Peggy Peterson

Arline Patterson

Verna Reagan

**PRESIDENT’S CORNER:** Greetings and Welcome to NSARTA 2020 –2021!

This summer as I assumed the role of NSARTA President I flashed back to my years as an elementary administrator and how we tried to kick-off each year with a bit of inspirational fun! As I delved into my new role and looked to learn all I could about our organization, the mission inspired me.

*The Texas Retired Teachers Association advocates improved benefits for all education retirees and promotes the well-being of its members.*

TRTA is all about taking care of members, finding ways to enhance lives, encouraging fellowship, and keeping members informed. Added to that mission of well-being, was a 2020 reality that demanded an infusion of positivity and an uplifting of spirits. A quote from Maya Angelou, *Be the Rainbow in Someone Else’s Cloud* came to mind and serves as the NSARTA theme for 2020-2021. Our goal is to brighten the clouds of Covid-19 and create opportunities to laugh, learn and grow together in exciting new ways. We hope you join us as we ZOOM our way through the clouds in search of rainbows.
Here are some things you need to know:

- **NSARTA is partnering with OATS/Older Adult Technology Services** and their virtual platform, Senior Planet to present well-done and organized Meetings & Meet-Ups.
  - Our Officers, Committee Chairs and the Big Read Book Club have been meeting successfully on ZOOM all summer.
  - 40+ NSARTA members attended All Things Zoom class with Senior Planet.
  - Senior Planet classes (www.seniorplanet.org) are FREE and open to everyone. **Check them out!**
  - For FREE Tech Support for Seniors, call Senior Planet at 210.504.4862.
  - Senior Planet will be hosting our September meeting.

- **Follow this link to RSVP for NSARTA’s Fall Kick-Off Zoom Meeting with Tim Lee on September 16, 2020 at 10:00:** https://seniorplanet.org/event/texas-retired-teachers-association-september-meeting-registration/
  - You must RSVP to attend & receive the link to join the meeting.
  - The waiting room will open at 9:30 and assistance will be available.
  - Don’t have Internet? Call Peggy for Dial-In information (210.373.3961).

- **Door Prizes are OUT! ZOOM PRIZES are IN!** Participating in NSARTA activities and reading the newsletter carefully may earn you one of our ZOOM Prizes!
  - Congratulations to SHERLYN VALENTIN and STAMATA DECARLO who won zoom prizes for attending All Things Zoom classes in August. Ladies watch your mailboxes for your prizes!

- **TRTA District 20 Virtual Fall Conference on October 22, 2020.**
  - EVERYONE is invited! This informative, virtual conference brings members from the 13 local units within District 20 together.
  - RSVP by September 20th at www.casapeggyp@gmail.com or text 210.373.3961 to attend. Include your name, email address & phone number. An email with Zoom link will be sent just before the conference.

- **TRTA’s Reach for the Stars** membership contest ends Sept. 30th.
  - In this time of economic uncertainty, it is critically important that we continue to build relationships with all State Legislators.
  - The larger our group, the louder our voice! TRTA’s goal is 100,000 members!
  - ROUND-UP FELLOW RETIREES to join NSARTA and help us win a prize as we Reach for the Stars!

- **TRS Webinars on TRS-CARE are coming soon!** Go to www.trs.texas.gov for preview materials and to sign-up once webinars open.

Peggy Peterson
Embedded within your Newsletter you will find 2 questions. E-mail or phone your answer to 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 on the Zoom meeting for that month. Gift cards will be mailed to the winners.

**HEARTS OF NSARTA**

Well, this is a first for NSARTA! We’ve had Hearts who were best friends, Hearts married to each other, Hearts who taught together, and Hearts who both were administrators. BUT, we’ve never had Hearts who are sisters UNTIL this month. Our Hearts for September are **Arline Patterson** and **Verna Reagan**. Arline Patterson and Verna Reagan were born Arline and Verna Puckett, with a third sister, Patsy, in southern Illinois to two teachers who met at Southern Illinois University, Carbondale. Each parent had the same last name, Puckett. Their parents graduated with two year certificates in 1933 and taught grades 1 to 8 in one-room school houses, where they were also principals and janitors. Later, Daddy had a different job and Mother stayed home with the girls. A vacation in February 1952 brought the family to Corpus Christi, Texas, from Illinois and they never looked back except to say goodbye to relatives and friends. In 1955 the family moved to San Antonio and North East ISD. Many years later, both parents earned their four year degrees and returned to teaching full time in San Antonio.

The Puckett girls were all excellent students – NHS, Future Teachers: Arline in drama, band, class treasurer; Verna in Brahadoras, class secretary; Patsy head cheerleader. Her senior year Arline was selected to represent North East High School as Duchess at Texas A&I Lantana Days in the Spring 1958. She chose a good looking football player, Arnold English, to accompany her. Both were treated so royally at A&I that they decided to attend there in the fall. What a great recruitment tool.

**Arline Patterson** Both Verna and Patsy followed their sister Arline to Texas A&I. Eddy Klatt married Arnold English after meeting him at A&I and they have a son, Bret. At A&I Arline met and married Gary Patterson from Corpus Christi who was in ROTC and destined for an Army career; she for an elementary education career. She taught in several states as they moved coast to coast.

In California Arline was asked by an Army wife to take over her GED class and that changed everything. She fell head over heels with teaching adults. Their next move was to Georgia. They were there long enough for Arline to get her master’s degree in Adult and Higher Learning with a specialty in community education. Gary’s next assignment was Korea and Arline came back to San Antonio to help her parents and took a half time paid position in community education in NEISD. Six years later she was Director of Adult & Community Education. Many “firsts” came out of that team: the KIN after school program; ACE, Academy of Creative Education; Adult Literacy & ESL; GED testing center; business/education partnerships; brochures mailed to all homes. Arline completed her doctorate in Educational Leadership from Texas A&M University, College Station, while working full time in North East.

After 30 years of public school education, Arline spent a year as development director with AmeriCorps’ City Year, and then six years where she initiated the Center for Professional Development at Texas Lutheran University, Seguin. After his military career, Gary became the JROTC senior Army instructor at Madison HS.
Arline and Gary were separated more than 12 years while he had assignments and she stayed here with her career. In January they will celebrate their **60 year anniversary**. Arline has continued volunteering after her retirement.

Gary and Arline have two wonderful sons and three perfect grandsons. To honor their father and his service, this year their sons started a new family business venture called VET Beer with the mission of donating a portion of the profits to veteran’s organizations. The entire family is involved and has learned a lot. H-E-B has approved VET Beer in all stores in Texas.

Back to Savannah, GA. Arline had her 1) first breast cancer experience with a total mastectomy. What was shocking to her was that even though her teacher insurance covered her reconstruction, the military did not cover reconstruction for women or spouses of military soldiers! That gave Arline a purpose. She worked, called, wrote letters for months demanding that Congress change those laws, and they did! She also became a volunteer with American Cancer. 2) The second bout was when she was working with NEISD and it was colorectal and rare. It required her to live in Houston for chemo and radiation at MD Anderson. She was an Anderson Network volunteer for years and helped others by phone with their questions about the procedures she had undergone.

After the 3) third experience, this time the other breast, a gene test showed Arline was BRCA2. Major surgery and micro tramflap followed along with chemo and radiation. Then she could be a help to people wanting to know about that 8-10 hour surgery and gene test. Ten years later 4) another colon cancer was found through a routine colonoscopy which is scheduled every three years now. This is Arline’s story as a four-time major cancer survivor. Part of having a positive attitude is finding ways to help others, to take your mind off yourself.

Arline is very honored to be an Outstanding Graduate of North East School District and a Hero for Children by the Texas State Board of Education. She served on the Texas A&M University San Antonio Foundation Board its first 10 years and the North East School District Foundation Board for 30 years. She currently serves on the (ACE) Academy Advisory Corporate Council and is scholarship chairman for the San Antonio Women’s Hall of Fame. She is active as a deacon and trustee at Trinity Baptist Church.

**Verna Reagan** Verna met her husband, Jack Reagan, in history class her freshman year at A&I in 1961. After Verna and Jack married, he worked at King’s Inn and she worked at the business department at A&I. After their first child, Sharra, was born Verna was asked to teach kindergarten in a church school which she thoroughly enjoyed, but after that year they had decided to move to San Antonio where he worked for Firestone Tire. Verna found a job at a savings and loan but was very unhappy working in an office and that’s when her mother encouraged her to apply for a teaching job at Edgewood ISD. She was hired to teach 5th grade on an emergency certificate with only two years of college! She took extension courses and went summers trying to get her degree. After two years Jack was transferred to Harlingen and she taught 5th grade in Harlingen ISD for one year but decided to take a year off and attend Pan American College in Edinburg, TX to finish her degree. She graduated in 1968 and they moved to Corpus Christi where she was hired by Flour Bluff ISD to teach 2nd grade ~ she taught there for 5 years until they asked her to move to 3rd grade where she taught for 30 more years. The last 15 of those were in a self-contained Gifted and Talented classroom. She loved her experiences in the Bluff and the friendships she made with the other teachers and students hold wonderful memories.
During that time she had another daughter, Jackie, and finally a son, Truman ~her children are the delight of her life, as are her grandchildren. Sharra and her husband who live in East TX, have 2 sons, Matthew and Steven. Verna was thrilled to be able to attend Steven’s wedding in July during the pandemic. Jackie and her husband live in Waco and have 2 daughters, Brinley and Merrin. Truman is single and coaches football, basketball, and track in Jourdanton, TX. Her grandsons also followed on the same educational path and are both coaches. (Eddy English and Verna travel together to Jourdanton when possible to watch Truman’s games.)

In 1997 Jack passed away at the young age of 54, and although it was a difficult and sad time for the family, especially since Truman was only 10 and Jackie was a sophomore at Stephen F. Austin they were surrounded by her loving family, a caring church family and many great friends that helped them navigate life and provide stability. Having a classroom of eager 3rd graders also gave her a real boost every day. Verna recalls being voted Teacher of the Year for the 3rd grade and being awarded her own parking space! She also loved teaching Sunday School and VBS at her church. Her favorite Bible verse is Philippians 4:13 “I can do all things through Christ who strengthens me.” She retired from the Bluff in 2003 with a total of 39 years in the profession.

Since retirement Verna enjoys traveling with her retired teacher friends and has been to many beautiful places such as Hawaii, Alaska, cruising on the St. Lawrence River, Mt. Rushmore, Massachusetts in the fall, and is looking forward to a trip to the Ark in KY next May. She now has more time to enjoy reading Christian historical fiction and biographies.

Verna’s mother, who lived in San Antonio and had been a widow for a number of years, turned 99 in 2012 so Verna began driving up from Corpus every month to do some cooking for her and just spending quality time. By the end of that year she decided it would be best to leave Corpus which had been her home for over 40 years and move to SA to take care of her mother. After the move her mother became very ill and passed away 3 weeks before her 100th birthday. Verna ended up purchasing the home where her parents lived and loves living near Arline and Gary and meeting new friends and reconnecting with old acquaintances and high school friends. Now she opens her home to friends from Corpus who need to come here for doctor appointments or who need to just get away for a few days, or for missionary friends who need some R&R. She has found a new church home at Trinity Baptist and is very involved in several teams which keep her active.

Arline and Verna both feel God has blessed them as sisters and educators with a loving relationship, homes so close to each other, and the same church family. They inspire each other!

**PROGRAM**

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

SEPTEMBER IS FINALLY HERE…let our meetings begin!! With that said, we are all acutely aware that we are entering uncharted territory. So, let’s come together for our virtual meetings with positive outlooks and a smile on our faces as we meet for the next four months on ZOOM!!

We will not be alone in this new “adventure”. We have partnered with Senior Planet and their technology experts, OATS ( Older Adults Technology Service). With their wonderful expertise of “all things Zoom”, they will guide us smoothly and efficiently through our meetings.
September’s program will again feature our result-achieving and engaging speaker… TIM LEE, Executive Director TRTA!

Tim’s remarks will be informative and will help direct us on a plan of action to lobby our representatives. Our state legislators need to be aware of our current needs as retired educators. Cozy up with a cup of coffee in your favorite chair, PJ bottoms on with a nice top for the camera, click ZOOM on your IPad, laptop or PC and we will ZOOM our way through the meeting!

Prior to the meeting, you will receive Zoom instructions: the link to log on, and the ID number and password to enter the Zoom room.

We will actually “see” each other for the September meeting! I know we have all missed our friends during these last several months. I can’t wait to start our new 2020-2021 year with our wonderful NSARTA members!

NSARTA BIG READ BOOK CLUB continues to meet every other month on the first Wednesday of every month. We met on Zoom in September and until further notice we will continue on Zoom.

MEET-UPS: We are exploring ways on how to continue to virtually serve the community with our Food Bank Team, Elf Louise Events and collecting school supplies for our adopted school. Please let me hear from you with your great ideas for other meet-ups.

It is a pleasure to work with our fantastic board and NSARTA members to keep you up-to-date and informed. Stay well and healthy!

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

Voting may be the single most important thing we do this fall. Unfortunately, figuring out how to do it safely and securely is not easy this year. Those of us who are over 65 are being encouraged to vote by mail, I have received at least two unsolicited vote by mail applications. So why am I waffling about what to do? For July’s election I voted by mail for the first time. Unfortunately my ballot arrived, and I was away from home. When I returned it was very close to election day and I was afraid my ballot wouldn’t arrive on time. I drove it to the Bexar County Elections Office downtown, but they refused to take it since it was not election day. I had to go back the next day. The other problem with voting by mail is my trust in the postal service is eroding. Mail delivery has slowed dramatically. A friend only received a letter I sent her July first on August 28th! It took almost two months for the letter to arrive. The moral of the story is request your vote by mail ballot early (October 23rd is the last day for the Elections Office to receive your vote by mail request) and vote early. Do not dilly-dally! Should you decide to hazard Covid-19 and vote in person, vote early. Tuesday, October 13th is the first day for early voting. It ends October 30th. Also if you go to the Bexar County Elections Department website you can find which polling places are least crowded.

Foundation News TRTF has plans to support retired teachers, teachers and students by beginning a tutoring initiative. This makes me proud to be a part of TRTA and TRTF. Should you be interested in tutoring go to trtf.org to get additional information.
Finally, with the help of my graphic design expert daughter we have developed a NSARTA letterhead/logo. I am attaching the letter head so you can use it as a template for letters you email to legislators on behalf of NSARTA. We have some printed cards for you to use if you prefer snail mail. Contact Peggy if you are interested. The attachment for this letter head are being sent to everyone for saving as a template on your computer.

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

Hi! My name is Dolores Ramón, and I am honored to be NSARTA treasurer for the next two years. Thank you for putting your trust in me. I promise to do the very best job I can do! I’m working diligently to stretch my brain and master excel! I look forward to presenting the Treasurer’s report and the proposed budget for 2020-2021 at our Zoom meeting on September 16th. If you have any questions you may contact me.  See you at the Zoom meeting!

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

NSARTA wants to acknowledge members who have been ill or have suffered a loss of a family member. Please call or email if you have information of a member who has been sick or suffered a family loss. We want to let them know their NSARTA family is thinking of them.

This summer we sent Get Well cards to Lorey Meredith’s mother after a brief stay in the hospital, Terri Chidgey’s husband after surgery, and Sammie Mokate’s husband who was in the hospital. We also sent a sympathy card to the family of Joe Gutierrez, Jr. who passed away in May.

COMMITTEE REPORTS

Birthdays  Linda Nolder  210-219-4749  lnolder@aol.com  Michele Bibb

When we meet in person, we have our birthdays for the month stand to be recognized, and then pose for a group picture to be shared on our web page. Since we won’t be meeting in person through December, we are going to be requesting your help in developing a birthday record of month only. Each month we will share the names of those having a birthday at our ZOOM meeting and they will be listed in the newsletter. Our hospitality chair, Linda Nolder, will be sending an e-card to those with email and mailing a card to those who don’t have an email. Please email your birthday to Linda Nolder so that she can complete the year’s calendar of birthdays.
The October birthdays need to email her right away so that they will be ready to go in the next newsletter. We didn’t want to forget any of our members’ birthdays simply because we are unable to meet in person.

Sending **HAPPY BIRTHDAY WISHES** to these **SEPTEMBER NSARTA members**:

![Birthday Card]

Marta Amezquita, Michele Bibb, Margie Cadena, Terri Chidgey, Kathy Crane, Debbie Davis, Anita Oberle, Peggy Peterson, & Betty Welch.

**HOSPITALITY** Co-chairs Linda Nolder (210) 219-4749  Michele Bibb (210) 494-8197

Are you feeling like you’ve been cooking and cooking for the past 6 months and now running out of delicious recipes to prepare for your family? Are you starting to “decorate” your sandwiches to make them taste better? If so, some of our members will be sharing their favorite recipes for you to try. This month our “very famous baker” Barbara Yates said we need to try her Chocolate Lover Cookies that have so much chocolate in them they taste like you are eating a candy bar!!

![Chocolate Cookies]

**CHOCOLATE LOVERS COOKIES**

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<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>½ CUP SHORTENING</td>
<td>2 TSP. VANILLA</td>
</tr>
<tr>
<td>½ CUP BUTTER (SOFTENED)</td>
<td>3 CUPS FLOUR</td>
</tr>
<tr>
<td>1 CUP PACKED BROWN SUGAR</td>
<td>1 TSP. BAKING SODA</td>
</tr>
<tr>
<td>¾ CUP SUGAR</td>
<td>1/8 TSP. SALT</td>
</tr>
<tr>
<td>½ CUP EACH OF THE FOLLOWING: <strong>MINIATURE SEMI-SWEET CHOCOLATE CHIPS</strong></td>
<td>2 EGGS</td>
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<tr>
<td><strong>MILK CHOCOLATE CHIPS</strong></td>
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<td><strong>VANILLA CHIPS</strong></td>
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<tr>
<td><strong>DARK CHOCOLATE CHIPS</strong></td>
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<td><strong>BITS OF BRICKLE CHIPS</strong></td>
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<td><strong>CHOPPED PECANS</strong></td>
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**DIRECTIONS:** CREAM SHORTENING, BUTTER, AND SUGARS UNTIL FLUFFY. ADD EGGS, BEATING WELL, ADD VANILLA. COMBINE FLOUR, BAKING SODA, AND SALT GRADUALLY ADDING TO CREAMED MIXTURE AND MIX WELL. STIR IN REMAINING INGREDIENTS. DROP BY TABLESPOONS ON UNGREASED BAKING SHEET. BAKE AT 350 DEGREES FOR ABOUT 10 MINUTES.

**Question #1:** What does the yellow in the rainbow represent?
Here we are in September in the middle of a pandemic, life is not back to normal and I only have a few volunteer hours recorded from our unit to submit to TRTA in January. A quick note for the new members, each TRTA unit collects the hours that our members volunteer and I submit them to TRTA to show that retirees are a vital part of the community. The only way for me to collect those hours will be for you to submit them to me via email, text or snail mail. As for myself, I have a lot more hours to submit this year. I have been doing distance learning with two 6 year old in different districts. I have helped with deliveries of groceries to those who should not be out and about. I have sewn masks. It turned into a small business, so I would not count the hours that I got paid, but would count the hours I made free ones. I also have made utility aprons for teachers to put antibacterial bottles in. Did you help with those grandkids during this pandemic? Did you help at the food pantry? Did you help at church or any other organization? Did you call and check on a friend or relative? Did you pick up someone's medications or take them to the doctor? Volunteering doesn't have to be a scheduled weekly event, it is a lot of those random acts of kindness. Think about those things and start keeping a record of when you make a difference. For those members who were turning in their hours before the pandemic, if you could estimate what you have done over the past 6 months and turn it in to me, that would help tremendously. If you have questions, please feel free to contact me.

**District 20 Virtual Fall Conference**

**Thursday, October 22, 2020**

10 A.M. Check in begins 9:30 AM

Agenda
- Message from TRTA State Treasurer, Frana Patterson
- Legislative updates and projections for 2021 Legislative Session
- Informative presentation from Teachers Retirement System
- Member Benefits and Programs from AMBA
- Memorial Service
- Business Session
- ….and more!

Deadline for registration to **Peggy Peterson is September 20, casapeggyp@gmail.com**

Agenda and “handouts” will be emailed to all registered members.
Invitation to Zoom session will be sent 1-2 days prior to October 22.
CHILDREN’S BOOK PROJECT  Sherlyn Valentin, Nancy Dooley, Pat Loewe & Mary Martinez

Members of NSARTA were not able to distribute books to students of Ridgeview Elementary last spring nor were we able to attend the NEISD PTA Used Book Sale. Hopefully, this coming spring of 2021, members will be able to visit Ridgeview. At this time, the book project still needs books in Spanish. If any NSARTA member would like to donate a new or nearly new book in Spanish appropriate for grades Pre-Kinder through fifth grade, you can mail them to Sherlyn Valentin, 5211 Stormy Breeze, San Antonio, TX, 78247. Or you can donate them when NSARTA begins holding meetings in person. A big thank you to Carolyn Pfeiffer for donating books in Spanish this month!
Sherlyn: dhrc@airmail.net  210-365-9185

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

The Stitchery Group has been busy over the Spring and Summer. I dropped off 18 quilts made by Kay Rozene. I also delivered 90 pillows June 11, at VA Hospital. Lynn East gave over 50 masks to Christus Santa Rosa nurses. I made and gave 50 masks to neighbors who needed them for work as a Physical Therapist, medical volunteers, teachers, UTSA employee, college students and high school students. Lynn also made for neighbors. Several people gave me cloth and old sheets that I picked up on their porches so it was contactless. I can do the same for you. We can use any cloth of any size. I made stuffed toys from old pajama pants for the Children's Shelter. Harold Black dropped off a 20 pound box of Polyfil to assist us with making pillows and stuffed toys.

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

I hope everyone finds themselves healthy and well. As all of us have found ourselves home more because of Covid-19, we never need to fail to keep up our own self-care to live a longer and happier life. Simple lifestyle choices, including regular exercise and a nutritious diet, have been proven to drastically reduce the risk of chronic diseases, including heart disease, diabetes, and some types of cancer. Even applying sunscreen every morning is a form of self-care. Let us all get out and walk early in the morning so to avoid the heat. Ask a friend to join you to make the time go faster, it helps with our attitude and starts the day off with a positive note. Just a few changes in our daily routine can give us a lift.

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

Membership benefits: New Vision Plan, see info in Voice magazine.

Question #2: In what state were our September hearts born?
MEMBERSHIP

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

NSARTA membership is now 274. We enrolled over 70 new members from the TRTA at-large list this year. We are so glad to have them join us. We are still enrolling members and need all members to be on the look-out for retirees to add to our membership. There is strength in numbers.

The last date to join and be included in the directory is September 30.

REGISTRATION

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

Pat is our registrar when we are meeting in person. When that time comes, we will include the directions for registering at each meeting.

Corresponding Secretary

Carolyn Pfeiffer  carolynpfeiffer48@gmail.com

NSARTA Minutes, WEDNESDAY, FEBRUARY 19, 2020

1. President Paul Cwiklik called the meeting to order at 10:02 a.m.
2. Invocation: Barbara Yates; Pledges: Sherlyn Valentin and Mary Martinez.
3. Welcome: Paul Cwiklik welcomed 2 guests and thanked the Hospitality Committee. Registrar said 42 members were present at the meeting. Birthday Celebrations: 5.
4. Officer Reports:
   a. Minutes from January 15, 2020, by Judy McFeaters, were approved.
   b. Treasurer’s report, by Carolyn Pfeiffer, was approved and filed for audit. Carolyn also handed out what remains in each officer’s and committee chair’s budget for the remainder of the year.
   c. Peggy Peterson discussed the Big Read Club will meet March 4 at 1:30 p.m. at her home and the book being read is “Eleanor Oliphant is Completely Fine”. The luncheon in May is a potluck and sign-up will be available in March and April.
   d. Barbara Yates sent a Thinking of You card to Judy Lynn and Get-Well cards to Ken Lynn, Deanna Van Pelt, Bertha Colunga, Kay Below, and Howard Marsh.
5. Peggy Peterson introduced Henry “Pete” Van de Putte, Jr. from the Dixie Flag Co. who along with his assistant presented the Flags of America from the beginning until the present day. He also extended an invitation to visit the Dixie Flag Company.
6. Unfinished Business: Paul Cwiklik
   a. Convention Delegates update: 4 Delegates: President, 1st Vice-President, 2nd Vice-President, and Legislative Chair.
   b. Member recommendations for Annual Unit Awards are put on hold. Paul will send an email at a later date to officers and committee chairs.
c. District 20 Spring Leadership training Workshop will be held June 4, 2020, at the Fairplex in Uvalde, Texas. Sign-up will be in April and May, with a May 25 deadline.
d. District 20 Executive Committee Updates: Paul Cwiklik was elected 1st Vice-President for District 20.

   a. Glennie Lecocke, Parliamentarian, went over the rules of election and announced the slate of officers for 2020-2022: President: Peggy Peterson; 1st Vice-President: Eddy English; 2nd Vice-President: Barbara Rothe; Recording Secretary: Judy McFeaters; Corresponding Secretary: Michele Bibb; and Treasurer: Dolores Ramon. Paul, then asked if any other members would like to be added to a position on the slate. No other members’ names were added for any position. Election was called and the slate of officers for 2020-2022, were elected by acclamation. All approved.
   b. Status of Standing Committee Chairs will be decided by the incoming President.

8. Committee Reports:
   a. Legislative/Foundation: Adele Murphy brought up the Primary election and getting out the vote. She asked the members to check on the times of early voting in their areas.
   b. Health Care: Eddy English told all members ways to keep active.
   c. Stitchery Group: Lynn East thanked members for all their donations.
   d. Children’s Book Project: Sherlyn Valentin told members about the NEISD PTA used book sale on Friday, March 20, at 9:30 a.m. She asked for volunteers to help that day at the book sale.
   e. Community Volunteer Services: Janet Pennock reported that our local unit donated 26,987 volunteer hours in 2019.
   f. Newsletter: Betty Moseley said the deadline for the next newsletter is March 8.
   g. Hospitality: Barbara Rothe and Linda Nolder mentioned that a sign-up sheet would be available for snacks for the March meeting.

9. Door prizes were given out. Paul also asked the Board members to remember to put the self-checklist of local unit strengths in the Office Depot box he provided.

10. Adjournment: 12:05 p.m.

**Suzanne Sim**

Submitted by: Suzanne Sim
Recording Secretary

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*Be a rainbow in someone’s cloud!*
There is a healthy-living calendar--I like the August advice:
Be kind to everyone and be sure your vaccines are current.

*Be Well*

Along with eating right and being active, real health includes getting enough sleep, practicing mindfulness, managing stress, keeping mind and body fit, connecting socially, and more.

**Mental Health**
- Learn to play a musical instrument
- Work crossword puzzles
- De-clutter
- Play brain games
- Disconnect from electronics
- Read funny books and jokes
- Smile often

**Emotional/Spiritual**
- Meditate
- Give at least one complement each day
- Say grace before meals
- Keep a gratitude journal
- Forgive
- Feel empathy, love, and compassion for others
- Say thank you
- Think happy thoughts

**Social**
- Become active in an organization or senior center
- Schedule weekly family night
- Volunteer as a mentor, tutor, or assistant
- Join a special interest group
NSARTA
14219 Turtle Rock St.
San Antonio, Tx 78232

OR CURRENT RESIDENT

SEPTEMBER 2020