

# In the Loop

*January 2022*

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## Message from the President



Dear GRSP:

Not all electrical appliances are created equally. Over the Christmas holidays, I acquired a flu-like virus and ran a fever with chills. I was lying back in our recliner with three blankets piled on me and my granddog at my side while I was shivering with a fever when the electricity suddenly went out. The lights flashed a couple of times and then total darkness. I began to panic because the chair is electric, and I couldn't raise it to a sitting position! With a table and lamp on either side of me, I wasn't sure what to do. Needless to say, my rolling forward to the floor and 'gracefully' standing left much to be desired. I toddled to bed, and an hour or so later the power came back on. We are

looking at a new chair.....hope your holidays were less eventful than mine.

I am looking forward to our spring semester and the fun activities that your board has planned. Read about our upcoming BINGO fundraiser and come ready to play and have fun. February is the third time we have scheduled a tour of the Gilbreath-Reed Career and Technical Center (GRCTC), so we hope this is the charm that works. March will bring a canned food drive on our meeting day, and in May, a jigsaw puzzle exchange. We want to send members to the TRTA convention April 11-13 at the Dallas Hilton Anatole since it is local this year. There are great speakers, break-out sessions, and the legislative session in which some very important changes may occur to our bylaws. You can also take a shift as a greeter volunteer since our District 10 is hosting. We will send four delegates and up to ten more members from our local unit. We will pay the \$50 registration fee and daily parking. So far we have our delegates and four spots taken, so see me at our January meeting to sign up. It is a great opportunity to experience our organization in action and hear from our executive director and state officers.

Walk Across Texas starts Sunday, January 23, so lace up those sneakers and start moving. It's not too late to join a team so email Susie Fegraeus.

The kitchen sink at the church is still out of commission, so we will have bottled water, but you need to bring your own coffee. The hostesses will have yummy snacks to enjoy while we win all those prizes in Bingo. See you there.

Peace,  
Gail Womack, President

P.S. Check out our new logo in the upper right corner! Thanks to Judy Kriehn for this original design!

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**Mark your calendars for the January 25 GRSP meeting and BINGO!**

We meet at the [First United Methodist Church at 801 West Avenue B in Garland.](#)

Doors open at 9:30 a.m.; the meeting begins at 10 a.m.

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GRSP Quick Links: be sure to like Garland RSP on Facebook, and ask your friends to like us, too!

[Membership Form](#)

[GRSP Facebook](#)

[Texas Retired Teachers Association](#)



**We are also on Twitter! Follow us [@GarlandRSP](#).**

# Advisory Board Member Spotlight

## Meet Ann Banks, GRSP 1st VP and Membership Chair

Ann taught social studies at South Garland High School for 29 years, and she retired May 2001

Ann was one of those people who did not join GRSP immediately. She joined TRTA/GRSP in 2007 because her good friend Ann Patterson was president. But once she did join, she immediately began to volunteer and get very active in GRSP. She started by agreeing to be secretary and volunteered to type the directory (a huge task!). From there, she became first vice president and was responsible for membership. Ann rotated back and forth between secretary and membership until 2015 when she was asked to serve as president. After two terms, she went back to rotating between secretary and membership. Somehow, Ann cannot get away from the directory!



Ann says the best part of being retired is having money put into her checking account each month and no longer having to get up at 5:30 a.m. for work. She likes having time with her granddaughters and, of course, Grandma is the person who keeps sick grandkids when they cannot go to school. In fact, Ann's adult granddaughter still wants HER when she is ill. Ann's husband Glenn also taught science at Lakeview Centennial for 30 years. They have one daughter, Stephanie, and two granddaughters, Kaidy and Leah.

Ann shared that she really likes the socialization of belonging to different groups. She is active in the Garland Book Review Club, volunteering to type their directory. She also belongs to a small group book club (where they actually read the books). She also belongs to an international women's education society, serving as an officer. Ann used to play bridge in three groups (now she only plays occasionally since it is hard to find bridge players as we all age and no longer want to drive at night). She plays bunco once a month with her daughter and her friends. Ann is active in her church, serving on two committees. Keeping active is one way to keep young. Ann is fortunate to have many, many wonderful close friends because she has been active in so many groups.

Ann was recognized at the November GRSP meeting for her many years of service to our organization, and this group could not ask for a more dedicated board member. Thank you, Ann, for all you do for GRSP!

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## Legislative Update

Thomas Poore, Legislative Chair

What would you say to public school retirees who received a supplemental check and are not members of TRTA? Tim Lee would say, "Dear TRS Retiree, The Texas Retired Teachers Association (TRTA) fought for and helped secure the supplemental check that more than 400,000 TRS retirees received in January, 2022. If you received that supplemental check and agree that hard work pays off and more needs to be done to help retirees, join TRTA today!"

**Action Item: Invite a guest**

Invite one TRS retiree you know who is not a member of TRTA to be your guest at our GRSP January or February meeting. A Cost-of-Living Adjustment (COLA) is attainable in the 88th Legislative Session. Membership numbers are very important to legislators when considering appropriations.

**Action Item: Texas has new political maps. Find your districts.**

[New district legislative maps](#) that have been compiled by the *Texas Tribune* are now available. Each member can use the link above to determine current districts. Click on the blue link above, and enter your address in the rectangular box. You will see your United States

Congressional District past and present, as well as your Texas House District, Texas Senate District, and State Board of Education District, both past and present.

#### Key Upcoming Dates:

**January 31:** Last day to register to vote in the primaries statewide

**February 14-February 25:** Early in-person voting in the primaries

**March 1:** Primary Election Day

**May 24:** Primary runoffs (if needed)

**November 8:** Election Day

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#### Membership

Ann Banks, Membership Chair

It was so nice to check my bank account and see that both my husband and I received the supplemental payment from TRS. Most of you, having worked in public education in Texas, also received this money. I know that members of GRSP should have been well aware that this was coming with all of the public notices that both TRTA and GRSP provide. You can thank TRTA for this since it was a front burner issue when the Legislature declined to give us a COLA. No other organization in Texas is responsible for this payment being made.

We all have friends who retired under TRS who do not belong to TRTA/GRSP. Attached to the newsletter email is a membership form for you to give to your friends. We need all retired school personnel to join today. With numbers, we can get that COLA next session.

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#### TRTF Update

Kay Ferrell, TRTF Chair

Two of the Initiatives supported by Texas Retired Teachers Foundation (TRTF) are Classroom Assistance Grants and Beginning Teacher Scholarships. I encourage you to talk to teachers or beginning teachers that you know who might be interested in applying for one of these initiatives.

\*Classroom Assistance Grants are awarded to Texas public school teachers who on a daily basis demonstrate commitment to public education and Texas children through the creation of programs, events or other learning platforms.

The Texas Retired Teachers Foundation (TRTF) will award 30 \$750 grants to 30 public school teachers in Texas for the 2022-2023 school year. Applicants may download the application from the TRTF website at [www.trtf.org](http://www.trtf.org). All applications must be received by 5:00 p.m. on Friday, February 25, 2022. Applications received after the deadline will not be considered.

Applicants may apply individually, as a group/team or as a school. If you apply as a group/team or as a school, please designate someone to lead your grant application process and serve as the contact person to receive any related correspondence from the Foundation.

\*The Beginning Teacher Scholarship awards funds to recent college graduates who will be teaching for the first time in the fall of 2022. These funds are awarded to reimburse the applicant for certifications and test results and to provide funds to help the applicant purchase materials for his or her classroom during his or her first year of teaching.

TRTF will award 20 \$750 scholarships for the 2022-2023 school year to candidates who are referred by an active member of the Texas Retired Teachers Association (TRTA), who have earned or are earning an undergraduate or master's degree in education at a Texas university or college, and have pursued or are pursuing their teaching certification exam.

Beginning teachers may access the application at [www.trtf.org](http://www.trtf.org). All applications must be received by 5 p.m. on Friday, February 25, 2022. Applications received after the deadline will not be considered.

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## Scholarship Committee

Anna Meek, Scholarship Co-Chair  
Seidy Trent, Scholarship Co-Chair

Following the Tuesday, January 25 meeting, we will host a bingo game to raise money for scholarships. Please plan to stay, play and help this worthy cause. Members can donate \$5 for one bingo card or \$10 for three bingo cards.



Some very nice prizes will be donated by officers and members, such as original artwork, gift cards, and sweet smelling items, to mention a few. Check out the handmade quilt at left created by Ann Patterson that is just one example of a great donated prize!

If you have not signed up but would like to contribute a prize, please know that all are welcome. You can also just bring a prize to the January meeting. In the past, we have had handmade items, art, gift cards, and so many other creative items. The more prizes we have, the more fun it will be. Thank you in advance!

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## Community Volunteer Services

MaryAnn Harris, CVS Co-Chair  
Maggie Cherry, CVS Co-Chair

It is time to send in your community volunteer hours for the year of 2021. January 31, 2022, is the deadline to collect the hours. Please send hours to:

MaryAnn Harris  
[maharris27@att.net](mailto:maharris27@att.net)  
972-567-7588

Maggie Cherry  
[macrn685@gmail.com](mailto:macrn685@gmail.com)  
469-955-4665

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## Healthy Living/Walk Across Texas

Susie Fegraeus, Healthy Living Chair

Happy New Year – 2022!

### Five Ways to Manage Stress during Life's Hectic Moments

How to keep stress from getting the best of you! Remember to include taking a deep breath at work or at home to relieve stress. Psychologist Adam Borland, Psy.D., gives tips on managing life's little — and not-so-little — irritations.

[5 Ways to Manage Stress During Life's Hectic Moments – Cleveland Clinic](#)

#### 1. Steady yourself with deep breathing

One of the most effective coping skills is something you already do all the time: breathe. But not just any breathing will do. Dr. Borland recommends diaphragmatic breathing, also known as belly breathing.

This is the type of deep breath that makes your abdomen rise when you inhale. Practice inhaling slowly through your nose and exhaling gradually through your mouth. It may seem too simple to help, but there's science behind it. When we're stressed or upset, our sympathetic nervous system — the fight-or-flight response — activates. Diaphragmatic breathing engages our parasympathetic nervous system, which is what calms us down.

#### 2. Move through stress with exercise

"I'm a big proponent of getting some kind of physical exercise," says Dr. Borland. "A lot of people tend to misconstrue that as meaning they have to get a gym membership, but that's not

necessary. Walking, taking the stairs — anything that gets you moving a little more than you have been — will help,” he says. He also calls yoga, with its focus on mindfulness and breathing, a great stress reliever. “Some people scoff at it, but if they try it, they’ll realize that it really helps,” he says. The internet is filled with free resources and videos to help you get started with yoga or any other quarantine-friendly exercises.

### 3. Have an attitude of gratitude

Practicing gratitude can help us highlight the positive things in our lives, Dr. Borland says. “One thing I’ve really been focusing on with my patients is the idea of gratitude,” he says. “I think in general we tend to go to the negative, and we overlook the good things.” Try keeping a gratitude journal. Or, make a point of calling or video chatting family members or friends about the things you’re grateful for on a regular basis.

### 4. Mind your body’s cues

Are you clenching your teeth, balling your fists or tensing your shoulders? Some of the first signs that anxiety or anger are about to overwhelm you occur in your body. Pay attention to these cues. Then try to use some of your coping skills, like diaphragmatic breathing. “If you can address these symptoms when they’re at a three out of 10, rather than a nine out of 10, it’s easier to calm yourself back down,” says Dr. Borland.

### 5. If stress is over the top, seek help

If stress, anxiety and/or anger are starting to impact your life, it’s a good idea to talk to a professional on the phone or through a video call. One simple way to find out is to ask yourself if you’ve been acting in a way that’s out of character: Are you avoiding phone calls from friends or family because of a sour mood? If you’re going through these changes, talk therapy can be a good way to help you release pent-up emotions and learn skills for handling stress, says Dr. Borland. Stress — working remotely or from family — is unavoidable. But you don’t have to let it overwhelm you. These tips should help you keep your cool when life turns up the heat.

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## Sunshine/Safety Update

Terry Lucius, Sunshine/Inspiration Chair

On behalf of GRSP, sunshine cards were sent to the following members:

Greg Platt  
Gail Ugarte  
Papa Perry’s for pie donation  
Barbara Daun  
Paula Pierson

Jo Morast  
Jenny Roberson  
Suzanne Ferguson  
Jill Shugart  
Susie Fegraeus

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## Monthly Budget Update/GRCTC Info

Jo Morast, Treasurer

As Gail mentioned in her message on page one, we are finally making the trip to the GRCTC! As a reminder, the following GRSP members have already paid for this lunch and tour:

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|---------------------|---------------------|----------------------|
| 1. Carol Phelps     | 3. Robert Dullnig   | 25. Carol Anderson   |
| 2. Jo Morast        | 14. Ann Poore       | 26. Teena Garvin     |
| 3. Ann Butcher      | 15. Thomas Poore    | 27. Kathleen Gunter  |
| 4. Clarice Marshall | 16. Kay Ferrell     | 28. Bruce Rogers     |
| 5. Billie Bliss     | 17. Nancy Bowdre    | 29. Sharon Rogers    |
| 6. Seidy Trent      | 18. Mary Ann Harris | 30. Wanda Marks      |
| 7. Ann Banks        | 19. Bernie Wilcox   | 31. Mary Love        |
| 8. Phyllis Glenn    | 20. Ginny Wilcox    | 32. Rose Anne Poff   |
| 9. Ann Patterson    | 21. Joanna Jewett   | 33. Candy Benoit     |
| 10. Gail Womack     | 22. Carolyn Landry  | 34. Becky Williams   |
| 11. Anna Meek       | 23. Dwight Davis    | 35. Mary Karlik      |
| 12. Sandra Dullnig  | 24. Jackie Davis    | 36. Patricia Hartley |
|                     |                     | 37. Lois Graves      |

Additionally, four members indicated they would pay at the door. Those include Gail Ugarte, Carolyn Galitz, Patty Pond and Leigh Ann Stockdale.

The cost for lunch created by the very talented GSD culinary students is \$15 and can be paid to Jackie Davis at the January meeting. Cash or check are both accepted.

Date: Jan 1, 2022

## GRSP Monthly Treasurer Report January 2022

Budget	Sub-Budget	Total Budget	Spent	Remaining
<b>Meetings</b>	Church Rent	\$ 800.00	\$ 800.00	\$ -
	Social Chairman	\$ 400.00	\$ 99.94	\$ 300.06
	Custodian	\$ 200.00	\$ -	\$ 200.00
	Sep Welcome Back	\$ 1,570.06	\$ 1,570.06	\$ -
	Christmas Luncheon	\$ 2,494.94	\$ 2,096.00	\$ 398.94
<b>Officers</b>	President	\$ 50.00	\$ -	\$ 50.00
	1st V Pres	\$ 600.00	\$ 271.14	\$ 328.86
	2nd V Pres	\$ 100.00	\$ -	\$ 100.00
	3rd V Pres	\$ 750.00	\$ -	\$ 750.00
	Secretary	\$ 30.00	\$ -	\$ 30.00
	Treasurer	\$ 15.00	\$ -	\$ 15.00
<b>Committees</b>	Sunshine	\$ 40.00	\$ -	\$ 40.00
	Yearbook	\$ 500.00	\$ 390.46	\$ 109.54
	Community Vol	\$ 30.00	\$ 30.00	\$ -
	Historian	\$ 50.00	\$ -	\$ 50.00
	Legislative	\$ 50.00	\$ -	\$ 50.00
	Newsletter	\$ 50.00	\$ -	\$ 50.00
<b>Misc</b>	Memorials	\$ 40.00		\$ 40.00
	Convention/Rally	\$ 1,275.00	\$ -	\$ 1,275.00
	Convention Hostessing	\$ 1,000.00	\$ -	\$ 1,000.00
	PR	\$ 150.00	\$ -	\$ 150.00
	Retirement Ed	\$ 50.00	\$ -	\$ 50.00
	CTC Tour/Lunch	\$ 570.00	\$ -	\$ 570.00
<b>Non Budget</b>	Scholarship Fund	\$ 4,513.40		(current balance)
	Book Project	\$ 4,509.17		(current balance)
	Yearbook Mailing Fees	\$ 228.80	\$ 216.11	\$ 12.69
	State Dues to TRTA	\$ 2,520.00		(Dec)
<b>Income</b>	Local Dues	\$ 860.00		( Dec)
	TRTA District 10	\$ 300.00		
	State Membership Award	\$ 450.00		\$ 450.00
	Contingency Fund	\$ 5,000.00	\$ 315.99	\$ 4,684.01