

APRIL 2022



**HARTA**

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

Open to all retired school personnel

#### **HARTA OFFICERS**

President.....Marian Mannix  
1ST VP Membership.....Brenda Pearson  
2nd VP Books & PR .....Jan Resell  
3rd VP Programs .....Cathy Sheppard  
Secretary .....Sandra Fountain  
Treasurer.....Marjo Stach  
Parliamentarian .....Pat Kahak  
Newsletter Editor .....Marjorie Isgitt



#### **HARTA MEETING DATES 2021-2022**

August 16, 2021.....Awards Presentation  
September 27, 2021.....Health Presentation  
October 25, 2021 ...Holocaust Remembrance Association  
December 6, 2021 ..... Kingwood Park HS Orchestra  
February 14, 2022 .....Legislation Update  
April 18, 2022 .....Professional Organizer Ellen Delap  
May 16, 2022.....Officer Installation

Social time—9:30 a.m.; Meeting—10:00 a.m.  
Eggers ISC, 4810 Magnolia Cove Dr., Kingwood, TX 77345

HARTA Facebook & webpage can be reached at:  
<https://trta.org/humble/>  
Need to contact us?  
[hartamembersemail@gmail.com](mailto:hartamembersemail@gmail.com)

#### **MUSINGS FROM PRESIDENT MARIAN**



Hello HARTA Family,

Currently, we are having beautiful weather and hopefully you have had the opportunity to experience the outdoors. Some of us simply

like to have quiet time in our backyard, others may have a balcony to relax and read, while the more active members may enjoy a brisk walk.

HARTA provides opportunities not only to challenge our minds and bodies but also to connect with other members. Networking gives one an uplifting sense of well-being. When attending one of our events, you'll see many smiling faces and members making new acquaintances.

Be sure to check out the articles within this newsletter from the various chairmen of specialty committees. You'll have an appreciation for the time and talents of the many HARTA volunteers and their work.

**HARTA'S NEXT MEETING IS MONDAY, APRIL 18TH, AT 10:00 AM, SAME LOCATION: ISC CENTER; 4810 MAGNOLIA COVE OFF WEST LAKE HOUSTON PKWY.**

**TO ALL: STAY WELL AND BE SAFE!**



***The Voice of all Public  
Education Retirees***



APRIL BIRTHDAYS		
2	Lois	Flim
	Kaye	Reviere
5	Jerald (Jerry)	Smith
6	Marian	Manchack
7	Margaret	Smith
8	Priscilla	Fisher
11	Toni	Baker
	Judith (Judy)	Morneau
12	Catherine	Airola
16	Linda	Quillin
18	Faith	Hiller
	Glenda	Laney
19	Debra (Debbie)	Huxohl
21	Bea	Keng
22	Delilah	Miller
23	Emma	Albers
	Bobby	Josey
	Paula	Ortiz
24	Judy	Johnson
	Marilyn	Weakley
25	Sherry Houk	Gee
	Allen	Miller
28	Loweta	Jorgensen
29	Lorita (Lori)	Maddox
	Sharlene	Wiggins
30	Jan	Resell



Rodeo Fun!

**The following people signed up to bring door prizes:**

Carolyn Mashburn	Pat Kahak
Bev Germann	Faith Hiller
Becky Galey	Patty Murphy
Jan Resell	Dottie Willner
Tina Smith	Marian Mannix

**The following people signed up to bring:**

**DRINKS**

Marian Mannix  
Carolyn Mashburn  
Dottie Willner

**SNACKS**

Tina Smith  
Jan Resell  
Glenna Bagley



**APRIL PROGRAM**

- Cathy Sheppard

**Greetings HARTA members,**

Hope everyone is enjoying our spring weather and beautiful flowers that are blooming all over the area. Our guest speaker for our April meeting is Professional Organizer from the Houston area, Ellen Delap. The program she is presenting to us is called **The Best Way to Organize Your Home with Fun and Functional Zones**. She will show us how to create zones based on specific activities conducted in those spaces so you can easily organize all of the items in your home that relate to a specific activity. She also will bring some products that can help us all have a well-organized home.



**MEMBERSHIP MATTERS**

- Brenda Pearson

The annual membership renewal period began on March 1 and continues through June 30. You will want to get your dues in on time to be included in the birthday lists and to receive the newsletters.

At the moment, we have 58 Members and 16 Friends. The membership form is included at the end of this newsletter.

HARTA directories will be available at the April meeting for \$1 each. There are about 30 remaining, and we will have another printing, if necessary.



### **HEALTHY LIVING**

- Linda Rhodes

### **What are the Most Common Causes of Mental Confusion in the Elderly?**

- . Tumors in the head? No!
- . Early symptoms of Alzheimer's? No!
- The three most common causes are:
  - . Uncontrolled diabetes
  - . Urinary infection
  - . Dehydration

People over 60 generally stop feeling thirsty and consequently stop drinking fluids. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma, and even death. This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. This is part of the natural aging process. Therefore it is important get in the habit of drinking liquids. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits such as watermelon, peaches, pineapple, oranges, and tangerines. The important thing is that every two hours you must drink some fluid.

#### **Healthy Recipe:**

#### **Chicken Florentine**

4 skinless chicken breasts  
 1 pkg. fresh spinach  
 Parmesan cheese to taste  
 Olive oil

1 pkg. low-fat Mozzarella cheese  
 Take the skinless chicken breasts and dip them in olive oil and then roll in the Parmesan cheese. Place the Chicken in an 11 by 14 pan and simply pour the spinach on top. Finally, sprinkle with the Mozzarella cheese, cover with aluminum foil and bake at 350 degrees for 30-45 minutes.



### **COMMUNITY VOLUNTEER SERVICES (CVS)**

-Margaret Fahrenthold

#### **LET THE COUNTING BEGIN ANEW**

HARTA members who volunteer should begin anew counting and recording their volunteer hours. Hours are counted from January through December.

Do you volunteer in a school, church, library, museum, hospital or nursing home?

Volunteer hours may be counted for any service provided without pay with a maximum of 12 hours per day.

You can turn in your hours to Margaret:

- ❖ At the HARTA meeting
- ❖ Call or Text 832.594.3894
- ❖ Email: [mfahrenthold46@gmail.com](mailto:mfahrenthold46@gmail.com)



### **TREASURER'S CORNER**

-Marjo Stach

HARTA's New Year started March 1, 2022.

Please send in your HARTA dues of \$5, or TRTA and HARTA dues of \$40, to:

HARTA, P O BOX 5102, Kingwood, TX 77325.

Let's get ready for another healthy and happy year.

#### **CONCERN**

After months of testing and so on, I have been diagnosed with AL Amyloidosis, a blood disease. It is treated like multiple myeloma and I will be starting six months of weekly chemo this week followed by two years of injections--or that's the current plan.

We don't need food or that type of thing, but our mailing address is PO BOX 5655, Kingwood TX 77325, if someone wanted to send a card. Encouragement is very helpful.

Hopefully the chemo will be successful and I can finally rejoin the rest of the world.

Thanks,  
 Janet Roberts





## **LEGISLATIVE NEWS**

- Carolyn Monroe

### **RUNOFF ELECTION 2022**

#### **MAY 16-20 EARLY VOTING/MAY 24 ELECTION DAY**

##### **STATEWIDE RACES:**

ATTORNEY GENERAL: PAXTON VS BUSH

LAND COMMISSIONER: BUCKINGHAM VS WESTLEY

RR COMMISSIONER: CHRISTIAN VS STOGNER

**November 8.....General Election Day**

##### **Resources to Determine Voting Districts and Candidates on the Ballot**

☑ Has your voting district changed? Go to the following website and enter your address:

<https://apps.texastribune.org/features/2021/texas-redistricting-map/>

☑ Which candidates will be on your ballot? Go to this website:

<https://apps.texastribune.org/features/2022/texas-2022-election-primary/>

##### **To check on Voter Registration:**

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

League of Women Voters .[www.Vote411.org](http://www.Vote411.org) OR

The County Clerk or Tax Assessor of your county of residence:

Harris County.....[www.harrisvotes.com](http://www.harrisvotes.com)

Montgomery County.....<https://elections.mctx.org>

Use these same county websites to find information on voting days and times; voting locations near you; how to vote by mail; sample ballots; and more.



Book Donation to Interventionist Hilary Norwood



## **FOUNDATION NEWS!**

- Glenda Laney

### **TRT Foundation: The charitable arm of TRTA!**

TRTF has announced the Tutor Program powered by Knack, an online service that will match retired Texas public school teachers with students and their families as well as school districts that need tutoring services and educational support.

This also gives Texas retired teachers a chance to give back to the community AND an opportunity to earn extra income.

To view the specifics of this program, go to <http://www.TRTF.org> , click on Tutor Program, watch a brief video that explains how to start the process to become a tutor with the Knack program----create an account, provide your credentials and bio, select your course preference and availability, schedule a session, as well as more detailed information.



## **BOOK PROJECT**

- Jan Resell

Thank you for the wonderful book donations. We turned in a count of 1260 books!

We're still collecting books at the April and May meetings. FOLK at the Kingwood Library is an excellent source of books. They have \$5 bundles of beautiful picture books. I recently delivered books to **Lakeland Elementary** and **Autumn Creek Elementary** and also will be delivering books to **Centennial Elementary** and **Timbers Elementary** for their classrooms.



Book Donation to Principal Lucy Anderson



### **MEMBER BENEFITS**

- Becky Hendricks

#### **Reminder from Tim Lee:**

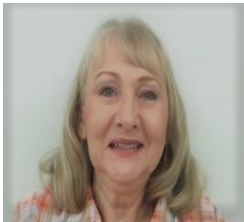
Dear TRTA Member,

TRTA wants to explain a bit about a notation we provided in *The VOICE* fourth quarter edition.

We said then and it remains the case today, that under the federal court's December 9th order, AMBA remains TRTA's exclusive agent of record and third party administrator for your group dental and vision plans.

We believe that status will likely be in effect for the foreseeable future.

Accordingly, we want you to know that AMBA agents will be contacting you about your plans and you are free to contact AMBA.



### **RETIREMENT EDUCATION**

- Pat Kahak

#### **Keep Your Information Current with TRS**

**Mailing Address:** Inform TRS in writing of any address change to receive any important communications, such as your annual 1099-R Income Tax form or annual statement of account. Do this by completing and mailing to TRS a Change of Address Notification Form (TRS 358) (pdf) or if you have a TRS User ID and password, log in to My TRS to update your address.

**Name Changes:** TRS requires notification in writing when you change your name. There is no form for submitting a name change but written notice must contain both your Social Security number, your signature, a copy of a court order or marriage license that authorizes name change.

**Beneficiary Designation:** You should review your Beneficiary designation when significant life events occur. To make changes complete the Designation of Beneficiary Form (TRS15) (pdf).



### **INFORMATION AND PROTECTIVE SERVICES**

- Virginia Cowen

#### **Giving to help in Ukraine? Get your money where you mean it to go!**

Millions of people want to support the Ukrainian people. If you're one of them, take a moment to make sure your generosity really benefits the people and groups you intend.

**Check out the organization.** Search online for the name of the group.

**Slow down.** You don't have to give immediately. It's a good idea to do some research.

**Find out how your money will be spent.** Ask, for example, how much of your donation will go to the program you want to help.

**Know who's asking.** Don't assume a request to donate is legitimate because a friend posted it on social media.

Be sure to make sure what organization your donation goes to, check whether there are fees, and how quickly your money gets to them. And if you can't find the answers quickly, consider donating in other ways.

Learn more at ftc.gov/charity.



**Humble ISD Tour**



**They Found Elvis!**



## **TRIPS AND TOURS**

**- Carolyn Mashburn**

*All trips sponsored by Carolyn*

### ***Mashburn***

Text, email or sign up at the meeting to participate.

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

Our trip calendar is now full! The transition to Precinct 3 seems to be seamless; please consider traveling with HARTA to the following locations. You may sign up at the April meeting or text/email/call Carolyn to register if you can't make it to the meeting.

April 27<sup>th</sup> (Wednesday ) Fiddler on the Roof at the Hobby Center preceded by dinner (on your own) at Cleburne Cafeteria. Our bus will leave the ISC at 4:30 PM. We'll have time for a delicious meal before our 7:30 curtain for the performance. Seats for this show are \$50 and include the \$5 HARTA collects to buy our driver's meal. Fiddler features a wonderful cast and a lavish orchestra who tell this heartwarming story of fathers and daughters, husbands and wives, and the timeless traditions that define faith and family. Please pay for this trip when you sign up.



**Wednesday, May 18<sup>TH</sup>** (ASIATOWN TOUR includes a hop-on docent to take us to Teo Chew Temple, the Vietnam War Memorial, Ocean Palace Dim Sum Restaurant for lunch (included), Bellaire's



Hong Kong City Mall with a guided market tour and a neighborhood driving tour with a final stop at 85C bakery. Our bus will leave the ISC AT 8:30 AM and return about 3:30. The cost for this trip is \$40 and includes your lunch as well as your contribution to the driver's meal. Please pay for this trip when you sign up.

**ALSO ON OUR LIST – PLEASE** Sign up for these trips at the April meeting.

**Monday, May 23<sup>rd</sup>** THE HOUSTON ZOO departs the ISC at 10 AM and returns about 4 PM.

**Thursday, June 2<sup>nd</sup>**, We will spend the day in the charming town of HALLETSVILLE where we will visit the goats at Red Door Creamery (includes tasting options), have lunch at Majek Vineyard & Winery restaurant, tour the historic courthouse, and conclude our day at High Hill distillery.

**Friday June 24<sup>th</sup>** Brookwood Community lunch, tour and shopping. Always a great day.

## **A LONG WEEKEND IN ICELAND**



**WE ARE TAKING A ROAD SCHOLAR TRIP TO ICELAND**

**THE DATES ARE SEPTEMBER 20<sup>TH</sup>-25<sup>TH</sup>, 2023**

**CLOSE TO THE FALL EQUINOX**

**ONE OF THE BEST TIMES TO SEE THE MIDNIGHT SUN.**

**THE TRIP PER PERSON IN A SHARED ROOM IS \$2199.00**

**IF YOU ARE INTERESTED CONTACT**

[carolynmonroe36@gmail.com](mailto:carolynmonroe36@gmail.com)







**SCHOLARSHIPS**  
**- Faith Hiller**



The Scholarship committee met this past month to select the scholarship recipients for 2022. The major consideration for this award is that the high school students pursue a path in education. Two outstanding seniors (see below) were selected to receive the \$1,500 scholarship used for tuition at their colleges. Thank you HARTA members for your generous support to all our fund-raising events.

McKenzie Ambler: A KPHS student who will study Theater Arts She has not finalized her college to attend. McKenzie is a member of the National Honor Society, the Thespian Society, and president of GSA. McKenzie wants to teach in a leadership style that promotes understanding and empathy. She works with special education students in theater classes to help them communicate and advocate for themselves. McKenzie will be the first in her family to have the opportunity to attend college.

Caleb Seely: A KHS student will study Music Education at Stephen F. Austin State University, hoping to become a band director at the high school level. He is involved in numerous activities at KHS while taking advanced classes at Lone Star College. Caleb's activities at school include concert and marching band, track, and basketball. He also is working at a part time job. He hopes to continue his family's educational background as his mother and grandmother are both teachers.



*Congratulations!*



**HOTEL TOUR**

**Print, fill in and mail the form below to join us  
at our meetings and to participate in  
educational and fun activities!**



**HTX Restaurant Week**

**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