of Zooms went really well. Your flexibility is appreciated when I change a time when I find out we have a chance to visit with the Representative. I worked to keep you updated as best I could with zoom, email, texting and calls. Thanks for your understanding and patience and what a great crowd of over 50 for our visit with our three local Senators!! Thank you for being there, it really makes an impression! Let your local members know how the week went.

Thanks again and let me know if there is anything you need or want.

Richard Herbst
TRTA District 20 Leg. Chair

**PLEASE VOTE MAY 1ST** in our local elections. You can go to bexar.org to get a sample ballot.

Foundation

The Texas Retired Teachers Foundation got their creative juices going since their traditional fundraising efforts have been canceled due to COVID. The newest fund raiser is Donate the Date. For example my birthday is 6-28. I can donate $6.28 or $62.80 or $$628. Please donate online at trtf.org or call Sarah at 1-800-880-1650.

TRTF provides a variety of programs for past present and future educators in need. TRTF has grants for teachers, scholarships for beginning teachers, A Helping Hand for retired teachers, and the Lehr-Pritchard Endowment Fund. They also stepped up and began a tutoring initiative to help students and teachers during the pandemic.
CHILDRENS’ BOOK PROJECT  Sherlyn Valentin, dhrc@airmail.net  210-365-9185, Pat
Loewe, Nancy Dooley & Mary Martinez

On Thursday, April 1st, NSARTA members, Sherlyn Valentin, Barbara Rothe, Barbara Johns, and Harold Black, delivered 795 books to Ridgeview Elementary students, teachers, and librarian Deborah Gass. We were privileged to be able to observe two classes choose their individual books. Barbara Rothe, 2nd Vice President, presented a $500 check to Principal Veronica Garza. Harold Black, NSARTA Historian, took photos. Thank you to Barbara Johns and her friends who donated money for books for the students of Ridgeview in memory of Judy Wells, former assistant principal of Ridgeview. Thank you also to all NSARTA members who gave donations or donated books for the Children’s Book Project these past two years. Any member who has given a child or grandchild a book/or books since the beginning of 2021, please text or email Sherlyn Valentin. These will increase our yearly count.

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

As more opportunities open up to volunteer, please record your hours!

MEMBER BENEFITS  Sue Sim  210-632-3143

Check the latest copy of Voice (TRTA) discounts on car rentals, just about the time that you want to fly the coop and start living again!
APRIL HEALTHY LIVING CALENDAR

Cut major sources of stress out of your life.

FORGET-ME-NOT

One key to a solid memory is knowing the steps your brain takes to remember.

Next time you forget something, remember this: Your miraculous brain oversees the acquisition, storage, and retrieval of a lifetime of information and experience, so, not surprisingly, it may slip from time to time. Memory lapses are a natural part of the system. They occur at every age and are usually normal and don’t represent anything serious.

Making memories involves an interaction of three brain activities: encoding or transforming perceptions into memory, storage, or retaining information over time, and retrieval, or searching through memory banks to call up stored information. Your brain registers enormous amounts of information as you go about daily tasks. Some is held briefly but to progress to long term memory, information must be more deeply imprinted through a process called encoding.

Encoding: Information enters into long term when we notice what’s happening to us, think about its meaning and make associations with what we already know—a process called elaboration. It fails when people do things automatically or when a person’s attention is divided rather than focused on incoming information. Older people can improve memory with closer attention.

Storage: The stronger the encoding, the stronger the memory trace is stored in the brain. If little thought and effort went into the process of acquiring a memory, it may last only days or months. Memories encoded with extensive elaboration can last for decades.

Retrieval: The final stage of memory involves calling up stored information, time for your memory banks to deliver. When memory fails you, blame it on transience, absent-mindedness, or blocking.
HAPPY SPRING!

APRIL, 2021