

M^{UTHP}IE

LET'S TALK ABOUT LUCK

MARCH, 2026



29 and HOLDING

8 BARBARA PEARCE
11 ANNETTE SIMPSON
11 SHERRIE SALAS
12 JANE WHITLEDGE
15 PAT FOWLER
23 TAYLOR HANSEL
24 ELLEN FOGLE
30 CHARLIE MOONEYHAM
31 TERESIA KOLACEK



VOTE
VOTE
VOTE

Don't forget to VOTE!

Election Day - March 3rd

Early voting ends - February 27th

DATES TO
REMEMBER
March 3rd- FARSP
Meeting
CTE Center
9:30 visit
10:00 meeting

KAROL'S KOMMENTS

Can you really be lucky? I read an article that listed 6 ways people are naturally lucky and found it interesting.

First, they stick to **their values**. Being true to one's beliefs brings peace in times of adversity.

Secondly, they prioritize playfulness. People who focus on **happiness** and joy tend to feel luckier than others.

Thirdly, **they set goals** for themselves. Setting goals and following through gives one a sense of luck in the form of success.

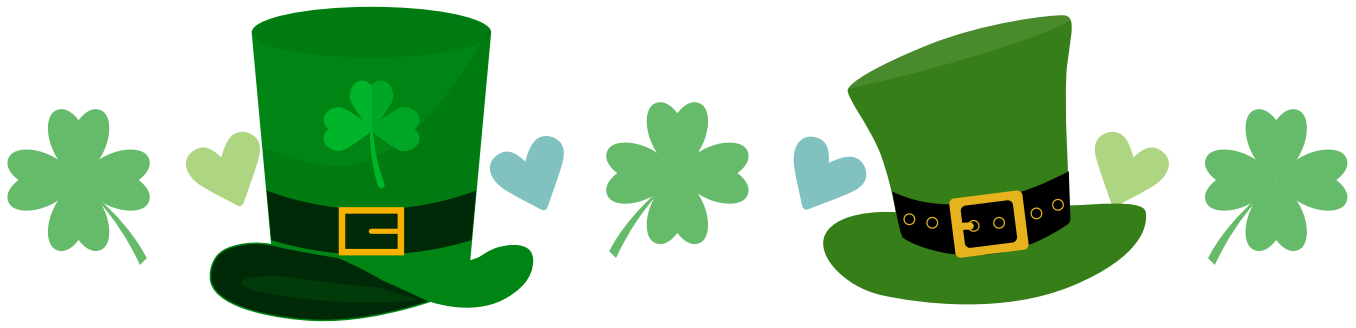
Fourthly, they **maintain a growth mindset**, not a fixed mindset. What that means is that it's ok to fail and try again.

Fifthly, they remove shame. Stop focusing on what's **WRONG** with you and **revel in what's RIGHT** with you.

Lastly, they generally have a **positive outlook** on life.

So, what these things tell me is that I'm in charge of my own luck – no one else. But wait... if I'm in charge, is it luck at all?

The way I see it, it all comes down to how I choose to live my life. Hmmm... I think I'll choose a **positive self-concept** with **values** and **goals** that **let me grow** and make me and those around me **happy**. How about you?



Hats off to March Membership!!

It's that time of the year!

Time to renew your FARSP membership!

There will be awesome prizes and incentives **IF you pay them at the March meeting.**

These prizes will not be offered after the March meeting.

 **Everyone who pays their dues will also receive a baseball cap! There are several styles to pick from!**

 **One lucky member will win our Grand Prize- all dues paid by FARSP! Five lucky winners will win their local dues paid by FARSP. There will also be gift cards, merchandise, and more!**

I will see you and your checkbook (or cash) at the meeting! I will have forms available for you to fill out. Look for me inside the meeting room at a table by Deb Thompson! There will be a sign that says, 'Hats off to Membership'.



**Vickie Ryan
1st VP/Membership**



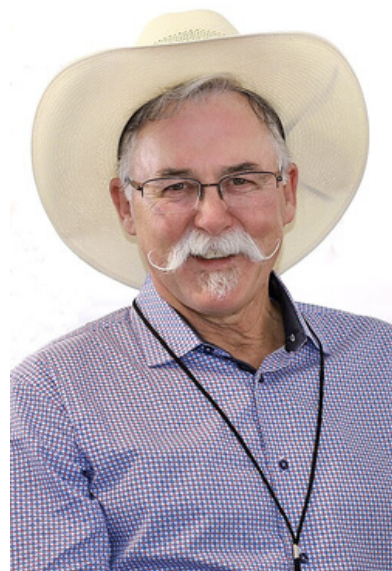
Our March Program

You don't want to miss our March program!

Local author, Reavis Wortham, will be sharing his book expertise with us! Get ready for stories and laughter as he enlightens us about his plot journeys!



...to name a few!



Show me the Money...or a Check!

It's that time once again to pay yearly dues. I'd appreciate it a million times if paying cash, you could have the correct change. Checks are always welcome!



You can also go ahead and make your TRTF, book, and program donations.

See ya at the money Table!

-Deb

Hey friends!

Only three months left to share books at our lending library! Anything you have read worthy to share? Please bring! I'm hoping to have ALL books lent by the end of our May meeting. Books are meant to be loved and shared, so please bring and share. Thank you!

-Rhonda



WARNING: THESE FACTS MAY DISTURB YOU!



1.

THE REAL ST. PATRICK WAS BORN IN BRITAIN

MUCH OF WHAT IS KNOWN ABOUT ST. PATRICK'S LIFE HAS BEEN INTERWOVEN WITH FOLKLORE AND LEGEND. HISTORIANS GENERALLY BELIEVE THAT ST. PATRICK, THE PATRON SAINT OF IRELAND, WAS BORN IN BRITAIN—NOT IRELAND—NEAR THE END OF THE FOURTH CENTURY. AT AGE 16, HE WAS KIDNAPPED BY IRISH RAIDERS AND SOLD AS A SLAVE TO A CELTIC PRIEST IN THE AREA NOW KNOWN AS NORTHERN IRELAND. AFTER TOILING FOR SIX YEARS AS A SHEPHERD, HE ESCAPED BACK TO BRITAIN. HE EVENTUALLY RETURNED TO IRELAND AS A CHRISTIAN MISSIONARY.



2.

ST. PATRICK WAS NEVER CANONIZED

DESPITE HIS STATUS AS A PATRON SAINT, ST. PATRICK HAS NEVER BEEN CANONIZED BY THE CATHOLIC CHURCH. THIS WAS PRIMARILY BECAUSE SUCH A PROCESS DID NOT EXIST UNTIL LONG AFTER HIS DEATH IN A.D. 461. IT WASN'T UNTIL 993 THAT ST. ULRICH OF AUGSBURG BECAME THE FIRST SAINT TO BE FORMALLY CANONIZED, AND IT WAS NOT UNTIL THE 12TH CENTURY THAT THE CATHOLIC CHURCH ESTABLISHED AN OFFICIAL CANONIZATION PROCESS OVERSEEN BY THE POPE. EVEN THOUGH ST. PATRICK IS NOT FORMALLY CANONIZED, MANY PEOPLE CONSIDER HIM TO HOLD SAINTLY STATUS.



3.

THERE WERE NO SNAKES AROUND FOR ST. PATRICK TO BANISH FROM IRELAND AMONG THE LEGENDS ASSOCIATED WITH ST. PATRICK IS THAT HE STOOD ATOP AN IRISH HILLSIDE AND BANISHED SNAKES FROM IRELAND—PROMPTING ALL SERPENTS TO SLITHER AWAY INTO THE SEA. SNAKES, AS A BIBLICAL REFERENCE, GENERALLY CONNOTE EVIL. BUT, IF THE LEGEND IS TO BE TAKEN LITERALLY, RESEARCH SUGGESTS SNAKES NEVER OCCUPIED THE EMERALD ISLE IN THE FIRST PLACE. THERE ARE NO SIGNS OF SNAKES IN THE COUNTRY'S FOSSIL RECORD. AND WATER HAS SURROUNDED IRELAND SINCE THE LAST GLACIAL PERIOD. BEFORE THAT, THE REGION WAS COVERED IN ICE AND WOULD HAVE BEEN TOO COLD FOR THE REPTILES.



4.

LEPRECHAUNS ARE LIKELY BASED ON CELTIC FAIRIES

THE RED-HAIRED, GREEN-CLOTHED LEPRECHAUN IS COMMONLY ASSOCIATED WITH ST. PATRICK'S DAY. THE ORIGINAL IRISH NAME FOR THESE FIGURES OF FOLKLORE IS "LOBAIRCIN," MEANING "SMALL-BODIED FELLOW." BELIEF IN LEPRECHAUNS LIKELY STEMS FROM CELTIC BELIEF IN FAIRIES, TINY MEN AND WOMEN WHO COULD USE THEIR MAGICAL POWERS TO SERVE GOOD OR EVIL. IN CELTIC FOLKTALES, LEPRECHAUNS WERE CRANKY SOULS, RESPONSIBLE FOR MENDING THE SHOES OF THE OTHER FAIRIES.





5.

THE SHAMROCK WAS CONSIDERED A SACRED PLANT
THE SHAMROCK, A THREE-LEAF CLOVER, HAS BEEN ASSOCIATED WITH IRELAND FOR CENTURIES. IT
WAS CALLED THE "SEAMROY" BY THE CELTS AND WAS CONSIDERED A SACRED PLANT THAT
SYMBOLIZED THE ARRIVAL OF SPRING. ACCORDING TO LEGEND, ST. PATRICK USED THE PLANT AS A
VISUAL GUIDE WHEN EXPLAINING THE HOLY TRINITY. BY THE 17TH CENTURY, THE SHAMROCK HAD
BECOME A SYMBOL OF EMERGING IRISH NATIONALISM.



6.

IRELAND'S ONLY FEMALE PATRON SAINT, BRIGID, HAS HER OWN HOLIDAY
ONE OF IRELAND'S THREE PATRON SAINTS, ALONGSIDE ST. PATRICK AND ST. COLUMCILLE, ST. BRIGID
(OR BRIDGET) IS THE PATRON SAINT OF IRISH NUNS, NEWBORNS, MIDWIVES, DAIRY MAIDS AND
CATTLE. BELIEVED TO HAVE BEEN BORN IN IRELAND AROUND A.D. 450, BRIGID WAS THE DAUGHTER
OF A PAGAN KING AND AN ENSLAVED WOMAN. SHE GREW UP TO SERVE THE CHURCH BY BUILDING A
CHURCH IN KILDARE, WHICH WAS THE SITE OF A FORMER SHRINE TO AN EPONYMOUS CELTIC
GODDESS.

SAID TO HAVE DIED IN A.D. 524, BRIGID'S MEMORY WAS KEPT ALIVE BY THE CHURCH, WHICH
CANONIZED HER AS ST. BRIGID. IN 2023, IRELAND DESIGNATED FEBRUARY 1 A PERMANENT PUBLIC
HOLIDAY IN BRIGID'S HONOR.



7.

THE FIRST ST. PATRICK'S DAY PARADE WAS HELD IN THE US
ALTHOUGH PEOPLE IN IRELAND HAD CELEBRATED ST. PATRICK SINCE THE 1600S, THE TRADITION
OF A ST. PATRICK'S DAY PARADE BEGAN IN AMERICA AND ACTUALLY PREDATES THE FOUNDING OF
THE UNITED STATES. RECORDS SHOW THAT A ST. PATRICK'S DAY PARADE WAS HELD ON MARCH 17,
1601, IN A SPANISH COLONY IN WHAT IS NOW ST. AUGUSTINE, FLORIDA. A YEAR EARLIER, THE
COLONY'S IRISH VICAR RICARDO ARTUR HAD ORGANIZED A PARADE AND A ST. PATRICK'S DAY
CELEBRATION.

MORE THAN A CENTURY LATER, HOMESICK IRISH SOLDIERS SERVING IN THE ENGLISH MILITARY
MARCHED IN BOSTON IN 1737 AND IN NEW YORK CITY ON MARCH 17. ENTHUSIASM FOR THE ST.
PATRICK'S DAY PARADES IN NEW YORK CITY, BOSTON AND OTHER EARLY AMERICAN CITIES ONLY
GREW FROM THERE. IN 2020 AND 2021, PARADES THROUGHOUT THE COUNTRY, INCLUDING IN
NEW YORK CITY AND BOSTON, WERE CANCELED OR POSTPONED FOR THE FIRST TIME IN DECADES
DUE TO THE OUTBREAK OF THE COVID-19 VIRUS. THEY RETURNED IN 2022.



8.

THE IRISH WERE ONCE SCORNE IN AMERICA
ALTHOUGH IRISH AMERICANS ARE NOW PROUD TO SHOWCASE THEIR HERITAGE, THE IRISH WERE
NOT ALWAYS CELEBRATED BY FELLOW AMERICANS. BEGINNING IN 1845, A DEVASTATING POTATO
BLIGHT CAUSED WIDESPREAD HUNGER THROUGHOUT IRELAND. WHILE APPROXIMATELY 1 MILLION
PEOPLE DIED, ANOTHER 2 MILLION ABANDONED THEIR LAND IN THE LARGEST-SINGLE POPULATION
MOVEMENT OF THE 19TH CENTURY. MOST OF THE EXILES—NEARLY A QUARTER OF THE IRISH
NATION—CAME TO THE SHORES OF THE UNITED STATES. ONCE THEY ARRIVED, THE IRISH
REFUGEES WERE LOOKED DOWN UPON AS DISEASE-RIDDEN, UNSKILLED AND A DRAIN ON WELFARE
BUDGETS.



CORNER BEEF AND CABBAGE WAS AN AMERICAN INNOVATION THE MEAL THAT BECAME A ST. PATRICK'S DAY STAPLE ACROSS THE COUNTRY—CORNED BEEF AND CABBAGE—WAS AN AMERICAN INVENTION. HAM AND CABBAGE WERE EATEN IN IRELAND, BUT CORNER BEEF OFFERED A CHEAPER SUBSTITUTE FOR IMPOVERISHED IMMIGRANTS. IRISH AMERICANS LIVING IN THE SLUMS OF LOWER MANHATTAN IN THE LATE 19TH CENTURY AND EARLY 20TH PURCHASED LEFTOVER CORNER BEEF FROM SHIPS RETURNING FROM THE TEA TRADE IN CHINA. THE IRISH WOULD BOIL THE BEEF THREE TIMES —THE LAST TIME WITH CABBAGE—TO REMOVE SOME OF THE BRINE.

2 THINGS TO DO IN FRISCO IN MARCH

1. FESTIVAL OF COLORS SATURDAY, MARCH 14, 2 TO 5 P.M.

PLAY COLORFULLY AT THE FRISCO FESTIVAL OF COLORS, AN AWARD-WINNING EVENT THAT'S FREE AND OPEN TO EVERYONE! GET READY TO THROW VIBRANT DRY POWDERS, SMEAR COLORFUL PASTES, AND SPLASH WATER AS WE CELEBRATE TOGETHER AT THE INDEPENDENCE PARKWAY PRACTICE FIELDS (11955 INDEPENDENCE PARKWAY). IT'S THE PERFECT WAY TO WELCOME SPRING AND HAVE FUN WITH FRIENDS AND FAMILY!

FREE ADMISSION & PARKING. PARKING AVAILABLE AT HERITAGE HIGH SCHOOL AND KARYA SIDDHI HANUMAN TEMPLE (OVERFLOW FIELD ACCESSIBLE FROM ELDORADO PARKWAY).



2

AQUA EGG HUNT
MARCH 21, 2026 | 9 TO 12 P.M.
FRISCO ATHLETIC CENTER - INDOOR AQUATIC CENTER
BUY TICKETS

AQUA EGG HUNT IS A FRISCO ATHLETIC CENTER TRADITION! SPLASHING IN THE WATER AND SCOOPING UP FLOATING EGGS IS HOW WE DO AN EGG HUNT, PLAY FRISCO STYLE. WATCH THIS VIDEO TO GET A GLIMPSE OF THE FUN!

PRICE

RESIDENTS: \$17; NON-RESIDENTS: \$23. EACH EGG HUNTER WILL RECEIVE:
PHOTO WITH THE EASTER BUNNY
TEMPORARY TATTOO STATION
GOODY BAG
FAC DAY PASS

ALL THE EGGS COLLECTED DURING THE HUNT!

***TICKETS ARE SETUP BY AGE GROUP AND TIMESLOT.**

EACH TICKET IS FOR A 20-MINUTE SESSION WITH ONLY 30 TOTAL EGG HUNTERS PER SESSION WHICH MAKES FOR A CALM, EASY-GOING EVENT FOR CHILDREN AGES 2-10. THE FAC WILL PROVIDE A MESH BAG FOR EGG HUNTING IN THE WATER (RETURNED AT EXIT).

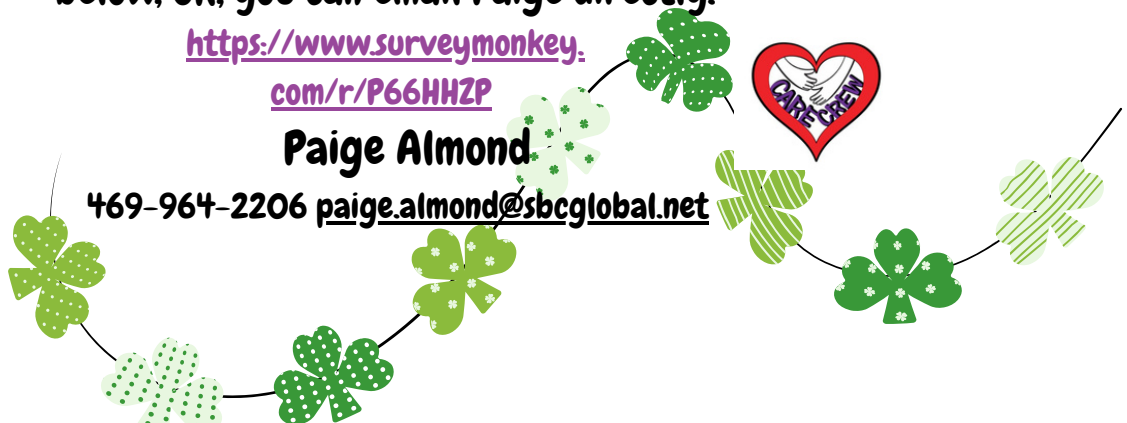
Care Crew

The "Care Crew" has been reaching out to our members that need our help or our attention and they are appreciative! Please let us know if you know of someone in need. There are forms on the check-in table, you can follow the link below, OR, you can email Paige directly.

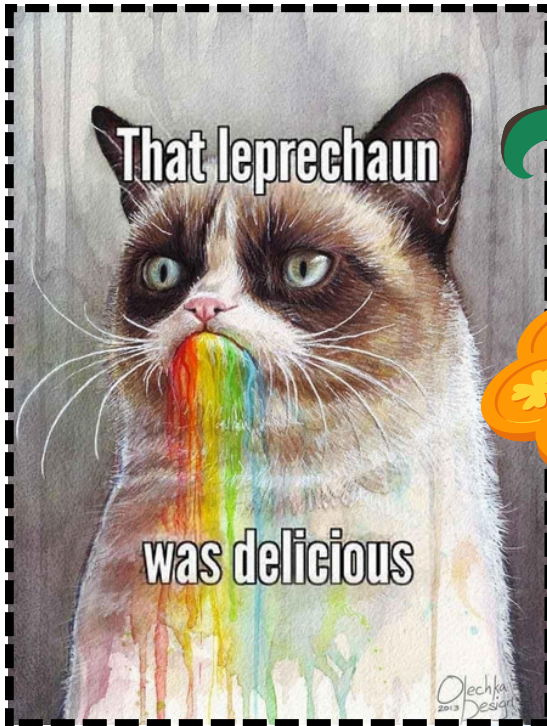
<https://www.surveymonkey.com/r/P66HHZP>

Paige Almond

469-964-2206 paige.almond@sbcglobal.net



LEPRECHAUN LAUGHS



Happy Saint Patrick's Day





St Patrick's Day WORD SEARCH



Find 9 words related to St. Patrick. They could be in any direction.



GOLD	MARCH	SHAMROCK	IRELAND
LUCK	CLOVER	CELEBRATE	PARADE
GREEN	RAINBOW	LEPRECHAUN	PATRICK



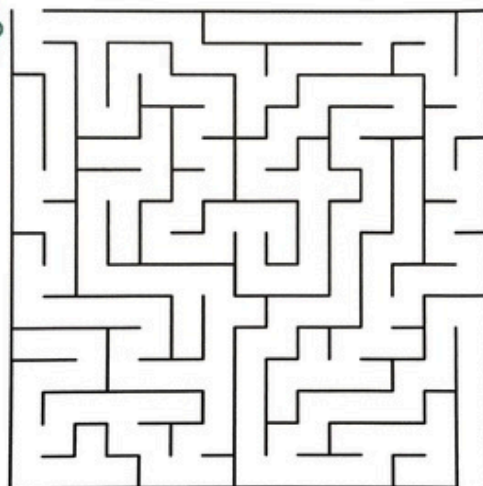
WHY DON'T YOU IRON
4-LEAF CLOVERS?
YOU DON'T WANT TO
PRESS YOUR LUCK!



St Patrick's Day MAZE PUZZLE



Help Lucky the leprechaun to find the way through to the pot of gold.



Start Here





St Patrick's Day WORD SCRAMBLE

Unscramble the St. Patrick's Day
words



iirhs

rmach

kclu

lodg

orabwin

voerlc

otp

cion

eerng

ramhc

hplearnecu



WHAT DID THE IRISH
POTATO SAY TO HIS
SWEETHEART?
I ONLY HAVE EYES FOR
YOU.



St Patrick's Day TRIVIA



Test your knowledge of St Patrick's Day

- What is St. Patrick's real name?
a) Maewyn Succat
b) Patrickus Maximus
c) Liam O'Connor
d) Fergus O'Malley
- The Hill of Tara, an ancient ceremonial site in Ireland, was associated with what practice?
a) Crowning Irish High Kings
b) Training warriors
c) Celebrating pagan festivals
d) Storing food for the winter
- In 1903, what law caused pubs in Ireland to close on St. Patrick's Day?
a) The Intoxication Control Act
b) The Licensing Act
c) The Holy Day Act
d) The Abstinence Law
- What traditional Irish instrument is depicted on the Irish Coat of Arms?
a) Fiddle
b) Tin whistle
c) Harp
d) Bodhrán
- Which Irish landmark is often lit up in green for St. Patrick's Day?
a) Blarney Castle
b) The Rock of Cashel
c) The Cliffs of Moher
d) The Dublin Spire
- What mythical creature is St. Patrick said to have driven out of Ireland?
a) Leprechauns
b) Fairies
c) Snakes
d) Dragons
- What city dyes its river green annually to celebrate St. Patrick's Day?
a) Dublin
b) Boston
c) Chicago
d) New York
- What year was the first St. Patrick's Day parade held in the U.S.?
a) 1608
b) 1737
c) 1842
d) 1921
- What does the Irish Gaelic phrase "Éirinn go Brách" mean?
a) Ireland Forever
b) God Bless Ireland
c) Land of Shamrocks
d) Long Live the Leprechauns
- What ancient Irish festival is thought to have inspired modern St. Patrick's Day celebrations?
a) Imbolc
b) Lughnasadh
c) Samhain
d) Beltane

WHAT SHOULD YOU SAY
TO SOMEONE WHO IS
RUNNING A ST. PATRICK'S
DAY RACE?
IRISH YOU LUCK!



STEP INTO SPRING: SPRING FITNESS TIPS FOR SENIORS

ARE YOU READY TO EMBRACE THE REJUVENATING SPIRIT OF SPRING AND PRIORITIZE YOUR HEALTH AND FITNESS?

AS THE WEATHER WARMS UP AND NATURE COMES ALIVE, SPRING OFFERS SENIORS THE PERFECT OPPORTUNITY TO REVITALIZE THEIR FITNESS ROUTINES AND ENJOY THE GREAT OUTDOORS.

WALKING AND HIKING

WALKING IS ONE OF THE MOST ACCESSIBLE FORMS OF EXERCISE FOR SENIORS, AND SPRING OFFERS THE PERFECT BACKDROP WITH BLOOMING FLOWERS AND FRESH AIR.

WHETHER IT'S A LEISURELY STROLL AROUND THE NEIGHBORHOOD OR A MORE CHALLENGING HIKE IN NATURE, WALKING HELPS IMPROVE CARDIOVASCULAR HEALTH, STRENGTHEN MUSCLES, AND BOOST MOOD.



PICNICS

GATHERING WITH FRIENDS OR FAMILY FOR OUTDOOR PICNICS PROVIDES SENIORS WITH AN OPPORTUNITY TO SOCIALIZE, ENJOY HEALTHY MEALS, AND SOAK UP THE SUNSHINE. PACK NUTRITIOUS SNACKS, SANDWICHES, AND FRUITS, AND CHOOSE A SCENIC SPOT IN A PARK OR GARDEN TO SAVOR THE BEAUTY OF SPRING WHILE CONNECTING WITH LOVED ONES.

CYCLING

CYCLING IS A LOW-IMPACT EXERCISE THAT OFFERS NUMEROUS BENEFITS FOR SENIORS, INCLUDING IMPROVED CARDIOVASCULAR HEALTH, LEG STRENGTH, AND JOINT FLEXIBILITY. SPRING PROVIDES THE PERFECT OPPORTUNITY TO EXPLORE SCENIC BIKE PATHS, PARKS, OR NEIGHBORHOODS. SENIORS CAN CHOOSE BETWEEN TRADITIONAL BICYCLES OR STATIONARY BIKES, DEPENDING ON THEIR PREFERENCES AND MOBILITY LEVELS.



GARDENING

GARDENING IS NOT ONLY A THERAPEUTIC HOBBY BUT ALSO A FANTASTIC WAY TO STAY ACTIVE AND ENGAGED IN SPRING.

DIGGING, PLANTING, WEEDING, AND WATERING ALL INVOLVE VARIOUS MUSCLE GROUPS AND PROVIDE GENTLE EXERCISE FOR SENIORS.

ADDITIONALLY, SPENDING TIME OUTDOORS IN THE GARDEN CAN REDUCE STRESS, IMPROVE MOOD, AND ENHANCE OVERALL WELL-BEING. SENIORS CAN START WITH LIGHT GARDENING TASKS AND GRADUALLY INCREASE THE INTENSITY AS THEY FEEL MORE COMFORTABLE.



DANCING

DANCING IS A FUN AND SOCIAL WAY FOR SENIORS TO STAY ACTIVE AND FIT IN THE SPRINGTIME.

WHETHER IT'S BALLROOM DANCING, LINE DANCING, OR SIMPLY MOVING TO YOUR FAVORITE TUNES, DANCING OFFERS A FULL-BODY WORKOUT THAT IMPROVES CARDIOVASCULAR HEALTH, COORDINATION, AND MOOD.

SENIORS CAN JOIN DANCE CLASSES, ATTEND SOCIAL DANCE EVENTS, OR SIMPLY DANCE AROUND THE LIVING ROOM AT HOME. SPRING PROVIDES THE PERFECT OPPORTUNITY TO DANCE OUTDOORS AT COMMUNITY EVENTS, PARKS, OR EVEN IN THE BACKYARD.

-COACH K.

Our February Meeting was full of LOVE!

**Giving
Valentines!
to Each Other**



**Donating to
traffick911**



Clothes to share and for Ghana

