

NEWSCASTER

Dallas Retired Teachers Association

Mission Statement

The Texas Retired Teachers Association promotes the professional, economic, intellectual and social well-being of retired school personnel.

Co-President: Cynthia Hawkins-Bowland, 972 850-9718, chbowland@swbell.net
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President's Message

Here we are in March 2026 marking a new season and warmer weather. Fun times are ahead of us besides flying a kite and celebrating St. Patrick's Day!

In place of the March 13, 2026 meeting, we will be having a Health Fair. Location is listed in the Newscaster. Come and get valuable health information!

Celebrate Dr. Seuss' birthday on March 2 by reading one of his books to a young child. March 23rd is National Cute Puppy and Cuddly Kitten Day. Who can resist the sweet faces of puppies and kittens?

In addition, several members of the Executive Board and general membership will be attending the TRTA House of Delegates meeting on March 25, 2026 in Allen, Texas.

We are looking forward to the general meeting on April 10, 2026 as well. Our speaker will be Gary Schepf, Secretary/Treasurer of TRTA and who is the Immediate Past-President of the District 10 regional branch of TRTA. He loves to travel and will speak on "Day Trips from Dallas." You don't want to miss this meeting!

Enjoy windy March and don't forget to fly your kite! Don't forget to log your miles for *Walk Across Texas!!*

Warmest regards,

Cynthia Hawkins-Bowland, Co-President
Alice Martinez, Co-President



Health Fair

Date/Time: March 13, 10 a.m. - 1 p.m.

Location: Leonard Turney Building

Vendors:

- The Senior Source
- Dallas Water Utilities
- Dallas County Health and Human Services
- City of Dallas-Age Friendly/Senior Services
- Southwest Transplant Alliance
- Bina's Non-Medical Senior Sitting Services
- City of Dallas 311
- Mosaic Family Services
- Osher Lifelong Learning Institute (OLLI)-University of North Texas Lifelong Learning and Community Engagement.
- City of Dallas Parks and Recreation



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Cynthia Hawkins-Bowland, Temporary Legislative Chair
972 850-9718, chbowland@swbell.net

LEGISLATIVE UPDATE

Did you ever wonder what happens during the 18-month period when the Texas Legislature isn't in session?



Interim Charges: The Lieutenant Governor and Speaker of the House issue "interim charges" which are directives for legislative committees to study specific policy issues, such as border security, property taxes or education reform. Information is gathered from stakeholders, experts, and the public, which helps form the legislative agenda for the next session. TRTA is aware of this and is currently working with legislators to make our priorities THEIR priorities!

YOU are the stakeholders and the public when anything having to do with your pension or healthcare is involved. As TRS is not actuarially sound, NOW is the time to email or write to your Texas Representatives and State Senators and ask that additional state funding be supplied to TRS so the unfunded liability shrinks, reopening the door for a cost-of-living adjustment (COLA).

If we as retired public-school employees do not advocate for ourselves through TRTA and through our personal mobilizing, we will again receive no COLA.

The power is ours: persistence, just as with the repeal of WEP and GPO, pays off. It is ours to use, so let's get to it.

Thanks to Senator Royce West for his Austin Report with the information about Interim Charges.

Rosa Brooks, Teacher Assistance Grants Chair
214- 351-1985, rosalb97@sbcglobal.net

DRTA Teacher Assistance Grants

If you would like to contribute to this fund in honor of or in memory of someone, please send your donations and all pertinent information to

Rosa Brooks
5335 Drane Drive
Dallas, Texas 75209-5501



Suzanne Young, Safety Committee Chair
214-649-3440; suszannebe@aol.com

Unique Safety Tips for Seniors

Safety tips that would not ordinarily come to mind are unique.

- Paint entrance and exit doorsills with a highlighting color to avoid tripping.



- If you are at high risk for falls, put on hip pads to help absorb shock if you fall.

- Avoid wearing loose clothing when you are cooking. Loose fabric can catch fire quickly.



- Turn pot handles away from the edge of the stove to prevent bumping into them or catching them in your sleeve.
- Peek in the back seat of your car, especially at night, before getting into your car. Someone could be hiding behind your front seats.
- As you walk toward your car in a parking lot, check under your car for unusual objects.
- Clean your car headlights regularly to ensure maximum light.
- Use a hide-a-key lockbox to hide a spare house key.



- Place valuable items you wish to secure in your car trunk before you leave home.

- Do not leave your garage door opener in an obvious place inside your car.

- Your garage door opener should not be in your car when your car is not in your possession.
- Before you leave your car in long-term parking, remove your car registration, car insurance ID card, and any other documents with your name and home address. Long-term parking means no one will be in your home for a long period of time.



- Thieves surf social media to find victims. Do not post pictures and videos on social media during your vacation. Post pictures and videos of your great vacation or trip *after* you return home.

Be Informed! Be Safe!

DRTA WEBSITE QR Code
(Quick Response Code)



Just point your smart phone camera at the code and position it within the camera's frame. Do not take a picture of it. You will see an icon on your camera's screen. Tap that. You will instantly go to our DRTA website using your phone's web browser without having to type out the web address.

Mary Jo Evans, Necrology Chair, 214-376-3565
profevans2004@yahoo.com

In Memoriam

Members of DRTA



M. Ellece Reese
Zelma Washington

Non Member of DRTA

Nelda McDonald Albright
Michael Hyde

Retraction!!

Tommye Hardy, our DRTA MEMBER, is NOT deceased as reported last month! Our apologies.

Verna Mitchell, Healthy Living Chair, 214-334-0431
grangran@swbell.net

Maintaining a High Quality of Life



Growing older can introduce a host of concerns about our physical health and independence. But the truth is that staying active is one of the best ways to maintain vitality in your health and enjoy a high quality of life.



Whether you're aiming to build strength or improve mobility, being active will help you to achieve these goals.



Sonya Palmer, 3rd Vice President, 214-533-9080
sonyapalmer@sbcglobal.net

WALK ACROSS TEXAS CHALLENGE FEBRUARY 16– APRIL 12, 2026



Our District X Health and Safety Chair, Brenda Youngblood, reminds us that the "Walk Across Texas" initiative is about moving more than we did last month. It is about progress, choosing movement as a way to support our health and well-being.

There are 33 teams registered in our District! If you joined a team, expect to be encouraged in your efforts and reminded to record those miles by your team captain. We have Texas to walk across together! Good Luck!

Pearlie Wallace Corresponding Secretary
214-337-8091; paw2151@sbcglobal.net

Get Well cards were sent to Lovie Hawkins, Annie Ewing, Betty Edwards, Kim Caravella and Esther Stoker .

Sympathy Cards were sent to the families of Zelma Washinton and Verta Johnson Donaldson.

A sympathy card was also sent to Armella McAllister on the loss of her mother in law.



G. T. Bendy, 1st VP, Membership Chair, 972 475-9424
gtbgtb13@outlook.com

Our Membership Focus for March 2026 is —

Renew our memberships AND bring along as many others within OUR Contact Range as Possible.



Our Contact Range: The Entire State of Texas!

For Help, Call a Committee Member:

G. T. Bendy, Johnnie Gales, Kathaleen Reynolds, and Betty White. Contact information can be found in your DRTA directory.

Lisa Delatour, Volunteer Chair, 214-356-1513
lpdelatour@gmail.com



As we kick off the new year, why not embrace new adventures through volunteering?

Here are some quick ideas:

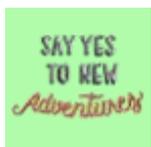
****Try Something New**:** Explore different causes, from animal shelters to community gardens. Find what excites you!

****Get Social**:** Involve friends or family for a fun group volunteering experience.

****Set Goals**:** Pick a cause to commit to and track your impact throughout the year.

****Celebrate Growth**:** Reflect on your experiences and the joy you bring to others.

Let's make this year about meaningful contributions and unforgettable memories! What's your first volunteering adventure going to be?



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Richard Stoddard, Member Benefits Chair, 214 -324-1089
richgrst@hotmail.com

MEMBER BENEFITS

DRTA member benefit committee would like to inform you of the TRTA travel benefits such as

- Rental Cars through Avis, Budget, and Enterprise Rotating set of offers and Discounts through TRTA & AMBA's Discount Portal
- Cruises
- Events & Concerts

TRTA members now have access to thousands of discounts through a partnership with TRTA, AMBA, and Passport on the *myAMBA discounts* portal.

Visit myAMBAdiscounts.com and when registering, use the access code "ambasavers" to get your discounts. TRTA members can also download an iPhone or Android app on their smartphone to access the discounts from local and national vendors. There are pages of discounts and special offers. Create your log-in and be prepared to be amazed at the offers from warm weather getaways to physical fitness and nutrition, discount movie theatre tickets to Sea World in San Antonio. Explore! It is amazing to see these offers.



On The Horizon

Executive Board Meetings 10:00 a.m.

March 6
April 3

North Oak Cliff Library
302 West 10th Street, Dallas, 75208

General Meetings 10:00 a.m.

Turney W. Leonard Governance and
Training Center, 5151 Samuell Blvd.,
Dallas

March 13, 2026
Health Fair

April 10, 2026
Gary Schepf, Sec. Treasurer, TRTA
"Day Trips from Dallas"

May 8, 2026
Spring Luncheon
Dallas Athletic Club
4111 Dallas Athletic Club Dr.
Dallas 75228