

Frisco Area Retired School Personnel MOUTHPIECE

October 2019



Tuesday, October 1 - FARSP Meeting at Frisco ISD CTE Center - 10 a.m.

<https://trta.org/districts-and-local-units/frisco/>

Find us on Facebook: FARSP

TRTA, TRS Offer Informational Sessions

By **Sandy Carlisle**
Legislative Chair

What's next on the legislative scene? TRTA Executive Director, Tim Lee, is traveling to local units throughout Texas during the year.

He gives an update on the ongoing issues surrounding the TRS Pension Fund, TRS-Care and federal initiatives.

In November he will be in Richardson on October 17 (Thursday) and Lewisville on November 21 (Thursday).

In other news, TRS will be hosting one day information sessions on TRS-Care around the state beginning in October. The closest one to us is in Plano, Oct 15, Plano Event Center, 2000 E Spring Creek Pkwy, Plano 75074 for more information, go to: <https://trta.org/inside-line-blog/>

FARSP members had time to visit with TRTA Executive Director **Tim Lee**.

Sandy Carlisle thanks Senator **Royce West** of Dallas for supporting retirees, making the pension fund actually sound, and the thirteenth check members received in September.



BRING YOUR VOLUNTEER HOURS FORMS TO THE OCTOBER MEETING

Plan For District 10 Fall Conference, Oct. 28

Mark your calendars for the District 10 Fall Conference at the beautiful Dallas Baptist University campus on Monday, October 28. Meet TRTA President Pat Macias and hear her enthusiastic news from the state. Hear the latest from a TRS representative. Enjoy fellowship and a great meal (RSVP needed, no \$\$\$ charge to you.) Sign up at the FARSP meeting or email Sandy at scarlisle@trta.org by October 1.

SEPTEMBER MEETING - Vickie Ryan reminds members about the importance of keeping hydrated. **Barbara Ledermann** presents the new budget. Guest speakers **Mary Jane Hamilton** and **Jo Long** talk about local day-trips. Members watch as Karol Kuykendall demonstrate the correct the dots theme. **Eloise Isbell** and daughter, Lynn Cain, were our first "Bring A Friend" photo entry. It was great to see **Joyce Comstock** at the meeting.



- Be sure to join us October 1, to continue our year of connecting the dots within our membership, community, and state.
- Take time to greet old friends and meet some new ones..
- Learn from Judy Isbell about Southern Women and Southern Quilts .
- Join with others for lunch at Spring Creek BBQ on Preston following the meeting if you can.

Prosper ISD Names New Elementary School To Honor Jack And June Furr

Prosper ISD opened Furr Elementary School on August 14, at 551 Bluestem Drive, McKinney. This is PISD's second elementary school in the city of McKinney. The school is named for Jack and June Furr, parents of FARSP member and Past-President Rhonda Jackson.

More than 450 family members, friends, and Furr Elementary families attended the dedication on August 11. "Mom was thrilled. She laughed and cried alternately with memories and joy," Rhonda said.

After serving his country in the Korean War from 1951-1954, Jack Furr settled into a long career as a farmer, growing and harvesting wheat, milo, and cotton in the rich, black clay of Collen County. The McKinney Chamber of Commerce selected Jack as Farmer of the Year in Collin County in 1972 for his farming efforts. Even though Jack's love of this sometimes prosperous, sometimes tumultuous, and always time-consuming endeavor, he still found time to care for his family and serve his community. Jack Served on the Prosper Cotton Gin Association Board and also as Prosper ISD Board member from 1971-1980, acting as Board secretary from 1977-1980. He graduated from Prosper High School in 1946.

June Furr graduated from McKinney High School and North Texas State University to become a life-long educator, working in the McKinney and Melissa school districts before ending her educational career in the Prosper ISD, teaching from 1996-1963 then returning from 1988-1997. June also served as a substitute following her retirement, and according to the school's website she came highly

recommended and "sought-after" or "preferred" substitute for the district. All five of the Furr's children graduated from Prosper ISD, attending grades 1-12. Two of the children became educators as did three grandchildren. One grandchild works in the PISD, and two great-grandchildren attend Prosper schools. Jack and June lived out their faith

through their many years of love for and service to the Rhea's Mill Baptist Church. Jack served as deacon and church treasurer for many years; June served as VBS Director, WMU Leader, and Sunday School teacher also for many years.

Jack and June were married 62 years before Jack passed away April 29, 2013, at the age of 84. June continues to faithfully

serve her family, her church, and her community.

Furr Elementary includes a storm shelter and two playgrounds. Construction on the school began in late August 2018. 469-219-2280



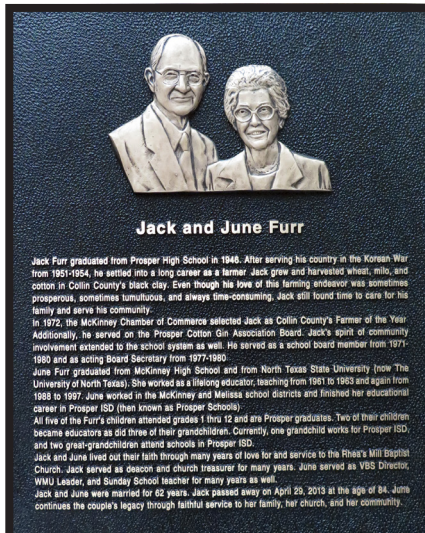
FARSP members **June Furr** and daughter **Rhonda Jackson** take part in the dedication of the new Jack and June Furr Elementary School in Prosper ISD. Rhonda is a Past-President of FARSP.



June Furr took part in the Aug 11, dedication of Jack and June Furr Elementary School in Prosper ISD. Welcoming her to the campus is Principal **Cindy Kukowski**.



June Furr and **Mary Smith** working as greeters at the FARSP forum for Lt. Governor candidates.



October Program, New Fundraiser All About Quilts

Let's Sew Up Some FUNds

Southern Women, Southern Quilts
The Patterns of Their Lives

Our program this month is about quilts in our history. There's something about quilts that remind us of the good ol' days, grandma, and memories that are priceless. Quilts have a way of preserving people and thoughts we hold dear to our hearts. Why don't we preserve our FARSP history in the form of a quilt - special squares for special people and events!



Well, that's exactly what we're going to do, and every square is for sale! At each meeting this fall, squares will be on sale for members or ANYONE to purchase. We want each member to own a square with his/her name on it; we want to sell squares in honor or memory of FARSP members; we want to sell squares to honor the schools named after FARSP members; we just want to sell squares to create a quilt or quilts that we will use as banners when we have events or go places!

Please contribute to FARSP by buying

"Bring A Friend" Project Kicks Off With Mother/Daughter Members

By Gail West, Membership Chair

We are excited to submit our first 'Bring A Friend' picture to TRTA to be entered into a drawing for \$100.00. Lynn Isbell Cain, our new member, was brought to FARSP by her mom Eloise Isbell, and joined TRTA and FARSP at our September meeting. We are so happy that she will be accompanying her mom to our meetings - and - they may win \$100.00!!! You too can be entered into this TRTA drawing. Bring a friend to our meetings for October and November and if that friend joins, we will take your picture and submit it to TRTA!! We hold the power to build our organizations statewide!

We still have a lot of members that have not renewed their membership or that need to pay local dues. It is never too late to do this. Think of someone you missed at the September meeting and give them a call. Through our 'one on one' contact, we can encourage

and Southern Women, gathered bits and pieces of themselves and stitched them into the patterns of their lives.

a square or two or three and be a part of this stitch history "book." You can purchase squares two ways:

1. Come to the meeting and buy a square on the quilt that's already in progress. Either:
 - a. \$10.00 - Write your name on it in permanent marker and be done.
 - b. \$15.00 - Attach a Post-It note with your name on it and we will embroider your name on your square.
2. Buy a square for \$10.00 and take it home to decorate yourself. Bring it back next month to have it

added to the quilt.

In addition to making history, this event will also fund our scholarships and book project.

Please consider being a part of this fun and worthwhile activity. YOU are definitely SQUARE WORTHY, and these quilts will serve as reminders for years to come of the faithful educators that began and nurtured FARSP through the years.

See you soon!!
Karol and Sandy

more people to see what great things TRTA and FARSP are doing.

I want to remind you that TRTA no longer will mail our membership cards to us. The following are directions on how to access and then print your 2019 - 2020 membership card:

1. Go to www.trta.org and select *Member Login at the top right*
2. Log into your account: *username is your member ID number and the default password is 123. If you do not know your member ID number, please contact me (westgmg@gmail.com or 972-571-3551).*

3. Select *'Print Your Member Card'* to print or save to a digital File.

If you do not have access to a computer, you can:

1. Call TRTA and they will send you a membership card.
2. Contact me and I will print one for you.

We currently have 161 fabulous members in FARSP. We have many people in our area that have retired from some capacity in education that have not yet joined TRTA. Without members, there would be no TRTA. This wonderful organization is the only one in Texas that works hard for our pension and our health insurance. Plus our local unit has a lot of fun! Keep up the good work - the word is getting out that our purpose is to support education retirees and active members in their education career!

Membership UPDATE
139 Renewed
18 New
2 Local AMBA
2 Local Only
TOTAL = 161 Members

Monthly Meeting Dates/Programs

October 1, 2019

Southern Women & Southern Quilts
Patterns of their Lives
Judy Isbell

November 6, 2019 (Wednesday)

TRTF Presentation
TRTF 's Charitable Foundation
Members Share Crafts and Hobbies

December 3, 2019 - 11 a.m.

Christmas Luncheon - Student Entertainment

January 7, 2020

Chair Yoga and Mindfulness
Andrea Cunningham

February 4, 2020

Candidates from Frisco, Prosper and Celina

March 3, 2020

Organizing and Decluttering

April 14, 2020 (Second Tuesday)

Catching up with Technology

May 5, 2020

Pot Luck Luncheon

Installation of Officers

IMPORTANT DATES TO REMEMBER

October 28, 2019

District Fall Conference Dallas Baptist
University

April 6-8, 2020

TRTA State Convention

May 4, 2020

District Spring Leadership Conference

Thank you so much to all the members who support our Children's Book, Members' Book Exchange, and Fastpacs projects.

Fastpacs

Fastpacs provides individual prepackaged food to ensure no child in Frisco has to endure hunger when school is not in session. Here are some items you can bring to

- 15 ounce canned fruit
- 15 ounce canned veggies
- Canned meat (chicken, tuna, chili, sausages).
- Full-size canned pasta and sauce (ravioli, spaghetti, etc.)
- Individual pasta meals (Chessy Mac, Ramen, etc.)
- Granola Bars NO NUTS
- Individual Oatmeal Packets
- Individual desserts (Rice Krispy Treats, cookies, gummies, etc.)
- Individual snacks (Cheez-Its, crackers, pretzels, raisins, etc.)

NO NUTS PLEASE!!!

Members' Book Exchange

Read any good books lately?

If you have books at home that you no longer want, bring them to a FARSP meeting and donate them to our Member's Book Exchange.

If you need a book to read, feel free to grab one from our exchange.

Happy Reading!

Star Required To Make Texas Driver License REAL ID Compliant

By Mercy Westphal

Information & Protective Services Chair

Starting in October 1, 2020, if you don't have the image of a star on your driver license, TSA won't let you use your license as ID at an airport even if it is a domestic fly. (If you're missing the



star, you can still travel with a passport, military ID or other federally approved ID.) Check your license or ID card for one.

Driver's licenses with stars are REAL ID Act compliant, meaning that they are more secure than what were previously issued. This law was created in 2005 and it was intended to create a national standard and make sure every state has a more secure driver's license.

To update your driving license you will need to visit a DMV office. If you have questions please visit <https://www.dps.texas.gov/DriverLicense/federalRealIdAct.htm>

Trip to Arboretum Set For October 30

By Debra Purefoy

Mark your calendar and plan to visit the Arboretum on October 30. The special senior group discount admission price on Wednesdays is \$5, and if you are interested in purchasing a box lunch, the price will be less than \$15 for the pre-ordered lunch. We will eat lunch in one of the several designated picnic areas. If you want to go but prefer to bring your own lunch you will only need to pay the \$5 admission price. Bring your payment to the October 1 meeting.

We must have 15 people going to get the special discount admission and lunch box prices. You may bring friends or family with you, but their admission and lunch cost must be paid along with your at the October meeting.

We will need some volunteers to drive. If you have any questions, contact Debra Purefoy at Purefoy@gmail.com.

Healthy Living Tips May Help With Back , Neck Pain

By Vickie Ryan, Healthy Living Chair

If exercising is literally a Pain in the Neck, take a look at these!

Don't: Keep Going if You Have Pain

No pain no gain is not true. Simple, pain free movements can be beneficial.

Do: Check with Your Doctor

You need to know how your body moves and locate strengths, weaknesses and pain points. It's always good to talk to your doctor or therapist about an exercise that's good for you.

Don't: Go Too Hard, Too Fast

Exercise doesn't have to be complicated or painful. If you have back or neck pain, walking and/or swimming are perfect for you. They increase your cardiovascular health, too!

Do: Stretch with a Good Stretching Routine

Warm up those muscles twice a day! Stay limber by stretching your hamstrings, quads, calves, and hip openers.

Don't: Sit in One Place

Whether you are sitting or standing, move around at least every 30 minutes. Give those muscles a good stretch! Keep moving and changing your body's position!

Do: Shift Your Mindset

Have a healthy attitude and you'll have a healthy body! Don't think of exercise as a chore – it's an opportunity to feel good! Just find the right one for your body and you'll enjoy it!

Exercising with a friend makes it fun, too!