

MOUTHPIECE

ODE NOT TO SPRING

Oh, Spring, we do await you
to send Winter away.
But why do you bring uncertainty
Of what we'll face each day?

Will it snow or will it rain,
We wonder when we rise;
Or will you just behave yourself
and send us sunny skies?

That yellow stuff you offer
is really quite annoying.
It's in the air and in my nose -
my washed car it's destroying!

I think YOU think you're special
in some sick, seasonal way.
But, let me tell you something, Spring.
We just tolerate you, OK?

You have to happen every year
for us to get to Summer;
So, I guess we'll let you torture us -
Just DON'T BE SUCH A BUMMER!

So, straighten up and send us days
of sun and short-sleeved shirts.
Yes, that's a threat, SO DO IT!
And no one will get hurt!
-Karol



29 and HOLDING

2 Ann Henkels
8 Kelly Brabec
8 Lucille Hamm
10 Carolyn McMahan
12 Debra Purefoy
15 Cheri Sapp
15 Sandi Youngblood
16 Dottie Depaolo

DATES TO REMEMBER

- APRIL 7TH- FARSP Meeting
CTE Center 9:30 visit
10:00 meeting
- APRIL 27TH - Spring
Leadership Conf. - FISO
Athletic Hall of Honor -
9:30

Hats off to Membership!!



We will continue our membership drive again at the April meeting! If you pay at our next meeting, you will still get a free hat! (until they run out!). Deb will be in the same location as she was in March. If you weren't there last month, she will be inside the big room, far right as you enter the doors. There will also be a sign by her station. We had over 60 members renew their 2026-27 memberships at the March meeting! Outstanding!!



Let's do it again in April! Don't forget your wallet!!!

And the money lady, Deb says, "Correct change, PLEASE!"



-Vickie Ryan



HAS SPRUNG!

Our April Program



Crafty Corners!

Get ready to learn some new crafts and
Prepare to be Amazed!!



Vickie, Diane, Paige and Karol have some fun, easy, and cool ideas to share with you!

Hey friends!

Only two 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



UNDER NO CIRCUMSTANCES ARE YOU ALLOWED TO LAUGH...

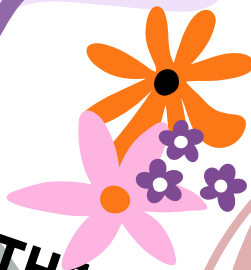
WHAT DO YOU CALL A
RABBIT WITH FLEAS?
BUGS BUNNY.



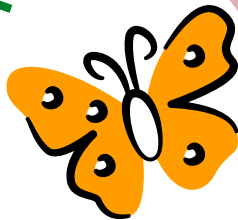
How do flowers
greet
each other in
spring?
Hey, bud!



WHAT DOES THE
EASTER BUNNY
GET FOR MAKING
A BASKET?
**TWO POINTS, JUST
LIKE ANYONE ELSE.**



WHY DID THE
GARDENER QUIT?
**HIS CELERY WASN'T
HIGH ENOUGH.**



Why did the
gardener
plant light
bulbs?
**He wanted
to grow a
power plant.**

HOW DO TREES GET ON
THE INTERNET?
THEY LOG IN.



2 THINGS TO DO IN FRISCO IN APRIL

1. National Videogame Museum 10th Anniversary

The museum will celebrate its 10th birthday with free admission and special giveaways all day. The National Videogame Museum, founded by John Hardie, Sean Kelly and Joe Santulli, is dedicated to the history of the video game industry. The museum features video game memorabilia collected over three decades.

April 11, 10 a.m.-6 p.m.

Free

8004 Dallas Parkway, Frisco
www.nvmusa.org



2. Fairways for Freedom - Charity Golf Classic

The event is an annual charity golf tournament hosted by the Frisco Veterans of Foreign Wars Post 8273. Hosted at the Trails of Frisco Golf Club, the event will raise funds supporting veteran programs and initiatives. Guests can expect a day of golf and raffles.

April 13, 7 a.m.-1 p.m.

10411 Teel Parkway, Frisco

<https://events.golfstatus.com/event/2026-frisco-vfw-fairways-for-freedom-veterans-charity-golf-classic>



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

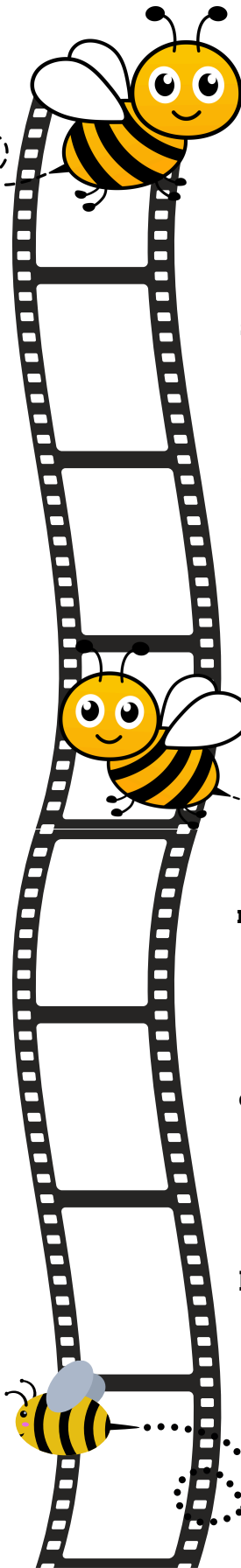


HEADS UP!



LITERALLY!

We're going to try something new with the directory - Pictures next to your contact information! That's right! Your picture will be next to your name in the directory so we can put a face with a name if we need to. We will start taking head shots at the April meeting. Look for the photo area in the lobby and sit still for 30 seconds while we capture your amazing face!



Weird Spring Facts

1. Spring equinox sun aligns perfectly over the equator, making shadows vanish at noon—weird zero-shadow zon
2. Butterflies taste nectar with feet sensors that detect sweetness—weird foot tongues!
3. Frogs croak in perfect sync during spring breeding, creating chorus waves—nature's boy band!
4. Mud-luscious spring turns snowflakes identical in puddles—no two alike until melt mixes them!
5. Some flowers raise their own temperature 15°F to lure bugs—self-heating floral seduction!
- 6.. Whales breach higher in spring for mating shows, slapping oceans like drum solos!
7. The Eiffel Tower grows about six inches taller in summer because metal expands in heat. So technically, spring is when Paris gets a growth spurt.
8. Some scientists believe that humans are biologically programmed to fall in love in spring. The rest of us just blame it on allergies and confusion.
9. Some flowers can grow up to 1 inch in just one day!
10. In late spring, suicide rates historically rise more than in winter or autumn.





Don't forget....
It's Election Season!

Remember to

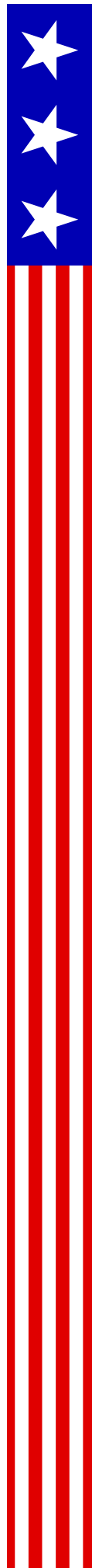
- check your voter registration to see if it's current
- know which county you live and vote in
- become informed about issues and candidates by consulting sources like The League of Women Voters

And most of all
VOTE!!!

Let your voice be heard!

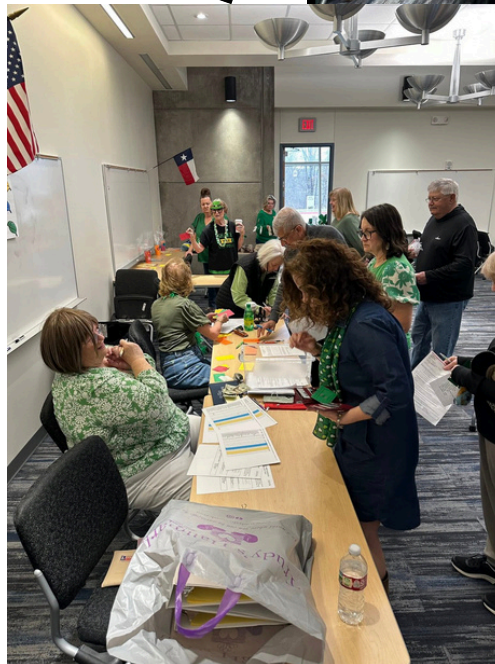
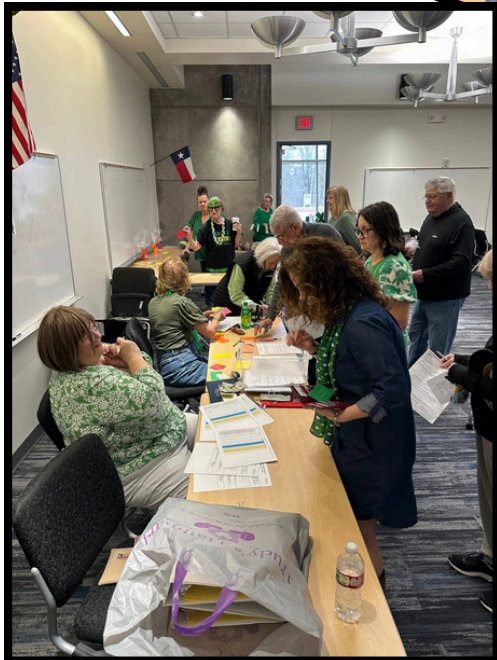
-Michelle

**YOUR VOTE
MATTERS**



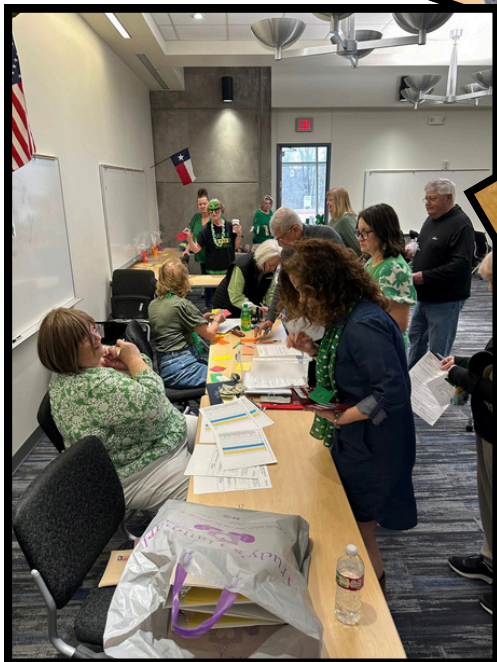


The Luck of the Irish was with us in March!!





The Luck of the Irish was with us in March!!







"Me: will it be warm, cold, rainy, snowy or windy today?
Spring: yes"



**SPRING
SILLINESS**





Healthy Living

Evening Exercise: A New Ally In Reaching Your Health Goals

For people living with obesity, or those just trying to be as healthy as possible, evening exercise might be your secret weapon.

A groundbreaking study, using data from the United Kingdom, has uncovered that engaging in moderate to vigorous physical activity between 6 p.m. and midnight may offer increased health benefits.

Timing Matters

Researchers tracked 30,000 individuals over nearly eight years and discovered that evening exercisers, even those who simply climbed stairs or took a brisk walk, experienced the most profound health improvements.

This revelation, published in the journal *Diabetes Care*, highlights that the type of exercise you do may not be as crucial as when you do it.

Dr. Angelo Sabag, who worked on the study, emphasizes, "Exercise is by no means the only solution to the obesity crisis, but this research suggests that planning activity for the evening may best offset some of these health risks."

Significant Results

Participants used wearable devices to track when they exercised — morning, afternoon, or evening. Researchers found that those who got their heart rate up after 6pm had the lowest risk of heart attack, stroke or death from heart disease.

The study didn't just focus on structured exercise; it accounted for any continuous aerobic activity that lasted for three minutes or more.

For some participants, vigorously cleaning the house late at night was enough to see benefits. Researchers say the timing of the physical activity appeared to be more important than the length of the activity. So, as the evening rolls in, consider lacing up those sneakers.

It might just be the perfect time to take a step towards a healthier future.

-Published by
The Weather Channel and endorsed by *Tess Thomas, DO, ABFM*

-Coach K.

SPRING

WORD SEARCH

Search for the words hidden in the puzzle

V	S	S	A	S	P	R	O	U	T	S	S
B	L	A	U	H	F	I	N	E	B	B	A
U	P	I	C	N	I	C	O	S	D	E	K
T	A	B	L	O	S	S	O	M	R	E	L
T	M	N	C	Y	H	H	W	E	D	S	D
E	A	L	E	S	R	A	I	N	B	O	W
R	R	A	I	N	E	A	C	N	N	X	B
F	H	D	S	F	R	O	G	S	E	E	I
L	B	Y	E	V	T	U	U	E	S	H	R
Y	A	B	L	O	O	M	I	N	G	R	D
N	O	U	M	T	G	L	T	F	O	T	S
F	L	G	W	E	F	L	O	W	E	R	S

FROGS

BUTTERFLY

FLOWERS

BIRDS

LADYBUG

BLOOMING

RAINBOW

BEES

SPROUTS

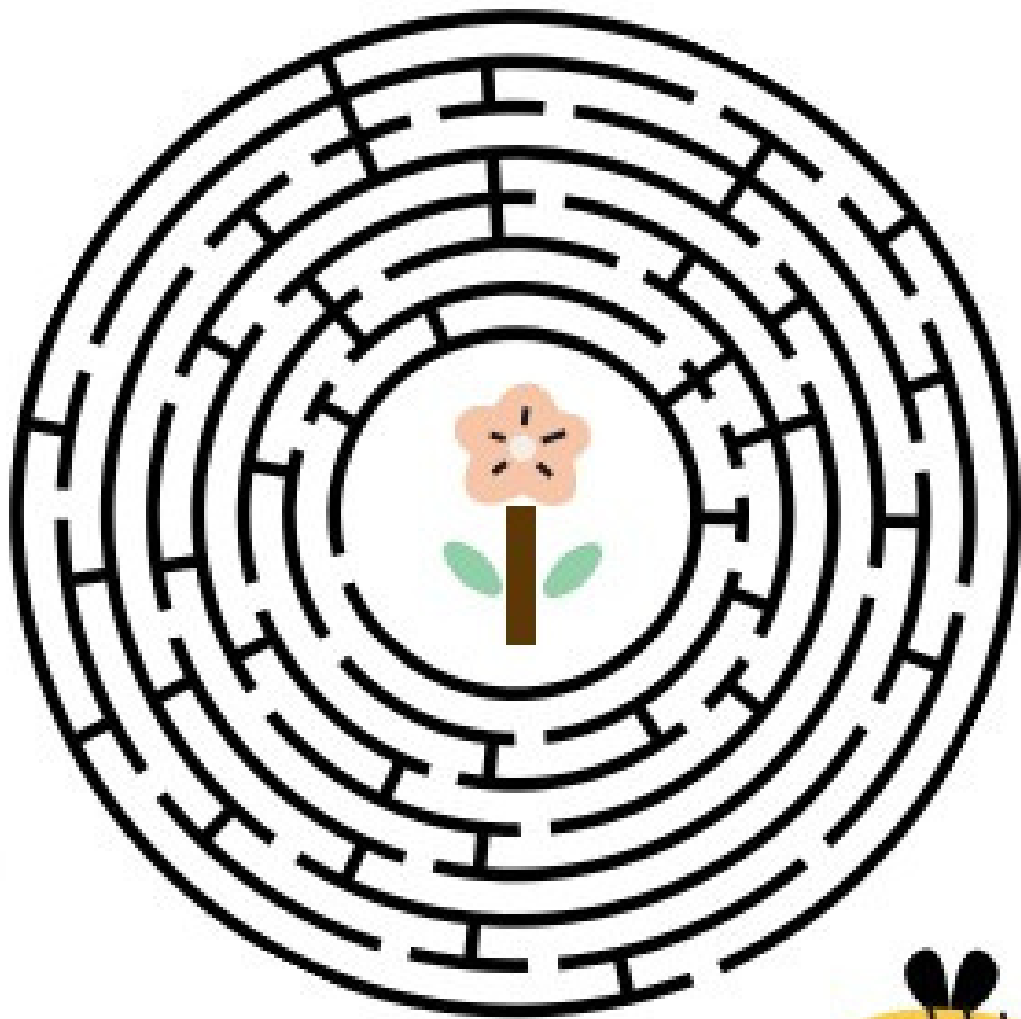
SUNSHINE

BLOSSOM

RAIN

SPRING MAZE PUZZLE

Help the bee find the way to the flower.



SPRING TRIVIA GAME

Test your knowledge of all things spring!

1 What date does spring usually begin in the Northern Hemisphere?

- a) March 1
- b) March 20
- c) April 1
- d) April 21

2 What flower is most commonly associated with the arrival of spring?

- a) Rose
- b) Tulip
- c) Lily
- d) Daisy

3 Which holiday typically occurs in spring?

- a) Halloween
- b) Thanksgiving
- c) Easter
- d) Christmas

4 What insect is known for pollinating flowers in spring?

- a) Spider
- b) Ant
- c) Mosquito
- d) Bee

5 Which of these animals is often a symbol of spring and Easter?

- a) Owl
- b) Bunny
- c) Fox
- d) Deer

6 In Japanese culture, what tree's blossom symbolizes the arrival of spring?

- a) Maple
- b) Pine
- c) Cherry
- d) Apple

7 What is spring referred to in poetry and literature?

- a) The time of death
- b) The season of love
- c) The season of rebirth
- d) The season of silence

8 Which month is considered the "rainiest" in many regions during spring?

- a) May
- b) June
- c) March
- d) April

9 Which color is commonly associated with spring?

- a) Orange
- b) Pastel Yellow
- c) Crimson
- d) Charcoal

10 What kind of bird is famous for returning in spring as a sign of the season?

- a) Penguin
- b) Blue Jay
- c) Robin
- d) Hawk

11 Which vitamin do people get from the sun more often in spring?

- a) Vitamin A
- b) Vitamin C
- c) Vitamin D
- d) Vitamin B12

12 What flower is known for "nodding" or hanging its head, blooming early spring?

- a) Rose
- b) Daffodil
- c) Iris
- d) Ostrich

13 What do gardeners often plant in spring?

- a) Christmas trees
- b) Bulbs and seeds
- c) Pumpkins
- d) Icicles

14 What kind of weather is famously linked to the phrase: "April showers bring...?"

- a) Fog
- b) Sunshine
- c) Thunderstorms
- d) May flowers

☐ Check if any of your

2026 - 2027 TRTA and/or FriscoArea Retired School Personnel Membership Form

Name _____

Address _____ Date of Birth _____ / _____
City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email _____

***If you would like a hard copy of the Directory mailed to you, please include \$5.00 with your membership dues.**

- I receive an annuity from a teacher retirement system (Circle one) YES NO
- I am renewing my TRTA/local membership _____
- I am a new member _____
- I am joining as a sponsor. _____

TRTA membership year: July 1, 2026- June 30, 2027. Membership dues are not tax deductible.

What is the TRTA Diamond Plus Program? To learn more about the program visit www.trtadiamondplus.org

TRTA offers 4 easy ways to join! Please check one.

_____ Option A - Annual TRTA dues \$35.00 + \$20.00 Local dues (Total of \$55.00)

- 1.) Complete the enrollment form above. 2.) Give your local Membership Chair your form plus a check for \$55.00 to cover both TRTA and local chapter dues.

_____ Option A2 – Annual TRTA dues, local dues and **a hard copy of the directory mailed to you. (\$60.00)**

- 1.) Complete the enrollment form above. 2.) Give your local Membership Chair your form plus a check for \$60 to cover TRTA, local dues and a hard copy of the directory.

_____ Option B- Monthly payroll deduction \$2.92 (Diamond Plus Program)

You must receive a TRS annuity to enroll. The TRS System of Texas will withhold \$2.92 for TRTA membership dues from your monthly TRS annuity check. 1.) Complete the TRS Form 593 along with the enrollment form above. TRS 593 is available for download at www.trta.org/TRS593 2.) Give your local Membership Chair your completed forms plus a check for **\$20.00 to cover local chapter dues, or \$25 for dues and a hard copy directory.**

_____ Option C – Join as a local sponsor. Sponsorship is \$20.00 and you cannot vote or hold an office.

Anyone can join TRTA! You do not have to be a retired educator.

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

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

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

Mail completed forms and checks made out to FARSP to:

Check #: _____

Date: _____

*** Vickie Ryan**

**11210 Coralberry Dr.
Frisco, TX 75033**