Happy Fall Y'all!

This morning was a lovely reminder that seasons are changing. Despite raging summer temps a few days back that had me drenched in sweat as I decorated my front porch while pretending fall had arrived, I am choosing to be encouraged by the low humidity and cool temps! It is hard to believe that we will be on the downside of October when we come together for our Candidate Forum on Wednesday, October 21st at 10:00. Barb Rothe, 2nd VP, has lined up candidates for local State offices, provided them with questions from our members, and given each 6 minutes to address meeting participants. I can tell you that it is stressful to think about juggling all this on Zoom, but with coaching from our friends at Senior Planet and a cheerful spirit, we are ready to make this happen! Zoom log-in information will be sent out by October 20th and I look forward to seeing all of you there.

Today was also the first day of Early Voting (October 13-30). By all accounts, lines were long. My husband and I are currently making our plan to vote in-person. Regardless of which method of voting you choose (in-person, mail-in or drop-off) solidify your plan with facts. You can visit www.bexar.org/1568/Elections-Department for your sample ballot, polling locations & voting days & times. I found www.teachthevote.org from The Association of Professional Educators very informative. This site includes surveys, voting records and other candidate information regarding public education and TRS issues for all state races in Texas including State Board of Education.
With all the misinformation, partisan political ads, and emotional issues in the news right now, taking the time to investigate sources of information is critical. I found it interesting to actually read through the platforms on both the state Republican and Democratic party websites, something I had never taken the time to do before. In a recent online class through Senior Planet on how to identify fake news and do fact checking, the following resources were suggested: www.factcheck.org, www.politifact.com and www.snopes.com. I found each to have interesting and surprising information. Good luck as you work your way through this election. Stay safe out there, wear your mask, and don’t forget to zoom with us on October 21st.

Here are some things you need to know:

- **TRTA District 20 Fall Conference** is Thursday, October 22nd. NSARTA had 18 members sign-up to attend. Emails will be sent just before the conference with Zoom log-in information. Contact Peggy with questions.
- **Jump On The TRTA Express** ~TRTA continues on the quest for 100,000 members! Spread the word and encourage all TRS retirees to join us as we roar into the new legislative session!
- **Make your voices heard!** TRTA Day at the Capitol is scheduled for April 7, 2021. Festivities will include free lunch & dessert, lively entertainment, and fellowship with other retirees. A pre-rally social will be held on April 6th from 4-6 p.m. at the Hilton Hotel/Downtown Austin. A block of rooms have been set aside for TRTA.
- In appreciation of Tim Lee’s participation in our September Kick-Off, NSARTA donated to the TRTF Tutoring Initiative in his honor.
- Congratulations to our September Zoom prize winners: Sherlyn Valentin, Stamata DeCarlo, Barbara Miller, Theresa Hill, Laurie Harris and Karin Stanley. Maybe YOU will be an October winner!

**NSARTA HEARTS**

Our October Hearts are ladies with family histories where all their sisters were teachers. Northern Hills Elementary in NEISD played a major role in each of their careers. One is the eldest of three and the other is the youngest of four. Both had either her husband or her dad play college football and together these ladies taught for almost 60 years in NEISD. Have you guessed yet who our Hearts are? Please enjoy reading about Lori Armstrong and Terri Chidgey.

**Lori Armstrong:** “I am Lori Naegeli Armstrong and I was raised among a family of teachers. I was born in Houston, Texas to Henry and Lynette Naegeli. I grew up in a small town nearby, Waller, Texas, with my parents and three older sisters, Jeanette, Jo, and Sue. Everyone in my family was, at one time, in the teaching field.

I went to Waller Elementary School, Waller Jr. High School and graduated in 1972 with a class of 72 students from Waller High School. Until I was in 9th Grade, I lived across the street from the campus, which held all three schools and the football field. I always walked to and from school and, some days, went home for lunch with my mom! By the time I was born, my mom was a stay-at-home mom but she was always at the school as room mom, band parent, PTA representative or some other volunteer job she would take on to show her support for the four of us. My dad served as President of the School Board until my senior year. Needless to say, my parents were very involved in all of our school activities, being there for us in everything from class plays to cheerleading and sports. My dad, after teaching early in his adult life, opened a grocery store with my aunt and uncle. I never got to see either of my parents teaching in school but I know they were great leaders to many young lives including my sisters and me!

All three of my sisters were also teachers. Jeanette taught in several high schools and middle schools in Texas before moving to Germany and finishing her career in an American School on base there. Jo taught in...
middle schools inspiring in her students with a love for science. Sue taught for a few years in elementary school before going to work for my dad at the store.

And then it was my turn! I attended Sam Houston State University in Huntsville and received my All-Lows teaching degree with a PE major. I met my husband, Danny, there and we were married the year after I graduated. He still had one year to go and was playing football for the Bearcats so we stayed in Huntsville that year. I had graduated in December the year before and took a job teaching elementary PE in Huntsville. The next year, a job in High School opened. It included teaching Freshman English (my minor), Girls’ PE, Girls’ Health, and coaching the tennis team! I was so excited when I started and set out to conquer all fields!! They forgot to mention that there was not exactly one classroom that I could call home-I would need to travel and take my things with me after every class. They also didn’t say that from time to time I would be co-teaching boys’ and girls’ health having almost 60 kids in the class at once. And they really got me with the tennis team— we only had ONE court on campus but, oh, you can use the courts just out of town for the varsity. But how can you be 2 places at one time?? It was a very busy year and proved to be a bit more challenging than I had expected when I began the year.

So, in May, Danny graduated and we moved back to his hometown, San Antonio, and I decided that teaching might not have been my best choice. I worked at various jobs including a bank. I worked there until my first daughter, Lindsey, was born in 1983. I decided to stay home with her and did so until our second daughter, Kelley, was three years old.

I love being a mom! I loved reading with my girls, celebrating their milestones in life, and seeing them grow bigger and smarter each day. They quickly got involved in many extra-curricular activities including church, sports, and just everything young girls like to do. I wanted to be there to see this growth and achievement.

I did go back to work part-time for a wallpaper store and I really enjoyed it. They were good about letting me work hours that helped to be with the girls whenever they needed me. But something kept buzzing around in my head through all of this. Why don’t you go back to what you set out to do-teaching? Only this time, go to the age you were meant to help and teach—elementary students! Maybe I could love teaching young children as much as I enjoyed teaching my own!

So I started subbing in North East ISD while still working at the wallpaper store. Again, they were great to work my schedule to get my foot in the door. And it worked-after subbing in the spring of 1995, I put in my resume with the district and started waiting. The summer went by and no word. But finally, a friend of mine, Linda Vivion (now Linda Lotz) said that her school was busting at the seams because they were waiting for the new school, Stone Oak Elementary, to open. When I first spoke with her, they had seven first grade teachers but needed to hire another. So I interviewed and loved all of them but they chose another lady that had applied ahead of me. Well, I tried my best but maybe this wasn’t what I was supposed to do...

However, God listens and acts and prayers are answered. Encino Park continued to grow and they needed another first grade teacher and they wanted me! Woohoo! But, oh yes, there was not a room for me yet. They needed 2 more portables for 2 fourth grade classes to be delivered and then I could have the room off the library that they were now sharing. They did want me to start right away though so I could get to know the team and the students before I got my classroom. What could be any better for someone coming back to teaching and teaching elementary classroom for the first time? When God closes a door he opens the most beautiful windows.

That year was wonderful and I thought I was so blessed to be put with this awesome team and in such a nice school and I was. I loved it. But then came spring and preparation began for the next year when about half of the school’s students would be going to a different school. Half the students means you only need half of the teachers. And being the last one in, I was certainly slated to be the first one out. My heart hurt.

My first shot was to apply for the new school. Terri Chidgey was going to be the new principal there. At Encino Park, we were told that no more than one teacher from each grade level would be hired. There were four of us that were to leave. I got my letter right before spring break telling me that they would not need me at Stone Oak and wished me all the best. My heart still hurt and my ego hurt a bit too.
So then my name went in with all the transfers and other teachers that needed a new home. I received a couple of invites and I decided to talk with Northern Hills first. I went over after school for an interview and one of the teachers on the team was Carol Blaschke who knew my husband because she was a year behind him at MacArthur. The other one of the seven that was at the interview was Jane Guthrie and she and Carol just won me over. They were working with newly planted seed cups all over the floor but put their interest right on me as they decided they would like me to join their team. Again, God knew what he was doing even when I had a little pity party about leaving Encino and not getting the job at Stone Oak.

On the weekend after the first week of school, I got a call from my sister in Waller telling me that my dad had suffered a heart attack a short while after playing his nightly game of racquetball and passed away. I let Northern Hills know and off I went to be with my family. They all told me not to worry about anything—they would cover for me. I was gone a week because we had a hard time reaching my sister, Jeanette, as she and her husband were sailing and only could get messages when they would harbor. They did make it and we all comforted our mom and each other as we said good-bye to my dad.

When I returned, I was welcomed back by a team that I was just getting to know and did I really get to know them and others at the school at this time. Our Open House had been held the week I was gone and my principal, Sharon Newman, took my place with my parents. She had written them all and let them know about my dad and she gave them everything I would have and more that night in my absence. I will never forget that act of kindness. My family and I were also told to not plan any meals for the week because each day, a different member of my team would be making dinner for us so we would not have to worry about it. I had found my home and that is where I would stay.

Five of the team, including Linda Nolder, whom you all know, grew to be best friends and still are. Four of us had children at MacArthur, two of us lived in the same neighborhood, and we all loved the same things. This was not just a teaching assignment, it was a life assignment sent from God. I taught at Northern Hills for 18 years. I did add on one more year when a familiar voice from the past called to see if I would like to teach in a small Christian School with small classes and wonderful teachers. How could I say no to Sharon Newman, who had once stepped in for me? It was a great year on which to end my teaching career.

I completely retired after that and was ready to spend more time with my husband and girls. Lindsey and Kelley both lived in San Antonio after graduating from UT Austin so I had time for lunch and other special times. Kelley had gotten married during my last year at Northern Hills and we welcomed her husband, Edward, into our family. The fall after I retired, Danny and I returned from visiting my sister in Germany to learn that I was going to have another new job—being a Grandmother. Kelley and Edward were expecting in May and we welcomed our first, and only, so far, grandchild. Dylan Jane came into our lives and has owned my heart ever since!

So I still love being with my family every chance I get and I try to make that as often as possible! Jeanette comes from Germany a couple of times a year and we all gather. Jo and Sue and I get together as often as we can and gather with our daughters and granddaughters for Naegeli Girl Weekend every summer. Danny and I meet Lindsey, Kelley and family for dinner, lunch, Longhorn games, family trips to the coast, and any other occasion that we can. Every day can be a day to celebrate if you choose and that is what I choose when I see my family.

I do take part in other things other than my family although some of these involve my family too. I belong to Coker UMC and I am active in my UMW Circle and serve on the UMW Board as Membership Chairman. I also am very active at the Coker Food Pantry helping on distribution days there. We have continued to serve our community all through the Covid Pandemic and there are so many that help to make that possible. I also serve as Health and Wellness co-chairman. I serve with Linda Nolder as head of the Backpack Project for the families of our Food Pantry. The past few years, the church has prepared backpacks and supplies for about 1,000 children. I love helping this happen. We also work together on the Coker Angel Tree Project at Christmas to supply gifts for the children of these families.
I love to read, take walks, scrapbook, and work in the yard. It is nice to have more time for these. My husband and I like to take small trips around the state for a little getaway. I am working on plans for a roadtrip, when we can go safely, that’s a little farther away! I do feel very blessed to have my wonderful family and to have made many wonderful friends especially through my teaching. What bonds we have and what great times we have shared! Thank God for leading me down this path!”

Terri Chidgey “I was born in Toledo, Ohio to parents Jim and Nancy Wassmund. At the time of my birth, my father attended, played football and was a member of the ROTC at Ohio State University. He later went on to serve 30 years in the United States Air Force as a Hospital Administrator. My Mom, Nancy packed and unpacked the family numerous times, moving with him to Ohio, Alabama, Italy, Scotland, Michigan, Colorado, Texas, California, and the Philippines. I am the oldest of three siblings. My brother Scott Wassmund resides in Sugar Brush California and is a retired Park Ranger. Linda, the youngest is a retired California elementary teacher who recently relocated from California to Alabama to be closer to her granddaughter and escape the fires.

I am a product of North East Independent School District, graduating from Roosevelt High School where I met my husband of 46 years, Joe. I received my B.A. in Elementary Education from South West Texas State University (now Texas State University) and my M.A. in Educational Leadership from Trinity University. Joe and I have two children Kristi and Scott. Kristi is married with one precious 5-year-old son, Brayden. Scott works for the government and lives with her husband and son in Rome, Italy. Scott is the Social Media Coordinator for NEISD.

I have had many jobs in my 41 years in the field of education, all in NEISD. My first job was as a third grade teacher at Wilshire Elementary. I opened Woodstone Elementary as a third grade teacher and an administrative assistant. Later, I became the assistant principal at Woodstone. Northern Hills was my first assignment as principal. Shortly after being named as principal at Northern Hills, I had the honor of opening Stone Oak Elementary as the principal. After 13 years at Stone Oak Elementary, I again had the privilege of opening Tuscany Heights Elementary. I concluded my career as the Executive Director for Performance and Planning at Central Office. The opening of schools, building faculties and PTAs, choosing colors, and mascots, purchasing furniture, welcoming eager children and so many other tasks was the greatest joy in my career.

After retiring in December of 2018, I stay busy traveling-especially to visit Brayden, serving on the St. Thomas Episcopal School Board, Lay Reading at St. Thomas, and am the Vice Regent of the George W. Kendall DAR Chapter. In addition, I enjoy spending time with special groups of friends such as SORTA (Stone Oak Retired Teachers and Assistants), the Stone Oak Book Club, and my dear “Fun Friday” Friends as well as swimming and taking long walks. Currently, I am working as a Supervising Teacher at the University of Incarnate Word. Mentoring future teachers is incredibly fulfilling.”

Answer the two Newsletter questions correctly to be entered in a drawing and win a great prize. Email or call Betty Moseley bmoseley@swbell.net OR (210) 494-1080 by Oct. 20 with your answers. Winners announced at October 21 meeting.
**STITCHERY**  
Ledru Barker  ledrubarker@yahoo.com  210-289-3554

This month we dropped off 140 pillows and 17 quilts. Thank you to Kay Rozene for making the quilts. I also received cloth from several members. Please call me at 210-289-3554 and I can pick up donations from your porch after we arrange a pick up time.

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

Just a few reminders of scams that some may have been experiencing lately and for all to be aware of:

1. Paying with gift cards, with someone calling to tell you that you’ve won the lottery, a prize or sweepstakes, or they claim to be from the government and tell you there is a problem with your Social Security number. To collect your winnings or solve your problem, you must pay with gift cards. Anyone who insists that you pay by gift card is always a scammer.

2. Scammers prey on your kindness asking for donating money during disasters with blog posts on your Facebook or phone messages: wildfires raging out west, the hurricane season, or civil unrest. All of this is happening during a global pandemic that has claimed its own devastating share of deaths. Don’t participate; this is a scam.

3. Chain letter scams tempting you to play “The Circle Game,” join a “Blessing Loom,” or jump on a “Money Board”. These are some of the names for an online scam that’s making the rounds at a time when millions of people are out of work and scraping for cash. Don’t be scammed.

[www.consumer.ftc.gov](http://www.consumer.ftc.gov)

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**Question # 1.** What kind of salt is used in our salad recipe?
HELLO, LOVELY COOL OCTOBER!  Well…hmm, at least mornings and evenings are somewhat brisk!

We are so excited for our October meeting on Wednesday, October 21, 2020, when we host our San Antonio candidates running on the November ballot. We have 11 candidates who have accepted our invitation to address our membership on Zoom. We will not have a typical Q&A session due to the Zoom format; therefore, your questions were given to the candidates prior to the meeting. We are honored to have our legislative and SBOE candidates address our membership to discuss their opinions and thoughts on legislation and current issues that directly impact retired teachers. Please take a moment to review the candidates and the summaries of biographies submitted by them on their websites at the end of this newsletter. This information was also sent out in an e-mail on Tuesday, October 13th.

Prior to the meeting, you will receive Zoom instructions, the link to log on, ID number and passcode to enter the Zoom room. We want to again thank Elaine Bretschneider from Senior Planet; her support is invaluable in assisting us with our Zoom meetings.

LOOKING AHEAD TO NOVEMBER!  Informative and Protective Services is our focus. Our program is full of fun and exciting new ideas to keep us socially active, safe and informed with our new normal as we head into the last two months of our unprecedented 2020 year! Details for the program will be in the November newsletter for our November 18, 2020 meeting via Zoom!

FUN FALL MEET UP – Zoom Bingo!  Yes, it’s really a “thing”! More information will come with date, time and details.

BIG READ BOOK CLUB – Wednesday, November 4th @ 1:30 on Zoom- the inspiring novel, American Dirt, by Jeannie Cummins. This book exemplifies the human spirit, parental love, hope and faith. I’m sure we will have a lively discussion on this excellent and captivating book about a young Mexican woman who flees Acapulco with her young son as she endures the perils of her journey. Zoom ID # and passcode will be sent the day before book club. Future dates for Book Club: January 6, 2021, March 3, 2021, May 5, 2021.

TREASURER’S REPORT  Dolores Ramon  210-386-4533  Dolores.ramon@yahoo.com
Greetings everyone! Thanks to the efforts of Harold Black in recruiting sponsors for our NSARTA yearbook, I’m happy to report that our yearbook expenses will be minimal this year! Each of the sponsors contributed $150 for a grand total of $750.

A huge thank you goes out to the following sponsors:

- Pam Neel, Pamela Neel Group Real Estate
- Jake Yetterberg, Yetterberg Retirement Solutions
- Andrew & Desaree LaMaccia: The LaMaccia Team
- Firstmark Credit Union
- Independence Hill Retirement Resort Community

The yearbooks will be mailed out this week, so be sure to check your mail.
I look forward to sharing the Treasurer’s Report with you at the October 21st Zoom meeting. See you there!
Sympathy cards were mailed this month to the family of Loyce Collenback, to Lorey Meredith who lost her mother, and to Carol Shelfer who also lost her mother.

A “Thinking of You” card was mailed to Eddy English and her family with her brother-in-law’s cancer diagnosis.

Hello Retirees!
Hope everyone is doing well! One thing for sure, we have all had to learn some new things and think “out of the box” during this time! And TRTA has done just that. I am encouraged that TRTA is focusing on “Our Voice”, the voice of retired public school personnel and now, current public school employees. We all know the importance of numbers/members with our Texas Legislators, which can drive votes and legislation toward improved benefits and cost of living payments.

Therefore, your membership is more important than ever and encouraging the membership of current public school personnel is vital. “Everyone Bring One” can make a huge impact with our organization. As a reminder, membership is $50 (TRTA $35, NSARTA $15), a great investment at $4 a month! You can't beat that. We all know the difference that one person can make, so I challenge you to mail, text or drop off a membership form to ONE Person this month; maybe even TWO! (The membership form is included under MEMBERSHIP, p. 12)

As your NSARTA Retirement Education representative, I look forward to not only sharing information about increasing our membership, but also our purpose and vision for the future. I ask many of you to consider joining me to “think out of the box” with suggestions for a more inclusive membership of all public school personnel and retirees. Looking forward to your comments.

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

“Kind words can be short and easy to speak, but their ECHOS are truly endless.”    Mother Teresa

**Question # 2**  What’s the date of District 20’s Fall Conference?
NSARTA Minutes Via ZOOM  WEDNESDAY, September 16, 2020

1. President Peggy Peterson called the meeting to order at 10:05 a.m.

2. Welcome: Peggy welcomed everyone to the first virtual meeting for NSARTA of the year. She discussed the virtual format for today’s meeting. 56 participants were present at the Zoom meeting. Birthday Celebrations: 1.

3. Invocation: Barbara Yates, Chaplain; Pledges: Paul Cwiklik, Immediate Past President.

4. Introduction of Speaker Tim Lee (TRTA Executive Director) by Peggy. Tim became the director in 2004. He discussed the following:
   a. 2 Town Hall meetings with Senator John Cornyn and MJ Hegar (possibly via Zoom) within the next few weeks.
   b. A new benevolent tutoring initiative for Texas retired teachers to help students with online learning and teachers will be paid to assist thru TRTF.
   c. Healthcare is always spiraling and do we have adequate healthcare for our retirees?
   d. The WEP was mentioned and Lloyd Doggett has now signed-on to the reform bill (4540 HB) on September 4, along with Kevin Brady who introduced this bill.
   e. A “Q & A” followed his speech, questions appeared via Zoom Chat.

5. Break time with Darryl (Senior Planet staff). Then we all sang Happy Birthday to Peggy.

6. Barb Rothe (2nd V-P) took over because Peggy’s computer was not connecting.
   a. Barb mentioned Peggy’s theme for the year—Be the Rainbow in Someone Else’s Cloud.
   b. A 2 min. video by Maya Angelou was shown by Karly (Senior Planet staff).
   c. A poll was taken about which color of the rainbow inspires each of us. RED was 1st and BLUE was 2nd.

7. Officer Reports:
   a. Minutes from February 19, 2020, by Suzanne Sim, were approved, presented by Carolyn Pfeiffer, which were previously printed in the September newsletter. Dolores Ramon made the motion to accept the minutes as printed and seconded by Barb Rothe. Approval by the members in attendance was taken via a poll online. Poll was a unanimous vote.
   b. Treasurer’s report, by Dolores Ramon, was shown on computer screen, then approved and filed for audit.
   c. Budget for 2020-2021 was presented by Dolores Ramon, was shown on computer screen and approved. Barb Rothe made the motion to accept the budget and seconded by Carolyn Pfeiffer. Approval by the members in attendance was taken via a poll online. Poll was a unanimous vote.
   d. Barb Rothe presented the program planned for the October 21st meeting.
      1) Legislative candidates running for office and possibly those candidates running from our area for State Board of Education.
      2) Big Read Book Club will be Wednesday, November 4, 2020 at 1:30 PM. The book chosen is “American Dirt” by Jeanine Cummins.

8. Other Business:
   a. TRTA Membership contest (Reach for the Stars) will end September 30. Peggy asks all members to continue seeking retired teachers to join our local unit.
   b. TRTA District 20 Virtual Fall Conference will be held October 22, 2020. Sign-up will be a RSVP to Peggy Peterson by September 20. A link will be sent via email closer to the fall conference itself.
   c. Early voting begins October 13 to October 30.
   d. Amazing classes are available through Senior Planet. Go to: www.seniorplanet.org for more information.

9. Zoom Prizes:

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NEWSLETTER - OCTOBER, 2020  Page 9
RECORDING SECRETARY  Carolyn Pfeiffer  210-372-434  carolynpfeiffer48@gmail.com
a. Barbara Miller won a gift card for the September newsletter questions and replying to Betty Moseley with her answers.
b. Suann Agold, Laurie Harris, Karin Stanley, and Teresa Hill were also door Zoom prize winners. Their gifts will be mailed to them.

10. Adjournment: 11:53 a.m.

**LEGISLATIVE/FOUNDATION**  Adele Murphy  adelem54@yahoo.com  830-522-0838

**Legislative News** - We’ve received info about voting from numerous sources. Consequently, I will provide links from sources I find to be helpful but won’t elaborate. What I will do is remind you that our vote is our power and is what makes this country of ours so special. Please exert your power and VOTE.


**Foundation News** - November is TRTF Month! In the past we had baskets on the tables to collect donations for TRTF in the fall. This year we meet on Zoom in the comfort of our own homes and can’t put a little cash in those baskets. Hence we are asking that our members consider making a tax deductible donation on line or send a donation directly to TRTF. Please mention that you are a NSARTA member and request that an acknowledgement be sent to NSARTA Treasurer Dolores Ramon, dolores.ramon@yahoo.com. For those of you sending a check, they want to know your name, address, phone number and who/what your donation is honoring. Texas Retired Teachers Foundation 313 E. 12th St., Ste 220 Austin, TX 78701-1957. For those of you who don’t know what TRTF does, this is what they say about themselves: “The Texas Retired Teachers Foundation is a non-profit 501(c)3 dedicated to helping active and retired educators with their financial needs. We offer three programs to assist educators, and we designate more than $25,000 per year towards public education.” I would like to add that in light of the needs of students and teachers during the Covid crisis TRTF is initiating a tutoring program using retired teachers to assist students! https://trtf.org

**COMMITTEE REPORTS**

**BIRTHDAYS**  Linda Nolder  (210) 219-4749  lnolder@aol.com  Michele Bibb

Did you know people born in October love to make friends and are good at it. They return affection to those who give it to them easily and treat their friends and loved ones with great importance. A conversation with an October baby can be filled with jokes, dreams, and strong opinions. They tend not to focus on others’ impressions of them. October has produced more presidents in the world than any other month. Other attributes of October babies are they are generally better at sports and according to a study, they are more likely to live to be 100 than people born in other months. **Please contact Linda Nolder with your birthday month, if you have not already done so.**

**HAPPY OCTOBER BIRTHDAY** to these NSARTA members:

Patrick Holden, Carolyn Varian, Sarah McGrew, Teresa Robinson, Sarah Holden, Mary Ann Lansford, Mary Ramos, Carlos Ortiz, Julie Bell, and Glennie Lecocke.
This month we have a delicious and EASY salad recipe by our own Linda Nolder.

**Fresh Summertime Salad**

1-pound cherry tomatoes - slice in half  
3 cooked cobs of corn (cook anyway – grill, boil, microwave) - cut off cobs  
2 avocados – peel, slice thin and in half  
½ medium size red onion - slice very thin  
2-3 tablespoons fresh lime juice  
2 tablespoons extra virgin olive oil  
1 teaspoon sea salt  
Pinch of black pepper

Combine tomatoes, corn, avocados, onion, and garlic in bowl. Squeeze lime juice over top. Drizzle with EVOO. Sprinkle with salt and pepper. Toss and ENJOY.

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

105 Firesage, Universal City, Texas, 78148

Another month of Covid 19 lockdown continues. I have only had 3 people contact me with their volunteer hours. You can text me or email me. If you have questions about what counts for volunteering, contact me. I was at a meeting and the the monetary value of a volunteer was brought up. It was $20 an hour. Think of how much value we have to our community.

**CHILDRENS’BOOK DRIVE**  
**Sherlyn Valentin, dhrc@airmail.net**  
210-365-9185

Pat Loewe, Nancy Dooley & Mary Martinez

The Children’s Book Project is asking members to give a count of how many books they have given children for birthdays, showers, etc., since March. Members can email their book counts (no titles needed) to Sherlyn Valentin at dhrc@airmail.net. A big thank you to Dolores Ramon for donating a gift card to the book project for the purchase of books in Spanish!
Reach for the Stars ended September 30 and NSARTA gained 87 new members. Winners will be announced at the end of October. Our current membership is 277. There are many eligible members who have not joined. If you get together with other retired teachers that are not members – encourage them to join and let them know the benefits of belonging to the organization. You might want to have some membership forms on hand to give them, as well.

TRTA/NSARTA NEW/ANNUAL RENEWAL MEMBERSHIP FORM 2020-2021

CIRCLE: NEW MEMBER RENEWING MEMBER

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

LIFE LOCAL MEMBER: $35.00 LIFE TRTA MEMBER: $15.00

Make check payable to NSARTA for the total amount of either $15.00, $35.00, or $50.00.

CHECK # __________

Mail to: Eddy English 13028 Trent San Antonio, Texas 78232

From Healthy Living Calendar:
Let go of the little things, (if something won’t matter tomorrow, don’t let it ruin today).

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Healthy Living is a Lifestyle

Eat Smart

Healthy eating starts with healthy food choices.

**Nutrition**
- Fill half of your plate with fruits and vegetables
- Eat on small plates
- Stay hydrated
- Take small bites
- Snack on nuts or dried fruits
- Eat most meals at home

Move More

Find forms of exercise you like and will stick with and build more opportunities to be active in your routine.

**Physical**
- 15 or more minutes of walking daily
- 30 minutes of running, chair exercises, yoga, or sports
- Practice balancing exercises
- Protect your spine by sitting up straight
- Practice deep breathing

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ELECTION ADDENDUM TO OCTOBER NEWSLETTER

North San Antonio Retired Teachers Association is honored to have our Texas State legislators and SBOE candidates address our membership at our October 21, 2020 meeting via Zoom. Please take a moment to review the summaries of biographies submitted by the candidates on their websites.
State Senate District 19
Senator Peter Flores, Incumbent
Rep. Roland Gutierrez, current State Representative Dist. 119

State Representative District 117
Rep. Philip Cortez, Incumbent

State Representative District 118
Rep Leo Pacheco, Incumbent

State Representative District 119
Ms. Elizabeth “Liz” Campos
Mr. George Garza

State Representative District 121
Rep. Steve Allison, Incumbent
Ms. Celina Montoya

State Representative District 122
Ms. Claire Barnett

State Board of Education District 5
Dr. Rebecca Bell-Metereau
Ms. Lani Popp

TEXAS STATE SENATORS

District 19
Senator Pete Flores, Incumbent
Senator Flores, was raised in South Texas, graduating from Texas A&M in College Station. Senator Flores spent most of his career as a Texas Game Warden, serving the State for 27 years and achieving the rank of Colonel. Senator Flores was elected in a special election in September 2018, becoming the first Hispanic republican to serve in the Texas Senate and the first Republican to represent Senate District 19 in 139 years. He holds a Texas Master Peace Officer certificate, is a graduate of the Governor’s Executive Development School from the LBJ School of Government at UT-Austin. Senator Flores served on five Senate Committees and passed various bills to help community needs, financial investments, property tax relief and reform. He also worked on reforming the school finance system assisting current and retired teachers.

Representative Roland Gutierrez, current State Rep. for District 119
Representative Gutierrez, was born and raised in San Antonio. He earned his BA in Political Science from UTSA and his Law degree from St. Mary’s University. Representative Gutierrez serves on the House Committee on Energy Resources and the House Committee on Pensions, Investment and Financial Institutions. He has served as the Chair of the Defense and Veterans’ Affairs Committee and prioritized the well-being of our returning soldiers by proposing the establishment of the National Warrior Resiliency Center in San Antonio. The center focus is on the treatment of PTSD across Texas. He has authored policy that address sexual assault and a crisis call center that helps victims of sexual assault and to increase protection against potential assault in therapy centers. Representative Gutierrez is a strong champion for appropriate funding of public education, affordable public health care, effective public safety and policies to help strengthen the economic security of all Texans.

TEXAS STATE REPRESENTATIVES

District 117 - Representative Philip Cortez, Incumbent
Representative Cortez grew up in San Antonio. He received his BA in Political Science from UTSA and a Master’s degree in Public Administration from UTSA. He is currently studying for a PhD in Educational Administration at the University of Texas in Austin. Representative Cortez was elected to serve District 117 in 2012. He was elected to serve as the Chair of the Texas Veterans’ Caucus and was selected to serve as Deputy Whip for the House Democratic Caucus. He served on the House Committee on Public Health and the House Committee on Homeland Security and Public Safety. He is also serving our country as a Captain in the Air Force Reserve.

DISTRICT 118 - Representative Leo Pacheco, Incumbent

Representative Leo Pacheco is a lifelong resident of San Antonio’s Southside. Leo’s an active member of the St. Lawrence Catholic Church and the Knights of Columbus. A proud graduate of Harlandale High School, Leo’s a strong and dedicated advocate for highest-quality public schools. Because of his support for schools, teachers and children, Leo received a ringing endorsement from the Texas State Teacher’s Association and the American Federation of Teachers. Leo earned his Associate’s degree from San Antonio College, his Bachelor’s in Business Management from Texas A&M University San Antonio, and his Master of Public Administration from the University of Texas at San Antonio. Leo recently served as the professional human resource specialist at Palo Alto College where he worked as a Title 9 Civil Rights Investigator. He has taught at San Antonio College and at the University of Texas San Antonio, instructing students in public administration, management, and labor relations. In serving on the Alamo Community Colleges District 2017 Citizen’s Bond Advisory Committee, Leo helped to secure the $23 million for an Education Training Center for the Southside positioned on Southside ISD property.

DISTRICT 119 - Ms. Elizabeth “Liz” Campos

Elizabeth “Liz” Campos is a lifelong resident of District 119. Ms. Liz Campos worked in the legal field for 24 years as a legal administrator helping families fight for their rights. Ms. Campos has served her San Antonio community as Chief of Staff in the Texas Senate for many years. She has worked in 17 counties across West Texas spearheading constituent cases, developing community based events, and working with local leaders on policies that worked to better serve their communities.

DISTRICT 119 – Mr. George Garza

Mr. Garza was raised in San Antonio. He graduated from East Central High School and enlisted in the Marine Corp where he served our country for four years. Mr. Garza used his GI Bill to further his education at University of the Incarnate Word. He graduated with a BA degree in Business Management. He also is a Texas Class A Barber. He is passionate about fair custody arrangements with co-parents, improving the school system, reducing youth crime with more outlets for youths to consider. Mr. Garza is an advocate for the advancement of veteran’s affairs.
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**DISTRICT 121 – Representative Steve Allison, Incumbent**

Representative Allison graduated from TCU and has lived in San Antonio for more than 45 years. Steve is a business attorney, who has extensive experience representing individuals, large and small businesses, doctors, and religious organizations. In addition to his law practice, Steve has dedicated his life to improving our community. He founded the San Antonio All-Star football game, which is responsible for awarding hundreds of thousands of dollars in scholarships for local students. Steve served on the Alamo Heights School Board for 12 years, serving as President for three terms where he fought the impact of “Robin Hood” legislation and was instrumental in keeping local tax dollars in his community. He is a proponent of strengthening vocational education and workforce development. He was a member of the statewide Special Committee on Revenue and Funding and served three years on the Board of the Texas Association of School Boards. He has time at the Capitol working on school finance issues. He worked on the VIA Board where he gained critical knowledge and understanding of our community’s transportation infrastructure needs.

**DISTRICT 121 - Celina Montoya**

Ms. Montoya grew up in San Antonio in District 121, graduating from Alamo Heights High School. She earned a bachelor degree in Journalism from Northwestern University. She was employed by Texas Public Radio and later created a local non-profit organization assisting in serving the city’s rising illiteracy rates. If elected, she would be the first Latino and the youngest person to represent District 121. Ms. Montoya previously served as President of the Junior League of San Antonio, and is currently Co-Chair of the Women and Girls Development Fund at San Antonio Area Foundation, and a board member for the San Antonio Public Library Foundation.

**STATE BOARD OF EDUCATION**

**DISTRICT 5**

Dr. Rebecca Bell-Metereau Dr. Rebecca Bell-Metereau is a Professor at Texas State University, where she developed & directs the Media Studies Minor, and has received awards for teaching and service. She has
conducted teacher training, served as Planning & Zoning, and Bond commissioner, and helped bring Recycling and a new library to San Marcos. As researcher and Force grain flights, Faculty Senator, Assistant to Texas State President, & Fulbright Scholar.

Ms. Lani Popp
Lani Popp is a speech-language pathologist in the Northside ISD. She has worked for 28 years in public schools, inner city and private schools. She currently works with students with disabilities, most notably students with autism. Ms. Popp’s expertise is working with social communication deficits. She was a national finalist for the teacher of the year award from the Veterans of Foreign Wars, which recognizes exceptional teachers for their outstanding commitment to teaching Americanism and patriotism. Ms. Popp has taught other educators through conferences and conventions in Texas, regionally and nationally. She has presented at the Texas Speech-Language and Hearing Association Convention, Texas Autism Conference, Texas Behavior Support State Conference, Texas Assistive Technology Conference, Texas Music Educators Association Convention, The Southwest Region of American Music Therapy Association Conference and the American Music Therapy Association Conference. Ms. Popp is an author and a composer.

BE SURE TO JOIN US ON ZOOM, ON OCTOBER 21ST, TO HEAR THE CANDIDATES EXPOUND ON THEIR STANCE ON EDUCATION ISSUES.

NSARTA
14219 Turtle Rock St.
San Antonio, Texas 78232
Happy Halloween!

OCTOBER 2020