



DENTON ARSPA

NEWSLETTER for APRIL 2022



Meeting is April 1st, 2022 @ 9:30 am

Where: CH Collins

Guest Speaker - [Texas Silver-Haired Legislature \(TSHL\) - North Central Texas](#)

When: April 1, 2022 – at 9:30 for 10:00

DARSPA, Denton Area Retired School Personnel Association, is the local branch of TRTA, Texas Retired Teachers Association. DARSPA meets each month, September 2021 through May 2022.

DARSPA Meeting Schedule for August 2021 to May 2022

April 11-13 – State Convention is scheduled for April 11-13, 2022 at the Anatole Hotel in Dallas

April 27th - Spring Conference at Region 11 at 9:00-3:00

May 6 – at 11:00 for 11:30

- Mexican Food Luncheon
- Thank you to the board and chairs
- Officially Install new officers and chair

Members Benefits from Margie Hunt

I encourage everyone to get on the TRS App or website and checkout the Member Benefits available to us!

The luncheon decorations will be “springy”, so it would be fun if everyone could wear spring colors!

Hugs and prayers,
Margie
Margie Hunt
Member Benefits Chair
Hospitality Chair

News from Margie Collins



68th TRTA Convention

Texas Retired Teacher’s Foundation will be having a silent auction and each organization will be filling a basket to take to the convention. Our theme is STRAIGHT FROM THE HEART. If you are able bring something to our April Meeting to put in the basket. Some ideas that they shared with us are: crocheted blankets, jewelry, bath sets, gift cards, and all the items should be new, unused, and able to transport easily. I am sure you will have other ideas. Thank you

TRTA Healthy Living Tips from Patsy Bateman

Patsy is so good to send me these tips as soon as she gets them but normally she gets them at the end of each month after the Newsletter has been sent out so we will always be a month behind on Healthy Tips but they are got for anytime of the year!

Healthy Living Tips for March 2022 “Decluttering Tips”

Decluttering is just editing your home. Since your home story is always being written, decluttering is a never-ending task. Start eliminating things in order to make room for what matters most.

Clutter can affect ones anxiety level, sleep and ability to focus. In some ways clutter is linked to negative emotions such as confusion, tension and irritability.

Try the following suggestions:

- *Don’t treat your home like a storage unit
- *Realize that what you keep costs you a lot
- *Give yourself permission to buy again
- *Discard items that bring up bad memories
- *Ask yourself if it’s necessary
- *Ask yourself if it’s useful

- *Ask yourself if it brings joy
- *Practice one-in-one-out
- *Ask yourself if you would buy it now
- *Pretend you are moving
- *Remember you won't start liking something you never liked

THINGS TO REMOVE TO HELP ORGANIZE YOUR HOME:

- *chipped mugs and broken pots and pans
- *expired freezer items
- *teas that you never drink
- *shopping bags
- *old or non-fitting shoes
- *broken umbrellas
- *books that you don't plan to read
- *magazines you've already read
- *old or non-working hair care tools
- *pens and pencils that don't write
- *clothes that don't fit anymore
- *almost burnt-through candles
- *gifts you never liked
- *promotional items from conferences
- *dead plants
- *dried up glue or dried up paint cans

TRTA: Denton Area Retired School Personnel Association Minutes

DARSPA Meeting

March 4, 2022

10:00 AM

A Moment of Reflection – Mary Hardcastle

HALFWAY DOWN - A poem that reflects where a lot of us are. Not at the top and not at the beginning but thank goodness we are not at the bottom. Now what to do while we are in this somewhere else time of our lives. We can volunteer. We have reported 9409 Hours from 30 people since our last newsletter. Here are some ideas.

- The state has a program for retired teachers to help students who have lost ground during COVID.
- UNT mentors to first generation college students, as well as one for students coming out of foster care.
- The Linda McNatt Animal Shelter needs all sorts of workers from dog walkers to people to foster kittens. Mary received her 6th litter of bottle baby kittens.
- RSVP Denton

Guest Author – Randy Shmidt a music teacher at McNair Elementary as well as an author. He said he learned from a mentor that if you “can't find the book / subject you want...then write it” and that is what he has done. ● His book LITTLE GIRL BLUE, about Karen Carpenter, has won many awards. He has written several adult books.



- Then he began writing children's books with a lot of success.
 - Randy read his Cool Cat books to us and he was very entertaining.
 - Randy was kind enough to give us 3 of his books to give away as door prizes.

Business Meeting started at 10:38

Concerns

- Kay Stensgard's husband
- Martha Crep's husband has been in the hospital for two weeks.
- Maggie Dodd is doing much better.

New Officers - we have a new board but need to fill chair positions.

- Jeanie Burch & Pam Ferguson co-presidents (Debra Hadd was going to be president but moved to Temple)
- Barb Haflich (a brand new member) will help Martha Crep with the newsletter
- Judy Barns will help with hospitality.
- Margie Collins – Secretary
- *We need to fill other positions so let Pam know if you are interested*

Convention – April 11th-15th in Dallas

Going - Jeanie Burch, Pam Ferguson, and Margie Collins

TRTF would like each group to donate a basket for a Silent Auction at the convention as their fundraiser

- Our basket's theme will be STRAIGHT FROM THE HEART
- Pat Cheek donated a basket
- Now we need everyone to bring something to fill the basket at our next meeting
 - crocheted blankets, jewelry, bath sets, gift cards,
 - items should be new, unused, and able to transport easily



Next Meeting April 1st-
 Texas Silver Haired Legislature
 Closing 10:50

Guest speaker: Bert Simon, District 4, Collin, Denton and Wise Counties

Book Drive News for Paula House

No news for March Newsletter



News from Jeanie Burch on Membership

Do not send any Renewals for 2022 at this time. Renewals will start March 1st, 2022

TREASURER'S REPORT from Mary Hardcastle

ETRTA/DARSPA

APRIL 1

CHECKING ACCOUNT

Beginning Balance February 1, 2022.....	\$6468.36
Deposits in February, 2022	
None.....	\$00.00
Withdrawals in February, 2022	
Honorium N. Churnin.....	\$ 50.00
Ending Balance February 28, 2022.....	\$6418.30

Note of Thanks: Thanks everyone for your thoughts and prayers for myself and my husband Greg Crep. He got to come home on March 26th from Hospital and Select Rehab. We are rejoicing in being home and praying for continued strength and healing! Not sure when I will get to return to meetings but will continue to do the newsletter with help from Barb Haflich.

Pictures from the March 4th, 2022 Meeting taken by Margie Collins



These are pictures of the author that was at our last meeting. His name is Randy Schmidt



New member Barb Haflich joined at March 4th meeting! Welcome!