



# HARTA

**Humble Area Retired Teachers Association  
Local Unit of Texas Retired Teachers Association  
(TRTA) - District 4**

*Open to all retired school personnel*

## MUSINGS FROM PRESIDENT MARIAN



Hello HARTA Members,  
During this pandemic, it is hoped that you are managing day to day activities as well as can be expected. Family and friends reaching out to each other certainly helps in keeping a positive outlook! A simple phone call, an

email, or meeting with social distancing in place does wonders for family and friends. Several HARTA members gathered together during this month enjoying a luncheon at various restaurants. Many thanks to Carolyn Mashburn who successfully organized opportunities for members and friends to enjoy a social time together! Relationships were enriched, strengthened, and uplifted-- all in true HARTA fashion!

Check out Brenda Pearson and Marjo Stach's message, great news!

Thank you to Marjorie Isgitt and all who worked on this edition of our newsletter!

Continue to be kind to one another, stay safe and well.

THANK YOU NOTE RECEIVED  
RE: DONATION to HUMBLE ISD  
Norma Ventura, Humble ISD

*Thank You*

Hello all,  
I hope everyone is doing well.  
Dr. Fagen has received the lovely note and donation that was sent for Humble ISD Title 1 Schools. Thank you for your endless support. We truly appreciate it.  
If there is anything you need assistance with please do not hesitate to contact me.  
Stay safe :)

### HARTA OFFICERS

- PRESIDENT.....MARIAN MANNIX
- 1ST VP MEMBERSHIP .....BRENDA PEARSON
- 2ND VP BOOKS & PR .....JAN RESELL
- 3RD VP PROGRAMS .....CATHY SHEPEARD
- SECRETARY .....SANDRA FOUNTAIN
- TREASURER .....MARJO STACH
- PARLIAMENTARIAN .....MARY WIDMIER
- PAST PRESIDENT .....PAT KAHAK
- NEWSLETTER EDITOR .....MARJORIE ISGITT



### HARTA MEETING DATES

2020-2021

- AUGUST 17, 2020.....ZOOM @ 10 AM
- SEPTEMBER 14, 2020 .....ZOOM @ 10 AM
- OCTOBER 19, 2020 .....ZOOM @ 10 AM
- DECEMBER 7, 2020.....ZOOM @ 10 AM
- ZOOM or ISC CENTER
- FEBRUARY 15, 2021 .....TBA
- APRIL 19, 2021 .....TBA
- MAY 17, 2021 .....TBA

HARTA Facebook & webpage can be reached at:  
<https://trta.org/humble/>



**The Voice of all Public  
Education Retirees**



**Oops--**

Trilla Cook was not listed in August birthdays; hers was August 30.

**September Birthdays**

- 1 - Linda Byrnes  
Denice Jones  
Jane Turner
- 3 - Michael Say
- 5 - Beth Davidson  
Betty Walters
- 7 - Marjorie Isgitt  
Judy Meaux
- 14 - Risa McCann
- 15 - Elaine Green  
Anna Sheppard
- 21 - Jackie Costanza  
Sandi Hirschfield
- 22 - Linda Abdmoulaie
- 23 - Lynette Rodgers
- 27 - Jill Allen  
Rita Grantham
- 29 - Kim Gaddis



**THIS MONTH'S PROGRAM**

- Cathy Sheppard

Greetings HARTA Members! Join us on September 14 as our Zoom meeting kicks off with a presentation from John Mims from Wild Birds Unlimited. He will be doing a talk on "The Joy of Bird Feeding".



**HEALTHY LIVING**

- Linda Rhodes

**Vaccinations**

This is a good time to make sure you are up-to-date on your vaccinations. They are a proven means of boosting your immune system.

**. Annual Flu Shot**

September and October are ideal months to have your shot. It takes about two weeks to become effective. If you are 65 or older, it is recommended that you have the higher-dose vaccine.

**. Pneumonia Shots**

There are several pneumonia shots - PCV13 (Pevnar 13) for under 65 and PPSV23 which is for 65 and older. Please check with your doctor on recommendation for you.

**. TDAP - Tetanus, Diphtheria, Pertussis (whooping cough).** This is a booster given every ten years.

**. Shingles Shot**

A vaccine for shingles was licensed in 2006. This was a single shot and was about 50% effective. Now there is Shingrix which is recommended for everyone over 50. It is about 90% effective and it is given in a two-dose series with the second shot administered 2-6 months after the first shot. It is important to get both shots in the series.

Please check with your doctor that you are current on your vaccinations.

**HEALTHY LIVING RECIPE**

Linda Rhodes

**Greek Yogurt with Cherry Compote**

Ingredients

- . 1-1/3 cups pitted and halved fresh cherries, or unsweetened frozen pitted cherries, halved
- . 1/2 cup orange juice
- . 2 t. honey
- . 1/4 t. salt
- . 1 average cinnamon stick
- . 2 cups plain fat free Greek yogurt
- . 2 T. chopped pistachios or nuts of your choice

Instructions

1. Combine cherries, orange juice, honey, salt, and cinnamon stick in small saucepan and bring to boil over medium heat. Reduce heat to medium low and simmer, stirring occasionally, until cherries soften and liquid begins to thicken slightly, about 12 minutes.
2. Transfer to medium bowl; remove and discard cinnamon stick. Let cool to room temperature. Serve or transfer to airtight container and refrigerate until chilled, at least 2 hours or up to 4 days.
3. To serve, divide yogurt evenly among 4 bowls. Top evenly with compote and sprinkle with nuts.



## MEMBERSHIP MATTERS!

-Brenda Pearson

Some of our members are missing... from the HARTA rolls!

Our HARTA memberships

expire each year on June 30, so now is a good time to renew. Only paid members will be included in the directory this fall, and only paid members are included in the Newsletter's monthly birthday list. Any member who receives benefits through AMBA must maintain a current membership. All yet-to-pay members were sent a reminder letter in August, and we have had a great response. Thank you to those who sent in their dues. If you have not paid your dues for the 2020-2021 year, please fill out the form at the end of the newsletter and send it in to Marjo at your first opportunity.

A big thank you to all members who paid their dues this week. A total of 67 members responded to a reminder. We now have a total of 276 HARTA members and 38 friends. Year-to-date we are on par with last year at this same time. Great job all!

Marjo Stach"

## NEW NEWS ITEM

Project: Writing to Connect by Nancy Schettler

Retired writing teacher AHS

[nmschettler@gmail.com](mailto:nmschettler@gmail.com)

HARTA is a rich source of talented and skilled teachers. Why not put those gifts to work through the power of writing by offering enrichment experiences during the Coronavirus Crisis to those who may be closest to us: our own grandchildren, or children of our former students, or young ones we know who may need extra attentive eyes? Because all writers deserve an audience, I can't think of anyone more qualified for the audience role than we, members of HARTA. Reaching out and connecting with students on all levels in a fun way not only builds and maintains writing skills but offers a means to relax, reflect and speak the value of writing that can be truly magical. Using a series of letters, writing games, riddles, quick writes and invitations for a longer piece now and then perhaps in the form of a personal narrative or poetry piece can make writing skills flow. Supported with published writers in tandem with a variety of youth publishing avenues, the writings from these 'students' can crescendo on their own to, by the end of the school year, lead to an individual collection of their writings.

I hope you will join me on this mission of personal connection. All the while, letting the students take the lead from our guidance never feeling overwhelmed, but always feeling the joy of the power of writing.

--Submitted by Nancy Schettler



## LEGISLATIVE NEWS

- Carolyn Monroe

## ARE YOU REGISTERED TO VOTE?

Texas Secretary of State – [www.VoteTexas.gov](http://www.VoteTexas.gov)

1. Provide your Voter Unique Identifier (VUID) on registration card
2. Provide your Texas driver's license number
3. Provide your first and last name
4. Or, call the voter registrar's Office in Harris County or Montgomery County



## WANT TO VOTE BY MAIL?

TO QUALIFY:

1. You are sick or disabled and unable to go to a polling place
2. You are 65 or older on Election Day
3. You are in jail, but have not been convicted of a crime yet
4. You won't be in the county at the time of early voting and Election Day (e.g. you are a college student in another state)

TO APPLY FOR AN ABSENTEE BALLOT

1. Go the [Secretary of State website](http://www.Secretary of State website). <https://webservices.sos.state.tx.us/forms/5-15f.pdf>
2. If you're in Harris County, you can also call the Harris County Clerk's office at 713-755-6965 or email the office at [BBM@cco.hctx.net](mailto:BBM@cco.hctx.net).





**TRIPS AND TOURS**  
- Carolyn Mashburn

Because of the Pandemic and need for Social Distancing, HARTA's usual Houston Restaurant Week trips took a decidedly different turn this year. The Brennan's trip became a picnic at Midtown Park. The Zammitti's trip was a picnic in the park area near the restaurant on the shore of Lake Houston.

The final trip to Rainbow Lodge was cancelled by (glad-it-missed-us) Hurricane Laura.

For each trip, individual HARTA members ordered their restaurant meals to go, picked them up, took their chairs and meals to a pre-selected outdoor area and enjoyed each other's company safely with 6 feet between them. Nevertheless, Houston's Food Bank received meals for 72 families due to our efforts. All agreed it was good to see faces we'd missed while doing good for the community.

**Sponsor:** Carolyn Mashburn

[carolynmashburn44@gmail.com](mailto:carolynmashburn44@gmail.com) 281-460-8255



**Brennan's / MidTown Park Left to Right:**  
Carolyn Mashburn, Carolyn Monroe, Pat Kahak, Marj Isgitt, Vicky Stansifer, Barbara Balshaw, Faith Hiller, Brenda Pearson, Marjo Stach, Patty Murphy



**Zamatti's Left to Right: Unmasked and Masked**  
Latrecia Black, Carolyn Mashburn, Tina Smith, Linda Rhodes, Cathy Reading, Carolyn Monroe, Marj Isgitt, Gail Ireland, Susan Burroughs, Glenda Laney, Brenda Pearson, Marjo Stach, Linda Avina, Pat Kahak



**COMMUNITY VOLUNTEER SERVICES (CVS)**  
-Margaret Fahrenthold

Even though we are not having in person meetings right now, I still need your volunteer hours to report to the state.

As a general rule, anything done as a service to others without pay will count as volunteer service hours. If you are providing childcare for a family around the clock, 24 hours is the maximum number of hours to be reported, whether there is one child or several children. The hours, not the children, are what are counted.

**Click this link to turn in your volunteer hours!**  
[margaret46@suddenlink.net](mailto:margaret46@suddenlink.net)

**Include your name, number of hours, date, and (optional) how you earned the hours. Thank you for helping HARTA and TRTA document the help of seniors.**



**HARTA Member Updates:**

**Deepest sympathies are extended to the family of Ruth Billings, who passed away on February 5. She is survived by husband of 49 years, Ollie Billings.**

**Cards can be sent to the family at:  
7511 Pine Cup Dr., Humble, TX 77346.**

**Margaret Fahrenthold will have knee surgery on Monday, August 31st. Cards can be sent to:  
1521 Walnut Ln., Kingwood, TX 77339**

**HELP WANTED:** Foundation Chairperson—  
Contact: [marian.mannix@icloud.com](mailto:marian.mannix@icloud.com)  
if interested in helping HARTA.

**Don't Miss Out on Free Ice Cream!**  
**Drive through Ice Cream Social at Humble Civic Center, FREE, is on 9.16.20.**  
**You can still register by calling 713.274.4050.**



**INFORMATION AND PROTECTIVE SERVICES** - Virginia Cowen

**STAYING SAFE AND HEALTHY  
AFTER A HURRICANE**

- You should continue to follow [preventive actions](#) to protect yourself and others from COVID-19, like washing your hands and wearing a [mask](#) during cleanup or when returning home.
- It may take longer than usual to restore power and water if they are out. Take [steps to prevent carbon monoxide poisoning](#) if you use a generator.
- If you are injured or ill, contact your medical provider for treatment recommendations. [Keep wounds clean](#) to prevent infection. Remember, accessing medical care may be more difficult than usual during the pandemic.
- Dealing with disasters can cause stress and strong emotions, particularly during the COVID-19 pandemic. It is natural to feel anxiety, grief, and worry. [Coping with these feelings and getting help](#) when you need it will help you, your family, and your community recover.
- People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms. Additional information can be found at the [Substance Abuse and Mental Health Services Administration external icon](#) page.
- After a hurricane, it's not unusual for rats, mice, and other pests to try to get into your home or building. Be aware that with restaurant and commercial closures related to COVID-19, there are already reports of [increased rodent activity](#) as they try to seek other sources of food. Follow recommendations for [keeping pests out of your home](#)
- <https://www.cdc.gov/disasters/hurricanes/covid-19/prepare-for-hurricane.html>





### TRTA MEMBERSHIP HAS ADVANTAGES!

- Becky Hendricks

### TRTA Endorsed Benefits and AMBA:

TRTA serves all school employees, not just teachers, including but not limited to coaches, paraprofessionals, transportation, food service, maintenance, and administrators. TRTA membership is open to both retirees and future retirees including a benefits and discount program administered by its partner, Association Member Benefits Advisors (AMBA).

AMBA is the *exclusive, sole endorsed partner* for your TRTA Member Benefits, and has been since 1981. AMBA manages benefit platforms for 62 Professional Associations across 36 states. AMBA helps its Associations grow membership and protect its members' pensions and retirement savings with a robust and diversified suite of benefits. Under the endorsement from your TRTA, your benefits platform includes:

Dental	Ground and Air Ambulance Plan
Vision	Medicare Supplemental
Cancer & Cancer Treatment	Long-Term and Home Health Care
Heart Attack/ Stroke/ Heart Transplant	Tax Deferred Annuity
Whole Life Final Expense	American Hearing Benefits

Recently, there have been material positive changes in your benefits program. For more information and details, and a complimentary review of existing benefits you may already have, **please contact Eric Hunt with AMBA. Eric's direct line for calling and texting is (281) 636-9321. His email address is eric.hunt@amba.info.**



### FOUNDATION NEWS!

TRTF has raised over \$191,000 in donations this calendar year to date. The Foundation had an especially successful COVID-19 appeal during the month of April that raised more than \$54,000. These funds were used to help many retirees who lost income as Substitute teachers when schools closed during the pandemic. The "A Helping Hand" program has provided more than \$20,000 in grants to 38 recipients in 2020.

If you or someone you know needs assistance with medical bills, home or auto repairs, utility bills, purchasing groceries, etc., please reach out to [Sarah@trta.org](mailto:Sarah@trta.org) for "A Helping Hand" application today!

To make a donation or to read more about the Foundation, go to the website at: [trtf.org](http://trtf.org).

### TRTA and TRTF Planning to Launch TRTF Tutor Initiative

The Texas Retired Teachers Association (TRTA) and its charitable 501(c)(3) partner the Texas Retired Teachers Foundation (TRTF) is about to announce a new endeavor: a program called the **TRTF Tutor Initiative!** Any retired TRS certified schoolteacher can participate and earn extra income by becoming an online tutor for public school children.

When you join TRTF by becoming an online tutor, you are saying, "Yes, I want to help our teachers! I want to help our students! I want to earn much needed income by being an online tutor!" Plans are that TRTF will ensure that retirees earn \$30-\$40 per hour for hourly sessions. The TRTF projected launch date is September. If you are interested in learning more about being a paid tutor for the new TRTF Tutor Initiative, you can complete their contact form on the website listed below and subscribe to their email list.

<https://www.trtf.org/TRTF/Tutor/TutorDataCollection>



### LITERACY AND PR UPDATE

- Jan Resell

Our next meeting will be a ZOOM meeting on September 14 at 10 AM. Meeting dates and time are posted on the neighborhood news signs in Kingwood, in the Observer newspaper and online in Observer E news.

Our Book Project is on hold until we can determine a safe way to go into schools to deliver books. Please continue to collect new or gently used books. Hopefully, a plan for delivering books to schools and teachers will be figured out before too long.



**Brenda Pearson**

I attended an online virtual workshop presented by the Illinois chapter of Delta Kappa Gamma in June. I gathered all the needed supplies and then watched as the presenters demonstrated how to make the various Items. It was a great experience

*Remember When? ... Before Social Distancing*



**Tony's**



**Rainbow Lodge**



**Stages**



**Monthly Meeting**



**JOIN THESE HAPPY HARTA MEMBERS TODAY! FILL OUT AND MAIL IN THE MEMBERSHIP FORM**

**Humble Area Retired Teachers Association & Texas Retired Teachers Association  
Membership Enrollment Form**

TRTA DUES \$35.00 PER YEAR / HARTA DUES \$5.00 PER YEAR/TOTAL DUES \$40.00

**NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **AMOUNT PAID** \_\_\_\_\_

**STREET:** \_\_\_\_\_ **CITY** \_\_\_\_\_ **STATE TX ZIP** \_\_\_\_\_

**PHONE** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

From which school/dept./district did you retire? \_\_\_\_\_ Your Birthday (mo. & day) \_\_\_\_\_

Referred by \_\_\_\_\_

Make checks payable to HARTA. Mail to: HARTA, PO BOX 5102, Humble, TX 77325, Attn: Marjo Stach

**HARTA SCHOLARSHIP DONATION**

**"In Memory or In Celebration"**

Your Name \_\_\_\_\_ Amount \_\_\_\_\_

Check one: \_\_\_\_\_ In Memory \_\_\_\_\_ In Celebration Of (name) \_\_\_\_\_

Name and Address for Acknowledgement Letter:

Make checks to HARTA & indicate SCHOLARSHIP DONATION on the memo line. Mail to HARTA, PO Box 5102, Kingwood, TX 77325

ATTN: Sunny Smith