PRESIDENT’S CORNER Peggy Peterson  (210)373-3961 casapeggyp@gmail.com

Life starts all over again when it gets crisp in the fall.

~ F. Scott Fitzgerald, ‘The Great Gatsby

Even though crisp mornings are just popping up, NSARTA is ready to fall back into in-person life! We will again meet in person at San Pedro Presbyterian Church Fellowship Hall on Wednesday, October 20th with coffee & fellowship at 9:30 and meeting kick-off at 10:00. We will wear a mask and practice social distancing while we celebrate having our NSARTA family back together with some fun activities. Don’t miss the fun 🍁

Our plan is to also Zoom the meeting but please realize that we are novices at this technology. We will be holding our breath and crossing our fingers in hopes that it works. We will do our best.
Here is the log-in info:

https://us02web.zoom.us/j/83927854568?pwd=LzJEMDhqRjV2eG9WdHJxOHZMd1VUUT09

Meeting ID: 839 2785 4568
Passcode: 534529

Hopefully you joined us in September to hear from Tim Lee, Executive Director of TRTA. We are all appreciative of the hard work TRTA put into keeping the needs of education retirees present in the minds of Texas legislators. We are all looking forward to the 13th check likely coming in January, but the work is not done. We are closer than ever to seeing a COLA – cost of living adjustment- in the next legislative session. It is critical that we stay involved with our elected officials and be aware of all that are running in the 2022 election.

How do we ensure our voices are being heard in Austin? Growing TRTA membership will amplify our voices. As you all are aware, 17 years is far too long without a COLA and we are all experiencing rising costs for everything! The Time is NOW! NSARTA is sponsoring Each One Bring One Fall Membership Drive. This is how it works...

- Reach out to your education retiree friends. ANYONE that retired from a state education system and receives an annuity is eligible to join TRTA/NSARTA.
- Print off the membership forms (attached). Send in dues and forms to Eddy English, NSARTA 1st Vice-President.
- Make sure that the new member lists YOU on their membership form.
- NSARTA members will be entered into a drawing for 1 of 2 - $25 gift cards for each new member recruited!
- NEW 2021-2022 TRTA/NSARTA members will be entered into a drawing for 1 of 2 - $25 gift cards.
- Winners will be drawn at our Holiday Luncheon on December 15th.

COMMUNITY SERVICE OPPORTUNITIES...

- Food Drive for Ridgeview Elementary, NSARTA’s adopted school. According to Principal Veronica Garza, this year many more RV families are struggling to make ends meet and provide for their families. Our NSARTA Food Drive will help stock family pantries for the holidays and provide as many families as possible with a special Thanksgiving meal.
  - Here’s the plan to stock pantries....
    - Begin collecting non-perishable items.
    - Bring donations to October 20th meeting OR
    - Contact your Porch Elf for pick up between October 25th & November 5th.
    - Basic pantry items:
      - Canned goods (vegetables, chili, stew, soup, pasta foods)
      - Dry beans
      - Rice/Pasta/Mac & Cheese
      - Cereal
      - Cereal bars
      - Peanut Butter & Jelly
Thanksgiving meal plan...

- Make a monetary donation to purchase small frozen turkeys (currently a 12 lb. frozen turkey costs about $16), fresh fruits, vegetables & breads. We will preorder from HEB.
- Dolores Ramon, NSARTA Treasurer will collect donations at the October meeting or you may mail monetary donations to her at 31638 Catalina Way, Bulverde, TX 78163-4162. 
  Your donations need to get to Dolores by NOVEMBER 5TH.

ELF LOUISE PROJECT REQUESTS OUR HELP AGAIN!

- Before any gifts can be distributed family requests must be organized. NSARTA has participated in this for many years and missed doing it during the pandemic. This year again, there will be no wrapping of gifts.
  - Elf Louise can handle as many volunteers as we can round up. Any amount of time you can give is appreciated. Grab a couple of friends & carpool. It is a fun experience and helps this great organization kick-start the holiday season.
  - Wednesday, Nov. 17 - 1:00 – 3:00 (After our November meeting)
  - Thursday, Nov. 18 - 9:00 – 3:00
  - Friday, Nov. 19 - 9:00 – 3:00
  - Elf Louise is located at Port SA (former Kelly AFB)
    - 333 Morris Witt Street/78226
  - Ready to help? Text Peggy Peterson at 210.373.3961 with day & time OR sign-up at October meeting.

Together We Will Make NSARTA The Rainbow in Our Crazy 2021 Cloud!

Questions
Betty Moseley  bmosleynw@swbell.net  210 219 9881

Embedded within your Newsletter you will find 2 questions. E-mail or text your answer to both these questions to Betty Moseley by the 3rd Tuesday (day before our meeting) each month, and you will have your name placed in a drawing for a Gift card. The winner will be drawn at our meeting each month.
Hello FALL!! It’s so nice to experience your cooler days and beautiful foliage. We have another interesting couple for our October Hearts of NSARTA, Ron and Kay Royal. They have a combined total of 70 years in education. Not only are they members of NSARTA but also members of the Uvalde retired teachers group. As you will discover they love being retired and stay busy travelling and spending time with family and friends.

Ron & Kay Royal “Kay and I moved to San Antonio from Uvalde, Texas in 2013. We both retired from Uvalde schools and were members of the local retired teacher group.

Kay grew up primarily in Jourdanton, the fourth of six children. During her early years they moved frequently, following highway and dam construction jobs. Her mom was a stay at home mom and the anchor of the family while her dad followed work.
I was born and raised in Pleasanton, the youngest of two children. Dad had several small businesses and mom worked in grocery stores until she was diagnosed with MS in her late 30s.

After high school I attended Southwest Texas State and graduated in 1966. Circumstances brought me back home to Pleasanton. Teaching seemed the best opportunity for a job and I was hired in the Harlandale district teaching junior high math and commuted from home. While attending my home church, I met this pretty young girl who had just graduated from high school. We dated for a year and were married in October. Kay had moved to San Antonio so we kept her apartment there. This was the year of Hemisfair and we had a great time attending often. We returned to Pleasanton where I taught middle school math and drove a bus route while Kay stayed home to care for our two sons.
After five years, I had completed my masters at Our Lady of the Lake College. I was offered a job in special education in Uvalde.

After a hasty move, we began the next chapter of our lives. Kay juggled family and classes at Uvalde Junior College and then Sul Ross College center there in Uvalde. I worked for a special education co-op as a diagnostician. After college graduation, Kay went to work as a first grade teacher and then as a reading coach until her retirement after 25 years. I became the Special Education Director in Uvalde after our co-op separated. I retired after 27 years with UCISD and continued to work part time with area districts. With my halftime years, my career covered 45 years.

Our youngest son, daughter in law and two granddaughters encouraged us to get closer which prompted us to move back to the city. It was a blessing as I was diagnosed with cancer and was able to be close to skilled doctors for treatment and surgery. We became members of Oak Hills Church North Central where we were actively involved.
We have enjoyed our association with TRTA and our local organizations both in Uvalde and here.

Since our return to San Antonio and full retirement, we have traveled often, seeing more of the US and Caribbean, on various cruises, as well as visiting our oldest son and his wife in Tokyo where he teaches in a private school. We plan to visit there again when things open up. We recently traveled to California to see Yosemite and Sequoia parks. We still have some bucket list places to visit.
We are trying to get back to normal after my recovery from cancer and the shutdown with the pandemic. During my surgery, the surgeon removed my esophagus and attached my stomach to my throat. I can truthfully say my stomach is really in my throat. We continue to play golf, go to the gym and try to stay active. Kay enjoys knitting with her friends, reads, and enjoys cooking new recipes. She has become a teacher and mentor to several of her friends. I love to tinker, read, do bible studies and debate issues with friends. We are truly an international family as our latest daughter-in-law is Japanese, one granddaughter is from Guatemala and the other from China. What a blessing!”

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

OCTOBER 2021- September’s program featured our fabulous TRTA Executive Director, Tim Lee. His presentation did not disappoint. Stating up-to-date information and the news of a 13th check was much appreciated and a huge “thank you” is in order for our legislators as they continue to work tirelessly for a COLA for us! Thank you, Tim!

Our October meeting will…wait for it…Yes, a Hybrid! We will have an in-person meeting, plus be on Zoom. Our tech committee (you know who you are) will be checking out WiFi and all the particulars at the church on how to hold both a virtual an in-person meeting. You will receive the Zoom ID and passcode from Peggy by email a few days before the Wednesday, October 20th meeting, if you choose to attend by Zoom.

Our October program focus is Wellness and Healthy Living. Our program consists of a nutrition specialist from H-E-B for an informative presentation and then we will tap into our creative side in something fun and “artsy” that Michele Bibb and I have been working on. We have gathered materials for a fun, hands-on activity that we think you will enjoy. If you have colored sharpies, please bring them.

Please join us on Wednesday, October 20th at 10:00 am.

Stay safe and healthy.

BIG READ BOOK CLUB       Patti Evans       paevans2808@aol.com

The Big Read Book Club will be meeting on November 3rd at 1:30. Our November selection is a historical fiction novel called The Rose Code by Kate Quinn. This is a heart-stopping World War II story of three female code breakers at Bletchley Park and the spy they must root out after the war is over. There is still time for you to get started reading and then come join our discussion. Once you start reading you may not want to be put it down! Our January selection is The Last Thing He Told Her by Laura Dave.

If you love to read and enjoy sharing your reading adventures, we would love to have you join us. We meet every other month on the first Wednesday at 1:30. Contact Patti Evans or Peggy if you would be interested in joining us.
Meet-Ups for Members
Kathy Cooke  kjccooke@yahoo.com

We will have a meet up activity for December! The meet up will be the NSARTA Christmas Cookie Exchange so get your favorite recipes out and get ready to bake. This is a great opportunity to enjoy a variety of cookies and to fellowship outside of our meetings. Details on time and place will be forthcoming.

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

Very few memberships came in since the last report. We have 210 + life members at this time. Since the last calls were made, I’ve been told that several more should be coming in. Thanks to all of those who have made calls and then called again. With your help we have gotten more members. Looking forward to seeing everyone next Wednesday. Happy Days are here again!!

Treasurer’s Report
Dolores Ramon  210-386-4533  Dolores.ramon@yahoo.com

I’m looking forward to finally be meeting in person on Wednesday, October 20th! It will be fun to see familiar faces and visit with our members.

Here are a couple of reminders:

➢ As Peggy mentioned in this newsletter, NSARTA will be collecting food items for Ridgeview Elementary from October 25th-November 5th. If you would like to make a monetary donation, please make checks payable to NSARTA and mail to:

Dolores Ramón
31638 Catalina Way
Bulverde, TX 78163

➢ Be on the lookout for news regarding our Holiday Catered Luncheon at the December meeting. The cost is yet to be determined. More info will be available in the November newsletter.

As always, I look forward to sharing the Treasurer’s report with you at our October meeting.

Question #1: Where did our hearts, The Royals, move FROM, when they moved to San Antonio?
NEWSLETTER - October, 2021
Corresponding Secretary Carolyn Pfeiffer carolynpfeiffer48@gmail.com

NSARTA Minutes - Regular Meeting
WEDNESDAY, September 15, 2021. Via ZOOM

1. President Peggy Peterson called the meeting to order at 10:05 AM. She welcomed everyone. A few reminders about the meeting today—Zoom chat monitors are Dolores Ramon and Barb Rothe and Zoom attendance registrar is Michele Bibb.

2. Invocation was given by Barbara Yates (Chaplain); Pledges to the Flags was given by Paul Cwiklik (Immediate Past President).

3. Program: Peggy welcomed and introduced our speaker, Tim Lee, TRTA Executive Director at 10:15 AM. A supplemental check will be coming to all Texas teacher retirees by January, 2022. He is still working on a COLA with the Texas House and Senate, as well as the WEP with the US Congress. TRS Health Care is well-funded. The TRS Administrative Building in Austin is not a done deal—buy one or rent space—that is the concern.

4. 50 participants were present today.

5. Officer Reports:
   a. Minutes from May 19, 2021 were approved and filed. Carolyn Pfeiffer, recording secretary, had these minutes previously printed in the September newsletter.
   b. Treasurer’s report, by Dolores Ramon, was reviewed, approved, and filed for audit.
   c. The 2021-2022 budget was presented by Dolores. Cy Firgens made the motion to accept the budget. Harold Black seconded the motion. The budget was approved by all.
   d. Michele Bibb (Corresponding Secretary) sent out two cards last month and one card this month to members or family members.
   e. Eddy English (1st V-P) gave a membership report, with a total of 200 members update.
   f. Peggy discussed the Each One Bring One Campaign just for NSARTA to recruit new members, by October 31. Two drawings for a gift card will take place on November 1 for a new member and the new member recruiter selected.
   g. Barb Rothe (2nd V-P) introduced the program for October—Healthy Living. A service project will take place every other month—beginning in October. A food drive will commence for Ridgeview Elementary and the Porch Elves will gather up these items. More details thru an email to come soon.
   h. Harold Black (Yearbook Chair) will have the annual yearbooks sent out in October to all NSARTA members.
   i. Adele Murphy (Legislative Chair) reported that TRTF has a tutoring program that all retirees can apply for to supplement their pay. Go to the TRTF website for more information. Continue to keep in communication with our local legislators.
   j. Sherlyn Valentin (Children’s Book Project Chair) reported that 970 books were given to Ridgeview Elementary and SAM Ministrures and Edgewood ISD this past year.
   k. Janet Pennock (Volunteer Hours Chair) reported to continue to keep track of your hours as a volunteer monthly and send to her. Only 12 hours per day can be counted.
   l. Laurie Harris (IPS Chair) reminded everyone about SCAMS—COVID $ and AT&T customers. Be aware.
   m. Mary Ramos (Healthy Living Chair) has her article printed in the monthly newsletter. It is always very informative.
   n. Patti Evans (Big Read Chair) reported that Wednesday, November 3, will be the next book club meet-up. The book selected is “The Rose Code”.
   o. Kathy Cooke (Meet-ups Chair) will report when NSARTA members will once again meet together in-person for socials.
   p. Ledru Barker (Stitchery Chair) reported that the VA Hospital is not accepting donations at this time. The stitchery group will gather again soon to meet at the Castle Hills Community Room.

6. Announcements:
   a. Carolyn Pfeiffer discussed the TRTA District 20 Fall Conference with lunch in Boerne on October 28. The cost is $20 (payable to NSARTA) and mailed to Carolyn by October 4. More details on page 9 in the September newsletter. This conference will be in-person.
   b. Peggy mentioned that books for 1st-6th grades are needed for Meadow Lands Charter School in Boerne. More details to follow from her.

7. Zoom Prizes: will be mailed to the winners.
   a. September Newsletter questions winner is: Emily McChesney.
   b. Attendance Door prize winners are: Lorey Meredith, Michele Bibb, Tina Koerber, and Joel Friedman.
   c. September birthday prize winner is: Anita Oberle.

8. Next meeting will be Wednesday, October 20, 2021, back in-person at San Pedro Presbyterian Church or on Zoom. That is yet to be determined.

9. We ended the meeting by singing “Happy Birthday” to Peggy Peterson (her birthday on the 16th).

10. Adjournment: 12:01 PM.
In September, “Get Well” cards were sent to Lee Carr, Arline Patterson, Paul Cwiklik and Harold Black. Please keep them and their families in your thoughts and prayers as they recover. If you know of a member who is ill, please let me know. Praying everyone remains safe and healthy.

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

Here is the link to the Bexar County Elections Department: Bexar County Elections Department
https://www.bexar.org › Elections-Department
November 2, 2021 is election day. This link will help you see a generic sample ballot for this Joint Constitutional Amendment, General, Special and Bond Election. It will also help you find information about when and where to early vote or vote by mail. This link from KSAT News will explain the constitutional amendments:

Foundation News

November is TRTF, Texas Retired Teacher Foundation Month so please begin to plan to make a donation to this worthy cause. You may use this link to make your donation on line: trtf.org or call 1-800-880-1650.

COMMITTEE REPORTS

Birthdays  Linda Nolder  210-219-4749  lnolder@aol.com  Michele Bibb (210) 494-8197

These wonderful members have birthdays in October. HAPPY BIRTHDAY to.......

Carolyn Varian, Sarah McGrew, Teresa Robinson, Mary Ann Lansford, Mary Ramos, Carlos Ortiz, Julie Bell, Glennie Lecocke, Jerry Akrom, Beverly Baucum, Evelyn Davis, Carl Doyle, Winn Murnin, Kathy Sherman, and Karin Stanley.

Each month, one birthday name will be drawn at our meeting for a gift card.
HOSPITALITY Co-chairs Linda Nolder (210) 219-4749 Michele Bibb (210) 494-8197

It’s wonderful to be able to meet in person FINALLY. Many of you may not know who the members are in this group ...we are probably the largest committee in NSARTA. Our job includes being responsible for decorating the Fellowship Hall, door greeters as guests, members or speakers arrive, gather names of members who will be providing refreshments for each meeting and give these members reminder calls to bring their food items, serve lunch at our Christmas luncheon, mail/email birthday cards, call members for various reasons (to renew their membership, serve as porch elves), clean up after all meetings ...... and we do all this with a “friendly smile and ‘How Can I Help You’ attitude.

Our 2021-2022 Hospitality Committee Members are Linda Nolder, Michele Bibb, Laurie Harris, Sue Blom, Kathy Cooke, Karin Stanley, Lori Armstrong, Teresa Flansberg, Glennie Lecocke, Cindy Nobles, Dolores Ramon, Patti Evans, Barb Rothe, and Peggy Peterson.

Thanks, Eddy English, for this delicious recipe! Healthy too!

Zippy Praline Bacon

Ingredients
1 pound bacon strips
3 tablespoons brown sugar
1-1/2 teaspoons chili powder
1/4cup finely chopped pecans

Directions
Preheat oven to 425°. Arrange bacon in a single layer in 2 foil-lined 15x10x1-in. pans. Bake 10 minutes; carefully pour off drippings.
Mix brown sugar and chili powder; sprinkle over bacon. Sprinkle with pecans. Bake until bacon is crisp, 5-10 minutes. Drain on paper towel

Nutrition Facts
1 slice: 58 calories, 4g fat (1g saturated fat), 8mg cholesterol, 151mg sodium, 2g carbohydrate (2g sugars, 0 fiber), 3g protein
As an educator you were a vital member of the community. As a retiree, volunteering is a way to show that you are still a vital member of the community. Keep tabs of those volunteer hours and submit them in the Volunteer Binder at the registration table, text or email me.

**CHILDRENS' BOOK PROJECT**  Sherlyn Valentin, Nancy Dooley, Pat Loewe & Mary Martinez

The Children’s Book Project needs book donations in Spanish for Ridgeview Elementary that are appropriate for Pre-K through fifth grade. The Book Project will also accept book donations in science and/or social studies for elementary and high school levels for Meadowlands Charter School that serves children at the Roy Maas Youth Alternatives Residential Facility. These books should be new or nearly new with no markings if possible. If any NSARTA member has a donation, please contact Sherlyn Valentin at dhrc@airmail.net or 210 365 9185 or Mary Martinez at marymar408@aol.com Thank you!

**STITCHERY**  Ledru Barker  ledrubarker@yahoo.com  210-289-3554

The VA Hospital has us on hold and so we are not meeting until further notice.

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

“No act of kindness, no matter how small, is ever wasted” - Aesop

**Question #2:** Peggy mentioned that books for 1st-6th graders are needed for Meadow Lands Charter School in Boerne. Who reported this in this Newsletter?
INFORMATIVE AND PROTECTIVE SERVICES  Laurie Harris  210-887-1125
Laurieharris123@att.net

SCAMS OF SUMMER AND FALL ARE SIZZLING

Summer and fall – and scammers – are in full swing. Extreme heat and a pent-up national desire to travel are the kind of opportunities scammers seek. Beat the heat and enjoy travel if you can, but keep these scams in mind over the next several months.

**Your Utility Bill is Past Due: Pay now or Get Cut Off**
Heat waves make having reliable air conditioning and fans, and the electricity that powers them, essential. Scammers will impersonate utility providers by phone: (sometimes by email, text, in person) and claim your account is past due and you must pay immediately, or your power will be shut off. **TIP:** If you get a call or message like this, if you are concerned there may be an issue, CALL CPS.

**Renting a Car for an Unbelievable Deal? Don’t Believe It**
The pandemic led rental car companies to sell off inventory, resulting in fewer cars and higher prices now that people are looking to travel. Scammers are spoofing well-known rental car websites and advertising fake customer service numbers. Their goal is to lure in travelers with great deals – and convince them the best way to pay is with a gift card. **TIP:** Seek out the real website or phone number for rental car companies (type in the web address, verses doing a web search, which can turn up fake information). Oh, and a legitimate business will never seek payment for goods or services with a gift card.

**The Dream Vacation Home That Turns Into A Nightmare**
Lots of travelers are seeking home rentals over hotel reservations for their getaways. Unfortunately, scammers are the ones getting away – with fake offers and large deposits. **TIP:** Be wary of renting off of social media sites or through companies you haven’t booked through before. Keep all your interactions with property owners on the website of legitimate companies. **TIP:** A request to take your conversation off the site is a sign of a likely scam.

**REGISTRATION**  Pat Loewe  pat@loewes.net  512-775-2537

Please stop at the reservation table before you enter the meeting. There will be a sign-in book and you will be asked to make yourself a name tag.

**MEMBER BENEFITS**  Sue Sim  210-632-3143  Suzanne2U5@aol.com

There is no new information from Member benefits.
Healthy Living Calendar

Don’t forget to wear protective sunglasses when outside during the day.

Do COVID-19 vaccines contain microchips?

No. COVID-19 vaccines do not contain microchips. Vaccines are developed to fight against disease and are not administered to track your movement. Vaccines work by stimulating your immune system to produce antibodies, exactly like it would if you were exposed to the disease. After getting vaccinated, you develop immunity to that disease, without having to get the disease first.

Learn more about the ingredients in the COVID-19 vaccinations authorized for use in the United States.

Learn more about how mRNA COVID-19 vaccines work.

Can receiving a COVID-19 vaccine cause you to be magnetic?

No. Receiving a COVID-19 vaccine will not make you magnetic, including at the site of vaccination which is usually your arm. COVID-19 vaccines do not contain ingredients that can produce an electromagnetic field at the site of your injection. All COVID-19 vaccines are free from metals.

Learn more about the ingredients in the COVID-19 vaccinations authorized for use in the United States.

Do any of the COVID-19 vaccines authorized for use in the United States shed or release any of their components?

No. Vaccine shedding is the term used to describe the release or discharge of any of the vaccine components in or outside of the body. Vaccine shedding can only occur when a vaccine contains a weakened version of the virus. None of the vaccines authorized for use in the U.S. contain a live virus. mRNA and viral vector vaccines are the two types of currently authorized COVID-19 vaccines available.

Learn more about mRNA and viral vector COVID-19 vaccines.
October 2021

Happy Halloween!