


WRSE

Wylie Retired School Employees

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Perhaps more than
any other factor,
kindness gives
meaning and value
to our life,
raises us above our
troubles and our
battles,
and makes us feel
good about
ourselves.

-- Piero Ferrucci



From the President's Pen
Carolyn Dale

The Christmas cards have been sent, and many of you have probably completed your shopping, mailed, or wrapped and placed gifts under the tree. The shopping is done, but I will be wrapping minutes before the family arrives—wrapping/bow tying is one skill I lack.

Preparation for the TRTA State Convention on April 11-13 is in full swing. If you plan to attend the Convention, you will need to register. Registration is open and information about the convention may be found in the Dec 9 INSIDE LINE at <https://trta.org/inside-line-blog/>. There is a link (blue bold print) in the article that will take you to the registration site. I just completed my registration without problems by following the link. There is also information in the 4th Quarter THE VOICE at <https://trta.org/the-voice/> which should be in your mailbox soon.

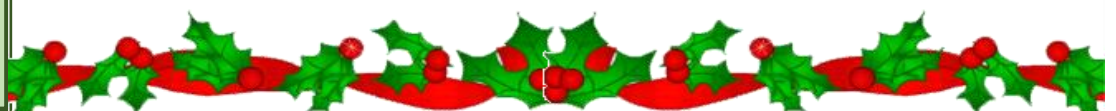
I look forward to seeing you on January 12 as we begin the new year. Enjoy the holidays. Stay safe as you travel and celebrate with family and friends.

My Christmas Gift to You

By Kelly Roper

My gift to you this Christmas
Comes tied with a pretty bow.
It's not important what's inside the box,
I just appreciate you and want you to know.

<https://christmas.lovetoknow.com/short-christmas-poems>



JANUARY'S UPCOMING PROGRAM

Linda Pease
Third Vice President

OH, THOSE ACHIN' FEET!

Most of us have taught school for 20 plus years and stood on them most of the day. We have raised children, cared for grandchildren, walked dogs, participated in marathons (Here's looking at you, Linda Treadaway-Martin!), worn high-heels, danced, and more. By retirement age, the average foot has taken a beating!

Dr. Brandon Mecham, Wylie orthopedic surgeon and podiatrist, will be the guest speaker for our first meeting of the new year on January 12, 2022. The program is entitled, "Healthy Feet for Healthy Living." His presentation will cover preventive care for the walker. Dr. Mecham will bring along a therapist from his office who will weigh in on best ways to care for feet daily. There will be a Q&A following the presentation.

This expert information can't come fast enough, since we'll be starting our participation in TRTA's "Walk Across Texas" project in February. We will have more about that at the January meeting.

And, to say thank you to all our members, there will be a SOUP LUNCHEON provided by your Executive Board following the meeting. Details to follow.

**Get ready
for the "Walk
Across
Texas"
Challenge 2022!**



MEMBERSHIP

Sandy Mulkey
1st VP & Membership Chair

DID YOU KNOW?

If someone asks you why they should join TRTA/WRSE, show them this. What other organization is working to take care of their annuity?

TRTA has a proven track record. In 2021, TRTA's advocacy added \$1 billion of new funding into the TRS pension fund! During this Texas state legislative session TRTA:

- Worked with the Legislature to keep its promise of allocating \$5 billion towards TRS.
- Worked with the Legislature to pass a supplemental payment bill that provides eligible TRS retirees with additional income!
- Worked with the Legislature to pass a sunset bill that mandates TRS to be more responsive to member needs, creates an ombudsman at TRS, requires TRS to report bonuses for its investment team, and increases customer service in health care appeals.
- Worked with the Legislature to pass a Golden Ticket bill that allows retirees who left TRS-Care to rejoin!
- Helped pass a return-to-work bill that requires TRS to alert educators before penalizing them for minor infractions.
- Additionally, TRTA helped secure bills on tutoring, TRS contributions and a resolution to reform the Windfall Elimination Provision (WEP)

Now, TRTA is focused on repealing and fixing the WEP and Government Pension Offset (GPO) in the US Congress!

A Special Moment for TRTA Membership!

From THE VOICE Magazine
4TH QUARTER online at <https://trta.org/the-voice/> and in your mailbox soon

In less than a month, the Teacher Retirement System of Texas will send out 400,000 supplemental payments totaling more than \$701 million. Thousands of annuitants will **NOT** know the how or why of the supplemental payments, but you will because you fought hard with your membership, phone calls, emails, texts, letters, and personal advocacy.

What would we say to these potential members if they were listening?

Read the full article and see what Tim is asking us to do to spread the word.

ECHO – EACH CHILD HAVING OWNERSHIP

Kathy Wilbanks
2nd VP & Chair ECHO Book Committee



See those smiles? Want to help make more of them? Join us as we collect new books to give the kindergarten students in Wylie ISD. We want to get them “hooked on reading” as early as possible.

Members donated \$1 to the brag bucket for each “brag” which ended up donating \$28 to the ECHO book fund. They also brought more than sixty books to the last two meetings-- keep them coming. We usually distribute books in April or May, and we will need about 1400 books for this year’s students.

Thank you for your generosity.

7 Tips to Help Your Family (and You) Survive the Holidays

Parents and millennials can enjoy the holidays together with these tips.

- Commit to being flexible and minimizing expectations.
- Put yourself in your adult child's place.
- Speak up now. Ask your adult children ahead of time what will work for them
- Find a compromise.
- Make new traditions.
- Call a truce. Relationships that are already fraught can be particularly tough during holidays.
- As Elsa sings in *Frozen*, "Let it go."

For the entire article, see <https://www.aarp.org/home-family/friends-family/info-2015/christmas-holiday-family-relationships-millennials.html>

Community Volunteer Service

Belinda Beuerlein, Chair
Community Volunteer Service

Reminder: Volunteer hours are calculated from January through December 31, 2021. I will be reporting our total number of hours to be recorded at the TRTA state office in February of 2022. If you have hours from any previous months for this year, please e-mail me and I will add those hours to the spreadsheet.

Our service project for December was the "Wylie Way Gives at Christmas" sorting and packaging gifts for qualifying students and siblings. Thank you to all our unit members who signed up to help with this worthy cause. It was an immense success! Joley Martin expressed her appreciation for our help with this project.

As always, I appreciate all the hours each of you spend volunteering in our community. Thank you, also, for sending your hours at the end of each month to my e-mail address, belinda.beuerlein@gmail.com, or on the spreadsheet at our monthly meetings.

KEEP SENDING YOUR VOLUNTEER HOURS!



The WRSE 2021 Hygiene Collection Project will conclude on January 12.

Items needed:	Deodorant (male and female)
	Shampoo (with or without conditioner)
	Body wash or Bar soap
	Toothpaste (small or regular size)
	Hairbrushes or combs
	Toothbrushes
	Mouthwash (small size)
	Laundry soap (small or individual size)
	Feminine Hygiene products

HEALTHY LIVING

Mary Flowers
Healthy Living Co-Chair

Boost to Your Brain's Creativity

The next time you want to solve a tricky problem or dream up an exciting adventure, do yourself a favor and go for a walk.

You're more likely to be creative and generate ideas than if you're sitting, according to a Stanford University study. That could explain why walking is the favorite exercise of so many talented people. In the study of 176 college students and other adults, participants were placed in different conditions — walking indoors on a treadmill or sitting indoors or walking outdoors. The sessions ranged from 5 to 16 minutes.

The participants were then tested to determine who was more creative, responding to questions on different uses for an object. The walkers scored higher by an average of 60 percent.

Other studies show that getting that creative spark might have protective qualities as we age. According to the Seattle Longitudinal Study involving 6,000 participants, keeping an open, flexible personality helps reduce the risk of cognitive decline in old age.

Other key findings of the Stanford study: Location doesn't matter. Walking on a treadmill in a small boring room and walking outside both produced strong results. "We thought walking outdoors would be better, but it wasn't," Speed doesn't matter. People were told to walk at a pace that was natural. The study did not analyze how walking was able to enhance creativity. "I've got to think that the walking somehow shifts blood from one part of the brain to another (creative) part," she said.

Or more simply put by Henry David Thoreau, "Methinks that the moment my legs begin to move, my thoughts begin to flow." —Janice Lloyd



A "LITTLE" CHRISTMAS HUMOR

What do you call a broke Santa? Saint Nickel-less

How does a snowman lose weight? He waits for the weather to get warmer!

LEGISLATIVE

From the District 10 Newsletter
Sandra Barber, President

Legislative Districts for 2022 Established by the 87th Texas Legislature

The Texas Legislature has completed the redistricting process. The links to the legislative maps which have been established for the U. S. Congressional Districts, the State Senate Districts and the State House Districts are listed below. Although the 87th Legislature has approved these legislative districts, a number of lawsuits have been filed contesting these redistricting maps. The legislative maps will be finalized after the courts adjudicate the lawsuits.

Congressional Districts

<https://dvr.capitol.texas.gov/Congress/56/PLANC2193>

State Senate Districts

https://dvr.capitol.texas.gov/Senate/50/PLANS2168?utm_source=BDGHF&utm_medium=em&utm_campaign=20211019_BDG_TXGOP_RedistrictingUpdate_HF_BDG-TXGOP

State House Districts

https://dvr.capitol.texas.gov/House/50/PLANH2316?utm_source=BDGHF&utm_medium=em&utm_campaign=20211019_BDG_TXGOP_RedistrictingUpdate_HF_BDG-TXGOP

The Texas Retired Teachers Association (TRTA) is leading with our national partners to reform and end the unfair Windfall Elimination Provision (WEP).



Preparing Food Boxes at the Christian Care Center 12.15.21

L-R Kathy Wilbanks, Harry Pease, Mary Flowers, Susana Milhoan, Linda Pease

LEGISLATIVE

Texas Retired Teachers Association Priorities for 2023 State Legislature

Preserve Texas TRS Traditional Defined Benefit Retirement:

TRTA's primary public policy objective is the preservation of the Texas TRS traditional defined benefit plan for all school retirees and pre-retirees. The Texas Retirement System (TRS) proves that when these plans are managed and funded appropriately, they provide cost efficient retirement security for plan participants and taxpayers alike. Please note that 95% of public-school employees are not included in Social Security. This saves the Texas taxpayer billions, but it also raises the stakes to ensure the Texas TRS traditional defined benefit plan remains strong and viable for all future retirees.

Fund TRS Pension Trust:

In 2019 TRTA championed the "TRS Actuarial Soundness--Raise the Base!" plan (SB 12). This plan is a multisession funding-increase initiative to ensure the long-term solvency of the Teacher Retirement System of Texas. Therefore, TRTA members urge the 88th Texas Legislature to complete the plan by introducing and adopting a state budget that funds contribution rates of 8.25% for state/educators and 1.9% for ISDs by 2024.

Support a TRS COLA:

TRTA is aware of the sincere interest expressed by the legislature over the past several years regarding the loss of income which retirees are experiencing. TRTA welcomes the open expressions of support from legislators to address this issue during the 88th session. TRTA urges the enactment of a Cost-of-Living Adjustment (COLA) for retirees as an emergency item in the coming session.

Protect TRS-Care:

TRTA appreciates the work of the legislature to address increasing health care costs over the past several years. However, it is our belief that the best solution to this issue would be to design and implement a long-term plan that provides a continuing review of health care costs and associates state funding to the actual cost of health care, rather than the current arbitrary formula that was established 35 years ago when TRSCare was created.

TRTA FEDERAL ISSUES

Arbitrary WEP Out, Fairness Now! The Windfall Elimination Provision (WEP) is an arbitrary formula from the 1980's and it is not fair. Congress knows that there is a better way. TRTA calls on Congress to pass WEP reform now and end the arbitrary and unfair WEP!

Stop the GPO pain!

The Government Pension Offset unfairly penalizes public servants, including Texas retired school employees. The worst part is GPO typically hurts seniors after the loss of a spouse who was a Social Security recipient. The GPO is bad public policy that needs to be reformed immediately.

UPCOMING EVENTS

★ CHECK YOUR EMAIL

Jan 1, 2022 – WALK ACROSS TEXAS
registration begins

Jan 7, 2022 – TRTA Facebook/YouTube Live sessions with Tim Lee, TRTA Executive Director

Jan 12, 2022 – WRSE Meeting: Guest Speaker
– Dr. Brandon Mecham, Podiatrist, Foot/Ankle Surgeon

Jan 26, 2022 – WRSE Executive Board Meeting, ESC Board Room

Apr 11-13, 2022 – TRTA Convention, Hilton Anatole, Dallas

Apr 25, 2022 - District 10 Spring Leadership Conference, Region 10

Oct 24, 2022 – District 10 Fall Conference

• 68th TRTA State Convention Registration Information will be coming via the 4th Qtr. VOICE magazine and Tim Lee's INSIDE LINE. Check your email daily and go to www.trta.com for the VOICE magazine.

• Walk Across Texas Challenge 2022. Sign up begins 22 Jan.

WHOSE BIRTHDAY IS IT THIS MONTH?



December Birthdays

Geri Washington 4

Jenna Lawson 10

Brenda Robinson 22

Belinda Beuerlein 25

Pam Curran 29

Dana Burdett 31

Tami Nauyokas 31

Shirley Ostinelli 31

PHOTO GALLERY



All



Sandy Mulkey welcomes members and guests.



Are

Merry & Bright!



Geri Washington & Yolanda Morton



Kay Magar motions for Nancy Butler to come sit with her, Susana Milhoan & Steve Boatman.



Meg Belanger, Suzanne Minge & Macklyn Henderson



Brenda Robinson & Kathy Hammond



Pam Perkins & Mary Flowers



Kathy Wilbanks, Judy Brewster & Rosie Hochstein



Warming Up With "Jingle Bell Rock" before the meeting!

THE MEETING BEGINS



President Carolyn Dale calls the meeting to order.



Rosie Hochstein read *When Christmas Comes in the book, My Cup of Tea* by Weems. S. Dykes



Brian Coatney,
instructor & conductor.



After being introduced by Linda Pease, the Wylie High Strings, composed of 15 students and led by Brian Coatney, gave a DELIGHTFUL performance of popular Christmas songs.



Dr. David Vinson, Superintendent, talks about Wylie ISD's growth in population and excellence.

Taking Care of Business



Sandy Mulkey gives the Membership report: 94 members – goal 100.



December Community Volunteer Service door prize winner – Susana Milhoan.



Toiletries for the WISD Program



Books for ECHO



Kathy Wilbanks informs members of a volunteer opportunity at Wylie Community Christian Care Center on December 15.



GET UP *and* MOVE - "EXERCISING TO TUNES"



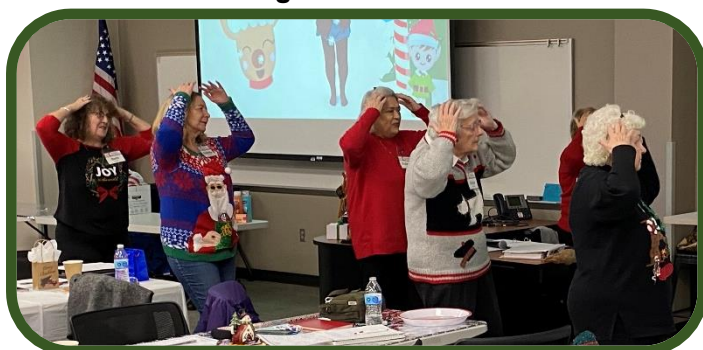
Beth Griner & Belinda Beurelein having fun



Nancy Butler, Pam Curran, Geri Washington & Kay Magar



Mary Flowers & Meg Belanger—way to go!



Beth Griner, Belinda Beurelein, Yolanda Morton, Rosie Hochstein & Kathy Wilbanks



Pam Perkins, Pam Curran, Brenda Robinson, Kathy Hammond & Pamela Baker



Carolyn Dale



Linda Pease

*Moving
&
Grooving*



Judy Brewster



Rosie Hochstein



Janet McMillen, Beth Scholz, Renee Peri, Patsy Robinson, Linda Treadaway-Martin & Judy Brewster



Brenda Robinson, Kathy Hammond & Pamela Baker



Linda Treadaway-Martin, Nancy Butler, Kristie Sanders & Kathy Hammond



MOST "INTERESTING" CHRISTMAS SWEATERS



Linda Pease



Belinda Beuerlein & Pam Baker



Carolyn Dale & Beth Scholz



Kristie Sanders



Suzanne Mingea



Kay Magar



Winner!

Linda Treadaway-Martin



Steve Boatman



Judy Brewster



Tami Nauyokas



Lois Jones



Renee Peri



Rosie Hochstein



Susana Milhoan



Macklyn Henderson



Beth Griner



Jason's deli



Linda Pease & Kristie Sanders
hand out the deli boxes.



Shirley Burnett, Pam Baker &
Linda Treadaway-Martin



Susana Milhoan & Kay Magar



Kathy Wilbanks, Judy
Brewster & Rosie
Hochstein



Brenda Robinson, Kathy
Hammond & Pam Curran



Meg Belanger,
Renee Peri &
Janet McMillen



Beth Griner, Lois Jones,
Carolyn Dale, Pam Perkins
& Mary Flowers



Judy Brewster, Rosie
Hochstein, Kathy
Wilbanks & Sandy Mulkey



Beth Scholz, Suzanne Mingea, Macklyn
Henderson & Patsy Robertson

Next Meeting January 12, 2022, at the WISD ESC. See You There!

