Happy February! Tis the season of love, friendship and Yes!.....\textit{Being the Rainbow in someone else’s cloud!}

NSARTA welcomed February with another collection for SAMMinistries. Our 8 Amazing Porch Elves collected and delivered 732 personal hygiene and laundry items from 40 NSARTA members. Dolores Ramon, treasurer & Porch Elf, coordinated shopping with monetary donations and when SAMM needed laundry detergent, our elves, Eddy English and Barb Rothe, filled that need. A hearty thank you to NSARTA Elves: Terri Chidgey and Eddy English who each delivered over 140 items along with Michele Bibb, Barb Rothe, Glennie Lecocke, Dolores Ramon, Carolyn Pfeiffer and Peggy Peterson. Check out pictures on our Facebook page, thanks to Michele Bibb, NSARTA Publicity Chair & Corresponding Secretary for keeping our page updated and informative.

Carol, our SAMM contact who is also a volunteer, was elated with the response. In an email after our first delivery she said, \textit{“I sent a full box of things over to our Transitional Living and Learning Center on Blanco. We house 35 families there, and they go through toiletries like lightning! I can’t tell you how much these donations help us...to help our clients.”}
Everyday retirees make a true difference in this world. This year, even in a pandemic, NSARTA reported 16,875 volunteer hours from only 38 members. Independent Sector, a nonprofit membership organization established the 2020 value of a volunteer hour as $27.20. At this rate, NSARTA’s value added to our community was $459,000. Just think what it would be if ALL our members reported their time given to others. TRTA uses this value-added information from all 20 districts as they remind our Texas legislators that the nearly 99,000 TRTA members are vital contributors to the success of our state.

As we kick-off the 2021-2022 Membership campaign on March 1, 2021, it is more important than ever to strive for the 100,000+ TRTA membership goal. TRTA membership year is July 1 – June 30. This year NSARTA has set a goal to increase not only our membership, but to specifically increase the number of Diamond Plus members. Why? When you become a Diamond Plus member, your contribution of $2.92/month is deducted from your TRS Annuity or personal bank draft and continues from year to year. As a long time, Diamond Plus participant, I appreciate this as it is one less thing I need to budget for and remember to send in. This year I have already sent Eddy English, 1st VP and Membership Chair my $15 check for local NSARTA dues! I’m done!

TRTA tells us that being a Diamond Plus member....

- Eases local unit workloads while saving time and money spent on collecting yearly renewals.
- Allows TRTA to be better stewards of membership dues by spending less on mailing renewals and more on legislative activities.
- Allows local units to rely on membership numbers each year as they plan meetings and activities.

NSARTA’s Membership Dream Team of Paul Cwiklik, Eddy English, Betty Moseley, Karin Stanley and Harold Black worked countless hours and conferred via Zoom, email and text to create our 2021-2022 Membership Packet.

- Members received this packet in February.
- Please return your paperwork and payment to Eddy English at 13028 Trent, San Antonio, TX 78232-4878 ASAP.
- Consider Diamond Plus Membership!
  - Diamond Plus members as of July 1, 2021 will be entered into a drawing for one of four $25 gift cards.
- RECRUIT NEW MEMBERS!!! Watch for details on our Each One Bring One contest! TRTA can reach the goal of 100,000+ members if we all work together to spread the word about how TRTA works tirelessly to improve the benefits of education retirees.

A couple of things you need to know:

- Don’t miss our Zoom meeting on Wednesday, February 17th for a wonderful program and some great door prizes.
- Long time NSARTA officer and member, Judy Lynn let me know that a memorial service for her husband, Ken Lynn, will be held on April 17, 2021 at 11:00 a.m. at Porter Loring/McCullough. While Judy would love to welcome you to this service for her beloved Ken, she also wants all to stay safe. She sends her thanks and love for all that have reached out to her during this challenging time. We will investigate if the service will be viewable over the internet.
- TRTA VIRTUAL WEEK AT THE CAPITOL – April 5 – 8th! Watch for invitations to Zoom events including meetings with legislators. TRTA is sponsoring a RED LETTER CAMPAIGN which will be rolled out in your next issue of The Voice.

Take care of yourselves and each other! Wear a mask! Get a vaccine when it is your turn.
FUN FEBRUARY 2021! Sending lovely thoughts for a month full of sweets and treats! Sunshine and beautiful days in February are very welcomed and I’m trusting we will continue to have bright, warm days ahead.

JANUARY MEETING: Many thanks to Peggy for moving our meeting along in a timely manner in order for us to adjourn early. This enabled our membership to watch the inauguration on January 20th.

**Information regarding registration sites for the Covid 19 vaccine was presented. Please check your email, and/or reach out to me and I will email the information to you.

FEBRUARY PROGRAM: *February 17th!* (3rd Wednesday of the month). Once again, we invited our enthusiastic, informative and loyal, sponsor, Jake Yetterberg, Owner of the Yetterberg Retirement Solutions. Many of us have heard him speak and trust his expertise on financial solutions for retirees. He presents on a wide range of financial and insurance topics. Jake is not beholden to any one company, in order to put his clients’ well-being first and foremost. To name a few topics Jake specializes in are:

- Properly prepare for retirement
- Avoid mistakes in financial planning
- Reduce income taxes
- Increase guaranteed retirement income
- Protect and grow assets that have accumulated
- Avoid taxes on Social Security income

If you have financial questions, Jake is your guy to answer your questions. We are looking forward to “seeing” all of our fabulous members on Zoom. ID # and Pass code will be sent in a separate email from Peggy.

LOOKING AHEAD: B.I.N.G.O… anyone? Our March meeting will focus on our San Antonio World, its industries and multicultural environment. Our guests are Pamela Neel and Des LaMacchia who will emphasize that theme in our Bingo game! Chickie Backhaus will also give us an update about retirement living at Independence Hill. Bingo cards and Bingo words will be emailed to members prior to the March meeting to personalize. Who’s feeling lucky? Prizes, laughter and fun!

NSARTA BIG READ BOOK CLUB: Our next Book Club Zoom Meeting will be Wednesday, March, 3, @ 1:30 to discuss the book, *Vanishing Half* by Brit Bennett. I’ve just started reading it and it appears to be a great page turner! An email with the ID# and passcode will be sent a few days before the meeting.

COMMUNITY SERVICE: WOW and WOW! Congratulations to all our members who graciously and generously participated in our Winter Porch Pick-Up Project benefitting SAMMinistries. They provide essential household and personal items for our San Antonio homeless as they transition into their new homes. Check out the photos on NSARTA FB page courtesy of Michelle Bibb.

Continued blessings to everyone! Stay well and safe! **See you on Zoom!**
CONSIDER DIAMOND PLUS MEMBERSHIP WHEN YOU RENEW! SEE MEMBERSHIP.

NSARTA HEARTS

Michele Bibb  210-494-8197  mkbibb47@gmail.com

NSARTA Hearts for February are two ladies who are unable to attend most meetings because of family commitments and other meetings. However, they continue renewing their membership each year because they value the importance of being members of TRTA and NSARTA. On a personal note, I have taught with both these ladies and can tell you they are some of the most wonderful teachers and ladies I have had the pleasure of knowing. They are compassionate, honest, caring, and selfless in all they do. Our February NSARTA Hearts are Carol Shelfer and Carol Whitworth.

“Hi! Most of you don’t know me. I’m Carol Shelfer and on Wednesdays while NSARTA is meeting I’m at a Bible study. I do want to be supportive and NSARTA is such a great group of retired teachers, so I pay my dues and attend when I can.

I grew up all over, mostly in the south. My dad wasn’t in the military but worked for a large food corporation. I lived in twelve different places with mom, dad and my younger brother. I enjoyed most of the new locations, meeting and making new friends.

We landed in Dallas for my high school years. I graduated from Lake Highlands High in 1967. While I was in school I was one of those high kicking drill team gals on the football field at the Friday night games!!

After high school I entered Texas Christian University (TCU) and knew from the start I wanted to be an elementary school teacher. I always loved working with the students whether in observations or student teaching. Watching their faces light up when they understood a new concept brought great joy to me!

While at TCU I met my future husband, Chris, and we were married the summer of 1971 after graduation. So do the math and you will see that this summer we will be celebrating our 50th anniversary!!

We have two wonderful daughters, both products of NEISD schools. We have two great sons-in-law and five fabulous grandchildren ranging in age from nine to sixteen! They live in Midland and Dallas and we have a super time together. I feel very blessed!!

I taught for 25 years - Houston, Ft. Worth, private school and here in NEISD at Hidden Forest Elementary. Twenty years at HF was the best, I enjoyed teaching with several of the active NSARTA members. Second
graders were my favorite, watching them go from needy seven year olds to independent eight year olds!

Now at this stage of my life I enjoy reading, studying the Bible and walking our two year old Brittany Spaniel. One of the BIGGEST pluses is not having to set the alarm clock for 5:30 a.m. Keeping up with wonderful colleagues is a big part of my life. They are a true blessing in my life.”

“My name is Carol Whitworth. I was born and raised in San Antonio, Texas. I was blessed with a wonderful family. My parents were George and Dorthy Gomez. I had 3 brothers, George Jr., Ron and Ken. From an early age I realized that I wanted to be a teacher. I graduated from Robert E. Lee High School. I attended San Antonio College for two years and graduated from the University of Texas in Austin in 1978 with a degree in Elementary and Special Education. I received my Master’s degree from UTSA in Early Childhood Education. My entire teaching career was in the Northeast Independent School District. I taught at several different campuses: Serna, El Dorado, Stahl and finally Hidden Forest Elementary where I finished my teaching career of 35 years.

I met my amazing husband, David Whitworth, at a Christmas party in December of 1978. Neither of us were planning to attend this party, but both decided to go. I rang the doorbell that day and David opened the door for me! We married 2 years later. We have two wonderful sons, Michael and Stephen. Raising these 2 boys has been the joy of our lives! Michael and Stephen both graduated from UT in Austin as well. Stephen is married to Kirby, who he met in college, and Michael is engaged to Brooke. Both of our boys live in Atlanta, Georgia. David and I love that they are in the same city and we can make one trip for all of us to be together. We have no grandkids yet but we do have 3 cute grand dogs. Our 40 year wedding anniversary will be in June. It is hard to believe that time has gone by so quickly!

Through the years, I have enjoyed volunteering. I was a Boy Scout den mom for both of the boys. It gave me great opportunities to do many things with them. As they grew up, I also helped in different ways. Michael was in the Churchill High School band and I had the privilege to coordinate and distribute meals before each football game to the 200 band members. Stephen played basketball at Churchill and I was the team mom during this time. I helped with decorating locker rooms, getting meals for the players, getting programs printed for the varsity basketball games and anything else that was needed.

I volunteered at our church by working in the nursery, as well as, teaching kinder and middle school religious education classes. David and I have been a marriage sponsor couple for numerous couples before they marry. We are eucharistic ministers and help with counting money for our church’s weekly donations. I also have been a nursing home minister for many years. Of course, at this time I am unable to do this ministry. I look forward to the day that I can safely return to see my friends there.

I enjoy being outside, especially during the pandemic. I love to work in the yard with David. I am enjoying a new hobby of hiking. I never knew that there were so many parks in San Antonio and near San Antonio to hike. Since hiking is not as easy in 90 to 100 degree temperatures, I do water aerobics with friends in the summer. Exercising with friends makes the time go by quickly and is a lot more fun!

My husband, David, is a Star Trek enthusiast. In our younger days, we were at Universal Studios in Florida and went to a Star Trek production. As we were waiting, the crew asked for volunteers to be in the production. David volunteered me to participate. I did not know what I was getting myself into. I didn’t have many lines to say but I was on the bridge, when it was being attacked by aliens. It was a fun time after all and we received a video copy of the production with my name in the credits at the end! HAHA!!
David and I have always taken yearly vacations with the boys. In the summer of 2019, David and I went on a 3 week trip to Italy. We got to see beautiful and historic sites starting in southern Italy and working our way north. It was a trip of a lifetime! David has always been amazed at the fact that wherever we go I always run into former students or their parents, even on vacations. This happens often to teachers, as we all know. We are looking forward to more travel in Europe in the future when it is safe.

My teaching has brought me so many great memories helping students! Some days were easier than others but each day unique in its own way! I thank God for guiding me to this wonderful career!”

CORRESPONDING SECRETARY  Michele Bibb  210-494-8197 mkbibb47@gmail.com

This month we mailed a sympathy card to Joel Friedman after his wife, Tevia, passed away. Mrs. Friedman passed in November but we were just recently notified of her death.

We received a very sweet card from Judy Lynn, thanking us for our sympathy card sent in memory of her husband Ken. She wanted us to know how much Kenneth enjoyed being at all our meetings and how much he loved us all.

PLEASE let me know if you are aware of anyone who is ill, someone needing a little “thinking of you” card, or someone who feels “lost or sad” to know they are in our prayers. You can email me or leave a message on my cell number, 210-862-5489.

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

“The heart that loves is always young”  Amish proverb

Much love and blessings to all!

OPPORTUNITY FOR SERVICE  Betty Moseley bmoseley@swbell.net

This request came from the daughter of two of our new members, Bill and Susan Smith. I am sure that we have someone in our number that would love to serve as a judge for future teachers. Contact Erin at email below.

Erin Dillard <edillard@wfisd.net>
To:bmoseley@swbell.net

Hi,
I am the education and training teacher for Wichita Falls ISD and the daughter of retired teachers, Bill & Susan Smith. We are in need of someone who may be interested in helping judge an event for the TAFE (Texas Association of Future Educators) State competition scheduled for March 4 & 5. This is my first year to sponsor our TAFE chapter, as well as my first full year in this teaching position. My students and I are definitely learning a lot.

I am including the email from the state director of TAFE, so you may be more informed for yourself or if you have anyone who may be willing to help. If this is something you are interested in, please let me know.

-Erin Dillard, Education and Training, WFISD

Dear Teacher Leaders,
All chapters must supply 1 judge for the state competitive events. The link below is for your judge to sign-up. Being that the events are virtual this year, the judges do not have to travel anywhere and retired teachers are good people to ask to judge. They need to have a computer and we will supply them with a Zoom link, a video orientation, and an information sheet. They must be able to judge the entire event time that they sign up for. https://tafescores.com/judges

Question #1  Which NEISD school did both our hearts retire from?
No news this month.

STITCHERY
Ledru Barker ledrubarker@yahoo.com 210-641-6066

InFORMATIVE AND PROTECTIVE SERVICES
Laurie Harris 210-887-1125
Laurieharris123@att.net

Stitchery Check Scam
A second round of stimulus checks was announced in December by the IRS for most Americans, and for many, the money has already landed in their bank accounts. For others, the wait continues as the distribution of the refunds are still taking place. BBB warns this is an ideal situation for potential scammers to take advantage of consumers. Watch out for the following signs.

Is that call or text a con or the real deal?
Previously, BBB Scam Tracker received numerous reports from people who were contacted through text message, email, and phone calls about the new COVID-19 stimulus checks. BBB believes many of these same tactics may be used again.

Watch out for email or text messages instructing to click a link to "request benefit payments." The link connects to an application prompting the entering of personal information in order to "make sure you are getting all the payments owed to you." Beware! This “application” is really a way to phish for personal details and commit identity theft.

In a phone variation of the con, the scammer pretends to call from a government agency. The con artist insists on being paid immediately - or confirmation of personal information - before a stimulus check is sent. Other times, scammers claim additional funds are available or that the consumer can receive funds immediately once a small “processing fee” is paid with a pre-paid debit card. These are all red flags and should be reported to BBB Scam Tracker.

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

Happy Valentine’s Day!

Our Winter Project has been a great success! Thank you to all who have mailed checks to me for the SAMMinistrtries. In most cases, the donations were sent to the assigned Porch Elf and in some cases, I had the privilege of doing the shopping. I thoroughly enjoyed being a Porch Elf and meeting some of our NSARTA members.

On another note, imagine my surprise when I opened the mail this morning and found a check for $500!!!! Woohoo! NSARTA received a check for $500 from our very own District XX. That money was given to us for membership recruitment. I know our leadership team is going to have fun recruiting more membership!

Enjoy your Valentine’s Weekend! As always, I look forward to sharing the Treasurer’s Report with you at our meeting on February 17.

Answer the two Newsletter questions correctly to be entered in a drawing and win a great prize. Email or call/text Betty Moseley: bmosley@swbell.net, 210-219-9881, by February 16th, with your answers. Winners announced at February 17th meeting.
Happy February! Punxsutawney Phil has predicted 6 more weeks of winter, and I am happy to be spending those weeks here in San Antonio!

So far the news from the 87th Legislature is good. The base budget includes the funds necessary to implement the measures passed in SB12 during the 86th Legislative Session. This is an important step toward ensuring TRS funds will become actuarially sound. Once this occurs the legislators can pass a bill granting us a cost of living adjustment, COLA! The base budget also includes funds for TRS Care,

Since the squeaky wheel gets the grease, it is important for us to communicate with our legislators. Richard Herbst, District 20 Legislative Chair, hosted meetings with staff from both Senator Campbell and Representative Cortez’s offices. Our hard working president, Peggy, and I attended them on Zoom. Several of you have been corresponding with our legislators, and I know it works. Thank you for writing. I hope more of you will join our writers’ brigade. I’m sending thank you Valentines to Legislators in our area.

Texas Retired Teachers Foundation News

TRTF Classroom Grants, 40 $500 Grants - Applications are due February 25th.
TRTF New Teacher Scholarships, 25 $750 Scholarships - Applications are due February 25th.

TWO COMMUNITY OPPORTUNITIES

1. This program was mentioned in an update from the office of Senator Donna Campbell.

Adopt and UPLIFT 2021 Senior from Foster Care - Fundraising Campaign ENDS 2/15/2021. 549 foster youth will be graduating from high school in the spring of 2021. We need to celebrate this accomplishment since they truly have beat the odds. With the overwhelming support received in May for Adopt 2020 Senior from Foster Care, we are making their celebration EVEN better. We are truly hopeful that every single foster youth graduating this May throughout Texas will be sponsored! But, we can’t do it without you.

Each senior graduation gift will be:
* Senior Kit - Day 1 Backpack, Bag Tag, Toiletry Bag
* $100 VISA Gift Card
* Vital Documents Bag (for their important documents as they transition out of foster care)
* An American Made Liberty Works 32 oz Double-Walled Steel Water Bottle
* Vital Information for an Optimal Mindset Self Help Journal
* Personalized Cards congratulating them on this amazing accomplishment

Each senior graduation gift is $175 ...but don't let that amount stop you here. Any amount donated to this cause supports our seniors and is tax-deductible. We believe in you Class of 2021! Texas stands behind you! Those seeking to donate can do so here: https://bit.ly/3q2iIb9

2. As we know from reading local news, our health care professionals in area hospitals are working in difficult situations as they take care of COVID-19 patients and provide support to patients’ loved ones. All of us know what it is like to work in difficult times with all sorts of children, parents and colleagues. Stressful just begins to describe the work environment and the home life of these health care workers. If you would like to send a note of encouragement and thanks to them, I have set up a delivery system with North East Baptist, University and Methodist (Medical Center) hospitals. Just mail your note directly to me. When I have 20 notes, I will contact a hospital and make the delivery. Thank you in advance for supporting these front line heroes!

Mail notes to: Barbara Johns 201 Hermine Blvd SAT 78212
Please write: RE: thank you note in the bottom left hand corner on the front of the envelop.
Thanks!
1. President Peggy Peterson called the meeting to order at 9:31 a.m.
2. Welcome: Peggy welcomed everyone to the fifth virtual meeting for NSARTA of the year. 32 participants were present today.
3. Invocation: Barbara Yates, Chaplain; Pledges: Paul Cwiklik, Immediate Past President.
4. Officer Reports:
   a. Minutes from December 16, 2020 were approved and filed. Carolyn Pfeiffer, recording secretary, had these minutes previously printed in the January newsletter.
   b. Treasurer’s report, by Dolores Ramon, was reviewed, then approved and filed for audit.
5. New Business:
   a. Look for an email coming later this week about the community project (pick-up by the Porch Elves via zip codes) of personal care/hygiene items needed for SAMMinistries for both men and women.
   b. One Grand Prize to be given in May to the lucky member who has attended all five of the NSARTA regular meetings January thru May, 2021.
   c. You can get the TRTA app on your phone to receive information/updates from Austin.
6. Program for today was to provide COVID-19 Vaccine information. Peggy Peterson and Barb Rothe came up with a list of places/websites/phone numbers/other resources to find out more about vaccine distribution in San Antonio. This list will be emailed to our members.
7. Other business:
   a. Adele Murphy asked members to continue to write letters to keep our state legislators aware of issues impacting retired educators.
   b. Volunteer hours need to be reported to Janet Pennock by the end of January.
   c. Julie Bell reported on our new United Health Care Insurance where you should have already received a letter from United stating that each quarter each TRS insured member is allotted $40 to order over-the-counter health supplies through their website.
8. Zoom Prizes: will be mailed/delivered to the winners.
   a. Barb Rothe won the prize for the January newsletter questions.
   b. Barbara Miller, Kathy Cooke, Candi Colunga, and Lori Armstrong were the door Zoom prize winners.
9. Next NSARTA regular meeting will be Wednesday, February 17, 2021.
10. Adjournment: 10:10 a.m.
Committee Reports

BIRTHDAYS  Linda Nolder  lnolder@aol.com  Michele Bibb  mkbibb47@gmail.com

People lucky enough to be born in February are either Aquarius, born in early February, or Pices. They are extremely honest and frank and are NOT afraid to tell the truth no matter the consequences. They are extremely devoted to their families and partners, making them the perfect spouses. They don’t hesitate to be kind to others and have philanthropic veins in their body which pushes them to work selflessly for those they care about. Famous February people are Steve Jobs, Michael Bolton, Abe Lincoln, George Washington, Ronald Reagan, Jennifer Aniston, and Tennessee Ernie Ford. Famous NSARTA members born in February include: Kay Rosene, Barbara Miller, Sue Sim, Barbara Yates, Paul Cwiklik and Teresa Flansberg.

Wishing these February members a fantastic birthday!

Kay Rosene, Barbara Miller, Sue Sim, Barbara Yates, Paul Cwiklik and Teresa Flansberg.

February Recipe

Chicken Quiche (by Carolyn Pfeiffer)

1(9-inch) pie crust—I used Pillsbury store bought crust—follow directions on box.
6 large beaten eggs
½ cup milk
2 cups chopped chicken breast---I cooked 2 whole chicken breasts on the stove top in chicken broth.
1(10-oz.) package chopped spinach—thawed and squeeze out the liquid
½ cup shredded (Monterrey Jack cheese + cheddar cheese) or your choice of cheeses.
4 oz. sliced mushrooms—I used a jar of store-bought mushrooms and I chopped them up.
1 teaspoon salt
½ teaspoon pepper
½ teaspoon dried thyme
¼ cup salsa—I added this for more flavor.

Heat oven to 400 degrees.
Place pie crust in glass pie plate.
In a large mixing bowl, mix well together all ingredients.
Pour into prepared pie plate.
Place pie plate on a cookie sheet and bake in preheated oven for 50 minutes.
Place aluminum foil on the exposed pie crust—to prevent browning too much.
Let the quiche cool before serving.
Makes 4 servings.

Our recipe for March has already been submitted by Clemmie Rodriguez. Thank you Clemmie!
MEMBERSHIP

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

Our membership drive for 2021-22 will begin March 1st. If you would like to go ahead and renew in February while it is fresh on your mind, you may do so but your check will not be deposited until March.

The membership forms were sent to you recently. We hope many of you have decided to give the Diamond Plus plan a try. Many of our NSARTA members are Diamond members already, and when March rolls around, all they have to do is pay their $15. If you need an extra form, let Eddy or Betty Moseley know and we will e-mail you one.

DIAMOND PLUS IS THE WAY TO GO!

CHILDRENS’ BOOK PROJECT  Sherlyn Valentin, dhrc@airmail.net  210-365-9185, Pat Loewe, Nancy Dooley & Mary Martinez

NSARTA members who have given books to any children or grandchildren in January or February, please give that count to Sherlyn Valentin by email or phone or text. Thank you.

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

105 Firesage, Universal City, Texas, 78148

Thank you to everyone that emailed, texted or called me to report your volunteer hours for 2020. As a unit we reported 16,875 hours to TRTA. Considering we were Covid bound last year, we still continued to be involved in the community. Now it is time to start keeping tabs on your 2021 volunteer hours. Thank you, Sherlyn Valentin, you were the first to report your January 2021 hours. She e-mailed her hours to me! E-mail, text or call and leave a message.

MEMBER BENEFITS  Sue Sim  210-632-3143

Flowers are always welcomed by a love one whether on a birthday, Valentine's Day, holiday, or for no reason at all. You have a member's benefit with a special discount from FTD. Go on line to see other benefits, as well.

Question #2  What was the monetary worth of the volunteer hours of 38 NSARTA members?
Happy Valentine’s Day!!

February Healthy Living Calendar

Record your meals and/or activities

Life has gone almost entirely virtual since the pandemic with no visible end in sight. The average person spends lots of hours staring at computer and phone screen. It only takes two consecutive hours of staring at these screens to put you at risk of eyestrain, dryness, blurred vision, and headaches. Tiny eye muscles, like leg and arm muscles, get fatigued and will hurt from overuse.

Adjust the way you use these devices: Phone should always be a foot away from your face and your laptop or iPad about two feet away. Keep screens 3-4 inches below your sight line because looking downward is easier on the eyes. Swap standard light bulbs for eye comfort LEDights that don’t give off glare or emit high-energy blue-light wavelengths.

Doctors still recommend the 20/20/20 rule: Every 20 minutes, take 20 seconds to look 20 feet away.

Now for some fun for you lexiphiles:

To write with a broken pencil is pointless.
When a clock is hungry, it goes back four seconds.
With her marriage she got a new name and a dress.
Police were called to a daycare where a three-year-old was resisting a rest.
A bicycle can’t stand alone; it is two-tired.
You are stuck with your debt if you can’t budge it.
A boiled egg is hard to beat.
HAPPY VALENTINES DAY!

FEBRUARY, 2021