

SEPTEMBER MOUTHPIECE

THE VOICE OF THE FRISCO AREA RETIRED SCHOOL PERSONNEL



On June 29, we lost our dear friend and FARSP Treasurer, Deb Thompson. Deb dedicated 36 years to education, touching the lives of countless students, families, and colleagues throughout her career. She spent many of those years teaching third grade at Corbell Elementary in Frisco, where her kindness, patience, and love for children made a lasting impact. Deb's dedication, generous spirit, and servant's heart touched our FARSP organization in countless ways. She faithfully served as our Treasurer and was always willing to lend a helping hand wherever it was needed. Her warmth, friendship, and unwavering commitment to others will never be forgotten. Deb will be deeply missed by all who had the privilege of knowing and working alongside her, but her legacy of service and compassion will continue to inspire us.

ADVENTURE -Awaits- AT CAMP FARSP!

JOIN US FOR OUR
SEPTEMBER MEETING & LUNCHEON!

Pack your sense of adventure and join us as we kick off a brand-new year with great friends, fellowship, fun, and plenty of *new adventures* ahead!

CAMP DATE:
TUESDAY, SEPTEMBER 1, 2026

CAMP CHECK-IN:
9:30 A.M.
COFFEE, TEA & FELLOWSHIP

MEETING BEGINS:
10:00 A.M.

BASE CAMP:
FRISCO CTE CENTER
9889 WADE BLVD., FRISCO
Look for the FARSP sign!

SHARE YOUR ADVENTURE!
We want to show off your adventures in our slideshow! An activity outdoors or in that made you feel adventurous. Please send 1-2 pictures to paige.almond@sbcglobal.net or 469-964-2206. Make sure to include your name/names.

DIRECTORY PHOTOS
If you haven't had the opportunity, have your picture made for the 26-27 directory.
Please see Debbie Owen in the foyer at the meeting.

RESERVE YOUR SPOT AT CAMP!
We are having burgers provided by CUTX and want to make sure we have enough.
RSVP TO:
Margie Fitzgerald
214-455-6600
margiefitz@att.net
Don't get left out in the woods - be sure to reserve your place!

WE WILL HAVE A DRAWING FOR Some Wonderful Prizes!
Be sure to write your name on the attached ticket and bring it to the meeting for a chance to win!

THE CAMPFIRE IS CALLING...
Come reconnect with friends.
Enjoy a delicious lunch.
Discover what's waiting around the bend for FARSP this year!

Adventure Awaits... SEE YOU AT CAMP FARSP!

MARK YOUR CALENDAR FOR THE FOLLOWING MEETING DATES:

2026					2027					DISTRICT 10 CONFERENCES	
TUES. 9/1/26	TUES. 10/6/26	MON. 11/2/26	TUES. 12/1/26	WED. 1/6/27	MON. 2/1/27	TUES. 3/2/27	TUES. 4/6/27	WED. 5/5/27	OCTOBER 26, 2026	APRIL 26, 2027	

RSVP

ON THE TRAIL WITH THE PRESIDENT



Woohoo, Campers!

It's time to kick off a brand-new year of fun, fellowship, and adventure with FARSP! My name is Paige Almond, and I am honored to serve as your new president. I am excited to begin this journey with you, get to know our members, and make this a year filled with laughter, friendship, and meaningful experiences. Many of you are already familiar faces, while others I haven't had the pleasure of meeting yet—but I look forward to getting to know each of you along the trail. Our incredible board with our various committees have been hard at work preparing for an exciting year ahead. From growing our membership and planning engaging programs, delicious meals, and fun events to organizing volunteer opportunities and launching our book project, there's something for everyone. When you see one of our amazing board members, please take a moment to thank them for their dedication and countless hours of work behind the scenes. Their commitment is helping make this an unforgettable year for all of us. Now it's time to pack your backpack and head to our first adventure! Be sure to check out the information on the first page about our September 1 meeting. We'd love for you to invite retired school personnel or friends who support education to join us and experience what FARSP is all about. Bring a guest, enjoy the fun, and let them decide if they'd like to become part of our FARSP family. Don't forget to RSVP for yourself and any guests you plan to bring. We can't wait to see you around the campfire as we begin this exciting new adventure together!



MEMBERSHIP UPDATE: THE ADVENTURE CONTINUES!

A big THANK YOU to everyone who has already renewed their Texas Retired Teachers Association and Frisco Area Retired School Personnel memberships for the 2026–27 year! Your continued support helps keep our organizations strong and allows us to continue advocating for the benefits and issues that matter to retired school personnel.

If you haven't renewed yet, I'll be available at our September 1st meeting to help you with your membership renewal. State dues are \$35 and local dues are \$20. You can bring your check or exact cash, and we'll get you taken care of!

As your 1st Vice President of Membership, my focus is on renewal, retention, and recruitment—keeping our current members connected, encouraging those who may have let their membership lapse to come back, and welcoming new members to our FARSP family.

Your help with recruiting new members is greatly appreciated. If you know someone who supports public education and might enjoy the friendships, activities, and advocacy that come with membership, please invite them to join us. Remember, you don't have to be a retired educator to join! Anyone who supports public education can join both the Texas Retired Teachers Association at the state level and the Frisco Area Retired School Personnel organization locally.

Our membership is what makes our organization strong. Together, we can continue building friendships, supporting one another, and making a difference for public education.

I look forward to seeing everyone and continuing our adventure together. See you soon at our September 1st meeting!

Brenda Youngblood
1st Vice President of Membership
bbyblood@gmail.com

Care Crew

Hello FARSP friends! I will be organizing care for our members who need a little extra love from us this year due to injuries, illnesses, bereavement, etc., so, please, if you know of a dear member who needs our care, please let me know.

You can text me at 972-658-0222; email me at jacksonrhonda4@gmail.com; or let me know in person. We have an amazing team that is more than willing to help out. Thank you!



Rhonda Jackson
Care Crew &
Lending Library

Also, we will again activate our Lending Library this year! Did you read some good books this summer that you want to share? Do you have an excess of books on your shelves that others might enjoy? Please bring them to share! I have at least a half-dozen that I can't wait to share. If you want your books back after sharing, just leave a post-it in the front—I'll make sure that they are returned to you. I'll be in the front foyer with my suitcase of books every month, and I cannot wait to talk books.

FARSP's Annual Children's Book Project

By Diane Steward – Book Project Coordinator

Each local chapter of Texas Retired Teachers Association collects hundreds of books annually to put them into the hands of children to encourage reading.

This year, our chapter (FARSP) is collaborating with the new Frisco ISD Book Bus program. The converted bus travels in Frisco and neighboring communities to give books to children, ages pre-K through middle school in locations such as parks.

We anticipate that we will deliver our collected books later this calendar year. More info to come!

How can you help?

Start gathering books now to donate to FARSP's book project.

Set a personal goal... Can you donate 5 books? 10 books? or more?

What kinds of books?

Hardcover books are preferred.

New or very gently used.

Suitable for pre-K through middle school.

FAQs:

What if a pre-owned book has a name written inside?

o We stick an inscribed book plate inside the cover of each book which states that the book is provided by FARSP as a chapter of TRTA.

What is meant by "gently used" books?

- o Minimal signs of wear.
- o No tears on either binding or the pages.
- o Does not have a child's scribbles or drawing on them.

Where can I get inexpensive or free books?

- o Ask family members or friends if they have any to donate.
- o Ask for books in a post in your neighborhood Facebook group.
- o Shop the book section at local thrift stores
- o Shop the clearance section of local bookstores.

Thank you in advance for helping make this year's FARSP Book Project a great one as we support reading across Frisco and neighboring communities.



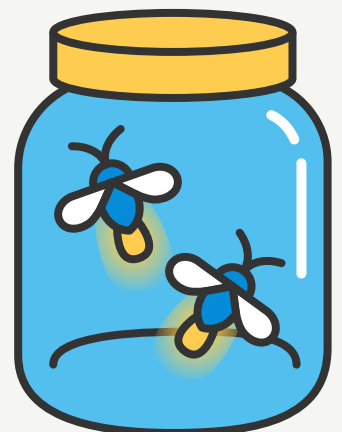
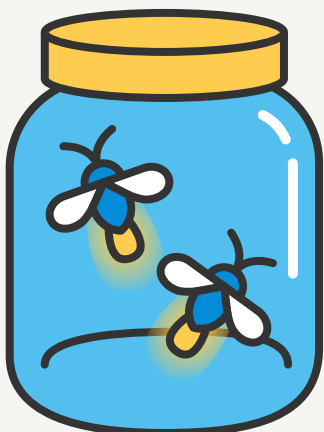
Hello fellow FARSP friends!!!

This is a friendly reminder for you to have the totals for the months of May, June, July, and August at our our first meeting. Be sure to write the total down when you sign up for attendance. I will also have a binder with each person's name in it so that you can put in your hours for each month. That way I can keep up with the totals for the year and see who needs to turn their hours in.



I am also in charge of JAR, which stands for Just Ask Retirees. I will send out emails for volunteer work that teachers, librarians , PE coaches, etc need. I know Prosper did away with Paraprofessionals for the librarians and coaches, so they will definitely need our help! I'm looking forward to seeing ALL the adventures that you have volunteered for!!!

Love you bunches,
Susan Burkett
Volunteer Services Chair



Regular physical activity can positively impact our physical, mental, and emotional health. Also:

- Strengthens the Immune System and Helps Prevent Chronic Diseases
- Prevents Bone Loss
- Relieves pain and stress
- Improves your mood
- Helps your cognitive health

According to the Physical Activity Guidelines for Americans, adults should do muscle-strengthening activities at least two days a week and at least 150 minutes (2 1/2 hours) a week of moderate-intensity aerobic exercise. Research has shown that it's important to get all four types of exercise: endurance, strength, balance, and flexibility. Here's an example of what you can do to incorporate each type of exercise into your week:

MONDAY

Endurance, Strength, Balance:

- Sit to Stand
- Bridges
- Resistance band T rows
- Squat to balance with chair
- Bicep Curls

WEDNESDAY

Endurance, Strength, Balance:

- Reverse lunge with chair
- Side-to-side step
- Tricep kickback
- Seated rows
- Bird Dog

FRIDAY

Endurance, Strength, Balance:

- Seated overhead press
- Single leg stand
- Resistance hand leg raise
- Plank
- Wall push-ups



Best Exercises For Seniors!

DAVID KUYKENDALL



DISCOUNTS!!

FARSP Discounts(Always ask...)
(Additional discounts to come. If you know of one, please
contact Doris - dmfr5452@gmail.com)

List for General Discounts: from TheSeniorList.com/seniordiscounts/restaurants

1. Criteria: 10% off, ≥ 55 yrs old:

A&W, Arby's, Boston Market, Carrabba's Italian Grill (also be AARP member), Chili's, Dunkin', Fuddruckers, Hardee's, IHOP (and on Senior Menu), KFC (10% off or free small drink), Outback Steakhouse (also AARP member), SaltGrass (also AARP member)

2. Other Criteria:

Applebee's (Varies by location, ≥ 60 yrs), Burger King (varies, ≥ 55), Cici's Pizza (varies, ≥ 50), Dairy Queen (10% off or a free drink, ≥ 55), Einstein Bros. Bagels (10% off, ≥ 60), Golden Corral (10% Off, ≥ 60), Jack in the Box (20% off, ≥ 55), Krispy Kreme (10% off, ≥ 50), Long John Silvers (varies, ≥ 55), Sonic (10% or free drink, ≥ 60), Steak n' Shake (10% off, ≥ 50), Waffle House (varies, ≥ 55), Whataburger (free drink, ≥ 55), Wendy's (varies, ≥ 60), White Castle (10% off, ≥ 62)



COME JOIN US!!!



Come be a part of the FARSP delegation at the Retired Teachers' Day at the Capitol **March 31**. This will be our opportunity to join with thousands of other retired Texas teachers to advocate for a stable, fully-funded pension system.

FARSP has reserved hotel rooms for a fun overnight stay. [Sign up at the September 1 meeting](#) and be a part of this exciting opportunity to make a difference.

--Michelle Jaynes



The board is planning a great year!

Adventure awaits!



Frisco Area Retired School Personnel

Name: _____

IF CONTACT INFORMATION HAS NOT CHANGED – WRITE **SAME ACROSS THIS SECTION**

Address: _____ City: _____, TX Zip: _____

Email: _____ Birthday: _____

Telephone: HOME _____ CELL _____

PAYMENT: TRTA = \$35 ANNUALLY FARSP = \$20 ANNUALLY

_____ I am a **NEW MEMBER JOINING TRTA and FARSP** at this time. Pay **\$55** (checks payable to FARSP)

_____ I am **RENEWING TRTA and FARSP** at this time. Pay **\$55** (checks payable to FARSP)

_____ I participate in the **BANK DRAFT PROGRAM** (one-time payment of \$35 to TRTA on July 1) or the **TRTA DIAMOND PLUS PROGRAM** (provides that your TRTA dues will be a monthly annuity Deduction of \$2.92. FARSP can provide a form for this option. To learn more about the program visit www.trtdiamondplus.org.) Pay **\$20** (checks payable to FARSP)

_____ I already belong to TRTA, but wish to join FARSP Pay **\$20** (checks payable to FARSP)

_____ Join as a local sponsor. Pay **\$20** (checks payable to FARSP). You can not vote or hold office

TOTAL AMOUNT OWED:

MEMBERSHIP \$ _____ + DIRECTORY MAILING (\$5) \$ _____ Total Due: _____

_____ Yes, I would like to make a monetary donation to the book project. \$ _____

_____ Yes, I would like to donate to help fund FARSP programming and other projects. \$ _____

_____ Yes, I would like to donate money to the TRTA Foundation (TRTF). \$ _____

Total Membership: _____ + Any Additional Donations: _____ Total Due: _____

Mail to: Brenda Youngblood 2096 Finch Street Frisco, TX 75036

For more information: bbyblood@gmail.com 214-686-8039

VP Membership or Treasurer to complete only

Date _____ CASH _____ Check # _____ Check Amt _____ Payment included

for _____ Donation Amounts: Book Project _____ FARSP Programs _____

TRTF _____

Completed by _____ DATABASE entry: _____