

Time for another Newsletter. While I started this newsletter on a bit of an upbeat with spring's arrival, so much has changed and everything seems more than just a bit crazy. On a personal note I want everyone to be safe, and really be on the lookout for your neighbors and friends. Times like this are difficult, and shutting ourselves inside or reducing contact with one another can have consequences. Please give your neighbor a call, just to say hi, or to see how they are doing. Take a moment and go for a walk if you can, and even if you have to walk on separate sides of the street be friendly. If you are going to the store make sure you reach out and see if someone who can't or does not want to, know you are willing to pick something up for them.

During my recovery from foot surgery, I enjoy getting out when I can. It is very refreshing to see trees budding out, beds being tended to, and flowers blooming. Spring is here!! Much has happened since the last issue, even locally and not in the local or national news. I certainly want to note an incredible Souper Craft Luncheon, displaying so many wonderful talents, and of course, food. Our new NTAC President, Steve Zeringue stepped up replacing Steve Holland, and 2020 continues to press ahead, I'm sure he did not expect these challenges.

2020 NTAC President:



Some five years ago Ginger and I stayed overnight on the TerraPort. We had come to see what this community called NTAC was all about. Several of our

fellow "Airstreamers" lived here and encouraged us to visit; so we did - just to check it off our list.

A year later, our daughter moved to Arlington, and with my parents living in Richardson, we thought NTAC would be a good place to purchase a lot to park our Airstream and have easy access to Dallas. On Valentine's Day, in 2017, we purchased Lot #125, and over the next few months, we found ourselves spending more and more time at our little villa. As we did, we came to the conclusion NTAC

was a great place to live and decided this was the place to build our last home.

The real reason we moved here, however, was because of the people who called NTAC their home. We found we had many things in common and these things are what binds us all together. We have all worked hard, had productive lives, and accomplished many things to get to this point in our lives. Most all of us have raised a family and watched them grow and prosper. Certainly not least, but the best one of all, is we all love to travel.

But, few of us really know our neighbor; and the reason why an article will appear in this week's newsletter called "Meet your

Neighbor". It is an attempt to tell you a story of a life lived by one of our members. Hopefully by reading the article you will get to know a little bit more about Mrs. Dell. Hopefully, by reading her story, you will feel a little closer to her and, understand a little more of how Mrs. Dell became the person she is today and found her way to NTAC.

I want to also encourage you to sit down with a neighbor and ask them about themselves, their family and, about the lives they have led. Wouldn't you just love to know more about them than what is written in the Membership Directory?

Hopefully, you too will write a little something about your neighbor and publish it in our newsletter. That way we can all share in your experience and learn a little more about one of our NTAC neighbors. Thank you, Mrs. Dell, for sharing your life story with me.

Steve Zeringue
2020 NTAC Board President

2020 NTAC Board Meeting Dates

~~April 13th~~ (Cancelled)

September 14th

October 19th

December 12th

Validation Period for
Annual Membership Meeting
30 September – 30 October

Annual Membership Dinner
Saturday, December 12th

Remember this newsletter is all about you and your neighbors. Articles and photo submissions are certainly welcome from everyone, especially photos of members, on the road or not; your favorite pictures, special campground discoveries, great deals, or a unique recipe. Please include a brief description of any photo and I will try to include submissions in a future edition.

The Power of Social Media

Instagram

We have a social media secret weapon here at NTAC, and her name is Marilyn Holland. She recently started an Instagram account for NTAC, and she is absolutely crushing it for us on this platform! If you don't have an Instagram account, you need to get one and follow the NTAC Instagram feed, because Marilyn is a natural born social media marketing genius. We all already know how great NTAC is, and Marilyn is now letting the Instagram world in on that. We dare you to find better lifestyle content than Marilyn is creating for NTAC, and we are so grateful for it.

According to digital marketing experts, most people now access social media exclusively on mobile devices. Instagram was designed just for this purpose, making Instagram a very important place for NTAC to be. By Instagram's count, 800 million people total use the app, and 500 million use it every day. These people tend to be somewhat younger than those on Facebook, so through Instagram we can reach and connect with future NTAC members, as well as a variety of current travelers, many of whom, particularly full-timers, use their phones more than their computers.



If you're on Instagram, please follow our NTAC account and comment on posts there. If you're on social media, please follow all of our accounts, and like and share and comment as much as you can, because this helps us grow our online audience and reach

even more people. If you need help with social media, don't be shy about asking. We are here to help. Send an email to ntacwebcontent@gmail.com with any questions you may have.

NTAC Public Relations & Advertising Committee

NTAC Facebook Page

<https://www.facebook.com/AirstreamCommunity/>

NTAC Instagram Account

<https://www.instagram.com/northtexasairstreamcommunity/>

NTAC Twitter Account

<https://twitter.com/NTAirstreamComm>

NTAC Private Facebook Group

<https://www.facebook.com/groups/NorthTexasAirstreamCommunity>

New Members

Kim and David Majkowski (pronounced muh-JOW-ski, as David and his family says it, or my-KOV-ski, as Kim and native Polish speakers do) purchased lot 614, on Avenue C, earlier this month. They are new to



camping in general and Airstreaming in specific, having bought their first trailer, a 2018 Basecamp, only just last May.

Moving from Chicago to Austin late in 2010, they immediately embraced the live music culture and have lately been pulling the Basecamp to out-of-town dancehalls, such as Coupland, Devil's Backbone, and

Luckenbach, a little too far out to drive home after a show. They have also taken "Basie" (a name inspired both by the Airstream model and the musical "Count") to Mustang Island, Bastrop, Inks Lake, San Marcos, and Lockhart.

Kim, a soon-to-be-retired Product Manager in semi-conductor distribution, originally hails from Southern California, and David, a database consultant who started out in commercial photography and digital imaging, is from Connecticut. They met 31 years ago walking down the aisle together as maid of honor and best man at David's brother's wedding. Following something of a family tradition (David's parents and maternal grandparents met the same way), they married in 1993. Starting out the first few years in Los Angeles and Long Beach, they spent 17 years in Chicago before coming to Texas. While they expect to remain in Austin for the immediate future, they are excited to join NTAC, which will spearhead their transition to a more mobile lifestyle. They are very much looking forward to spending more time with the community as they ease into a new way of life.

Activities Committee News

As of publishing all March and April Activities are cancelled.

PLEASE CHECK THE CALENDAR AND WATCH FOR OFFICE ANNOUNCEMENTS AS MANY CHANGES MAY HAPPEN DUE TO THE IMPACT OF COVID-19.

- ~~Solar Eclipse 2024 Meeting-April 3, 10 AM~~
- ~~Lunch Out Tue, 7 Apr TDB~~
- ~~NTAC Board Meeting, 13 April 9AM~~
- ~~Sunset Happy Hours-scheduled in the Pavilion~~
 - ~~Sat, 11 April 6 PM~~
- ~~Ice Cream Socials Return~~
 - ~~Sun, 5 April 5PM~~
 - ~~Easter Ice Cream Social, 12 April 5PM~~
 - ~~Sun, 19 April 5PM~~
 - ~~Sun, 26 April 5PM~~
- ~~51st Annual Region 9 Rally in Mineola, April 14 - 19, 2020~~

Meet Your Neighbor

Lorissa Dell Glazener Byrd
By Steve Zeringue

One day in late February, I sat down with “Dell” and as usual we talked about the weather, her flowers, the many different kinds of birds that attack her bird feeder, and, family.



We mentioned that our daughter graduated from Stephen F. Austin University and come to find out so did Mrs. Dell. We talked for an hour about her life in Nacogdoches. The next morning, I got a call

from Mrs. Dell wondering if I could come over. When I arrived at her house, she was full of excitement and there was a sparkle in her eye. She told me to sit down and told me she couldn't sleep the night before because her mind was racing with memories. She handed me a little 25-page book she wrote in 2014 and asked that I read it.

After reading her book, I thought others in NTAC might enjoy knowing about Mrs. Dell and that it might spark others to write about themselves or their neighbors.

Lorissa Dell Galzener Byrd, known to everyone at NTAC as “Mrs. Dell”, was born in 1922 in Oklaunion, TX. Her and her husband, Hugh, purchased a lot and built a Villa in the “newly” developed North Texas Airstream Community in 1993 which makes her one of the oldest members of NTAC.. Below are some excerpts from her book.

“I often use the expression I am a child of the depression. People during this time led a frugal life-style. Purchases that were made were duly considered and money which was available was spent carefully. There was no money to waste on non-essentials. I still take full consideration of where and how I spend my money.

“The first time I met my future husband, William Hugh Byrd, was when I saw a tall, thin blue-eyed blond when we were in the eighth grade in Nacogdoches High School. I was too busy with school to be very aware of him, but he did get my attention. When I first came aware of him was when we spent time together in the school band.”

Hugh's family owned a café in Nacogdoches called Byrd's Café. It was Hugh's job to open the café at 4 in the morning. He would then go to school only to return to help with the lunch business before returning back to school. After school he would take a nap and then head back to the café and work till 10 PM. He was a hard worker.

We were married on June 1, 1941. We had a beautiful wedding at 9:00 on Sunday morning just prior to the regular service. My high school choir director sang “Always”. Though the years I would often hear Hugh sing this song. *(Cont next column)*

Always

*I'll be loving you, always,
With a love that's is true, always
When the things you've planned
Need a helping hand, I will understand, always*

*Days many not be fair, always
That's when I'll be there, always
Not for just an hour,
Not for just a day,
Not for just a year,
But always.
(Written by Irving Berlin)*

We were happy!

When Hugh and I were married and took our first jobs as teachers, Hugh was making \$125 a month and I was making \$75 a month. We decided to make a declaration that we would live off of his check and put my money in a savings account. We did that for the rest of our careers. Hugh hated paying interest so we rarely bought anything until we had the money.

We had been married for just 3 years when on June 6, 1944, Newspapers had been predicting that the invasion of France was imminent. We were alerted by a phone call and we all got up in the middle of the night and went to church to pray. Our lives were forever changed.

We purchased our first Airstream in 1972. It wasn't until Hugh retired in 1981 that we really started using the Airstream going on caravans and different rallies all over the nation. We settled in Hillsboro and never looked back. It is a good place for me to be since Hugh is gone and I am alone. Here there is always something going on and someone to do it with. I find people kind and helpful.

One of the hardest things I have had to do at this time is to go to church by myself. I had a lifetime of singing in the choir with my husband and later standing beside him as we sang in church. I never tired of hearing him sing; his rich baritone voice was a blessing to me and to everyone who heard him.

Recently a young woman asked me “How in the world can you stay married to one man for 60 years. My answer to her was: first there must be love and respect for each other; the couple must share the Christian faith and its value system; they must be unwavering in their wedding vows. It worked for us....Always.

When passing by Mrs. Byrd's Villa stop by to sit and talk – about the weather, her flowers, the many birds, and, family. She will be waiting – Always.

**NTAC Office is closed for 30 minutes daily
for lunch. Times may vary depending upon
business operations. .**

Dog Park News

Mike Mack

Did someone release a cat in the Dog Park? Many thanks to Jenn Nekola and her artistic talents! She gave the Dog Park Hydrants a first class upgrade and added dog and cat sculptures.



On a sad note, "Beagle" Bill Stallworth one of our strongest supporters of the NTAC Dog Park, affectionately named after his pups Thelma & Louise, had to say good bye to Thelma this past week. Our condolences to you Bill, we appreciate all you've done and all you do.

Last call for brick orders. You can see samples just outside the Dog Park, and reach out to Mike if you desire to place an order.

Directory Update

Jenn Hicks

The 2020 Directory is in your Card Room box. Arriving just this week this newest version features classy artwork by the Saunders and is about as up to date as it can be.

DIGITAL COPIES:

Jenn has the list of the people requesting a digital copy and is waiting for it from the graphic designer. She will send to all who requested it, along with an alert when ready. If you'd like to confirm being on the digital list or add yourself, email NTACdirectory@gmail.com and your name will be confirmed or added, if necessary.

DUPLICATE PRINT COPIES:

Please send Jenn N in the office an email requesting a second copy at NTAC@ntaci.com, if you desire one. She will bill your NTAC account and it will be placed in your box. In interest of saving our planet, resources, and budget, please only purchase a 2nd copy if the digital version does not work for you. Digital is free, uses no paper, and goes with you on your phone at all times! Very convenient and handy...

Again, please respect our new norm of Social Distancing and do NOT congregate in the office or the Card Room.

Jennifer, thanks everyone for their assistance in submitting information. And once again, a special Thank You to Patrick & Kimberly, who designed this year's fantastic cover!

Terraport Adoptions

Did you know the Terraport has adoption opportunities? Not everyone wants a dog or cat, but they don't mind a little periodic cleanup. Much of the way our Terraport looks like is due to the volunteer efforts of shareholders who adopted spots. Greg Walker facilitates this effort and compliments everyone for their hard work.

Adopters are asked to:

- Keep their site clear of trash, weeds, etc
- Perform periodic visual checks to make sure their spot is clean, particularly important when a rally is scheduled.
- Tools are available at the workshop area for use on the Terraport.

Terraport spaces 16 & 19 are available for adoption. You can contact Greg or signup in the Office Hallway.

Greg welcomes any Terraport improvement ideas. You can contact him directly, or send your thoughts to NTACNewsletter@gmail.com, and we'll see he gets the information.

NTAC Shop Committee & "Shop Talk"



Howdy fellow NTAC members! Here are a few words describing your NTAC Workshop (Shop) and adjacent area. The committee is chaired by Channing Fell, but in reality the shop is managed by everyone who uses it; and is a great resource.

The Shop was built by founding members of NTAC when there became a need due to construction and maintenance within NTAC property and limited space in Villas for member needs. The extended "tractor shed" north of the enclosed Shop provides protection and organized storage of many items used in support of repair and maintenance of individual and our community. Further north is a separate portable storage shed for maintenance and storage of powered landscape tools, then rental "trailer storage" lots.

The Shop Itself is available to all NTAC members in good standing who have signed the "hold harmless" agreement and have a key.



In the Shop you will find most any hand or basic power tool needed for "handyman" to more involved hobby or home repair. Through the many donations of tools by our members the cost has been minimal in creating the Shop. The donated tools were evaluated for safety and function before acceptance. New donations are handled in the same manner and are available to all as mentioned above, merely "sign out" any item you borrow.

(Cont next page)

This is where the Workshop Committee comes in. The Shop Committee mission is to provide general oversight of the Shop and assist NTAC members if needed. Each member of NTAC is a "Shop Committee" member, with a "chair" person. Since we have our own



level of competence with any tool, Shop Committee / NTAC members may be called upon for instructional or physical assistance (I. E.; table saw, welding machine).

Each member utilizing the Shop is responsible for its appearance, organization, cleanliness and safety. As credit to each of you, NTAC members, including potential, have noticed and remarked positively about the Shop condition and usability.

Shop Talk has become a Wednesday evening ritual. Every Wednesday you are welcome to join in the discussion. work is performed as this meeting is primarily social and addresses Shop concerns or improvements as they come ALL NTAC members are invited!



No
up.
on

All NTAC residents are welcome to join in the discussion and antics during Shop Talk. Not only is this another great social opportunity, but some great ideas are shared by those working on various projects. Who knows what you can build, fix, or help with?

If you chair a committee and want to included information in a future newsletter to create awareness and/or solicit participation, or just thank those serving on your committee, please send a brief synopsis similar to those above to ntacnewsletter@gmail.com.

Arts & Entertainment

All college events, on or off campus, scheduled to occur through April 5, 2020 are cancelled. This includes, but is not limited to, recruitment events, tours, student programs, performances, conferences and social events. Hill College will continue to evaluate events slated for April 6, 2020 and beyond and will send communication as decisions are made. Please call if you have questions.

Hill College and the Phillip H. Lowe Performing Arts Series

- The Don Diego Trio April 7, 2020 7:30 PM

Hill College Players

- Performing & Fine Arts Student Showcase May 7 & 8, 2020 7:30 PM

All performances are FREE to the public in the Hill County Campus Vara Martin Daniel Performing Arts Center.

Health and Wellness

Sue Essary

Stuck at home!!!

You can get a great start to getting in shape while you are social distancing with as few as five exercises done in your own home.

In a short amount of time you can strengthen your core and all major muscle groups, open your hips and shoulders, and help your posture which will suffer with us sitting around in the days ahead.

Look in your NTAC mailbox for prints of these 5 exercises from your Health and Wellness Committee. Remember to start slow and work up to the recommended time and repetitions. It will be time well spent.

We challenge you!

Keeping NTAC Looking Great

Steve Zeringue

Spring gardening tips:

The gardens and flower beds are starting to wake up from their winter nap. So here are a few tips to help you get started.

- 1) Clean out beds by removing weeds and other unwanted plants.
- 2) Prepare the soil for your new plants – add compost or manure. You might need to add some fertilizer.
- 3) Don't forget to sharpen tools! It will help you when pruning back old or dead parts of the plants and thinning out your bushes.
- 4) Plant your plants and add mulch as needed
- 5) Enjoy the fruits of your labor. Whether it be pretty flowers, ripe vegetables or the actual fruit from your fruit trees.

One other item. A snake was seen in the park the other day. They too are starting to come out to enjoy the warm weather. Please keep in mind a majority of the snakes we have seen in the past are friendly snakes, but this part of Texas is ripe for rattlesnakes. So be on the lookout when walking within the park.

Composting Status

-  Bin #1 - accepting items in need of composting
-  Bin #2 - Closed
-  Bin #3 - Compost is ready for use
-  Bin #4 - accepting bagged leaves and grass clippings

“PLAN IT, THEY WILL COME”

Activities Committee – Sheila Lewis

The Activities Committee is chaired by Sheila Lewis. She coordinates NTAC activities/events to encourage socialization, entertainment, member well-being, and promote community involvement. Sheila works closely with many other NTAC Committees, Ladies Club, Board, and Office Manager. Many “behind the scene” members are part of the team which offer up so many activities and interesting functions, including the following:

- Movies – Linda Ward & Andy Dunkinson, Mike & Lynne Mack, and Donna & Charles Scott.
- Sunday Ice Cream Socials – Sue Essary.
- Book Club – Marne & Bob Kaemmerer.
- Exercise – Yoga, Sue Essary and Weights, Linda Ward.
- Bulletin Boards – Kathi Mitchell.
- Community Charity Reps – HIM, Sue Arnesen and CPS, Janie Haddaway.
- Shop Talk Social Hour – Channing Fell.
- The Plaid Turtle Downtown Social – Steve Woodward.
- Potluck Dinners - hosted by Ladies Club volunteers.
- GAMES: Joker, Sue McLaughlin – Bridge, Sue Arnesen – Canasta, Pat Lovelace – Bean Bag Baseball, Jennifer Hicks and Rummicube, Cecilia McGill.
- Sunset Social Hour & Karaoke -Cheryl Moniz & Douglas Cunningham.

As you can see, it takes a “village” to keep activities going.

Coordinating the Potluck dinners with the Office Manager and any possible rally room conflict is a major task for Sheila. She helps coordinate and arrange Eat Out locations all the while keeping members updated on activities in the park. She provides support for members volunteering to head games and helps with printing as needed for these games. She ensures room or space is available for scheduled activities.

A main task for the Activities Committee is preparing the monthly Activities Calendar distributed with NTAC statements, for bulletin boards, newsletter, and website. Team members who help in this process are Scott Graham and Office Manager, Jennifer Nekola. They have tried to promote a user-friendly monthly calendar.

Sheila feels the number one responsibility of the Activities Committee is to help create a sense of togetherness among NTAC members and improve the social environment of the park. She is always looking for new, fresh ideas for activities. If you are interested in participating or hosting an activity, contact Sheila Lewis.

Some Healthy Thoughts About Anxiety

Your Editor

As a Healthcare Administrator, I receive lots of new-feeds and updates from various sources regarding our health systems, and updates regarding COVID-19. Today I found an article which I found very relevant to our community and the need to ensure we are Addressing Emotional Responses in an appropriate manner.

The article, featured on the Defense Health Agency Tricare Website is by Tim Hoyt, Ph.D., a former Army psychologist who is chief of Psychological Health Promotion and supervisor of the Combat and Operational Stress Control mission at the Psychological Health Center of Excellence. You can google the entire article, but I thought some of the highlights worth sharing.

The material published in the NTAC Newsletter is for the expressed purpose of informing and improving resident awareness. Articles may not be republished, distributed, or shared in other media or forums without the expressed permission of the Newsletter Editor or NTAC Board of Directors.

Excerpted, and edited for space, from Dr Hoyt’s article:

While in graduate school, I was involved with some interesting research examining students’ reactions to media coverage on the potential threat of a disease pandemic such as coronavirus. The study showed several interesting findings, including high rates of worry that family members would contract the disease or treatment might not be available. We also found negative emotions associated with an outbreak (such as worry, fear, or hostility) might result in ignoring precautions rather than taking positive actions to decrease risk of infection. With mounting worry and fear about the current outbreak of coronavirus, it’s worth taking a pause to look at how to mitigate some of the emotional and behavioral effects that might come from media coverage and the threat of coronavirus.

- **Stay home if you’re sick** – and even if you’re not. If feeling sick, be responsible and isolate yourself at home. This is a great opportunity to binge watch favorite shows. Even if feeling healthy, medical professionals recommend staying home and limiting social contact as much as possible; avoiding those who are sick is the best way to decrease virus transmission.
- **Coping with Isolation.** In most of the country, school is cancelled, religious services curtailed, and recreational venues closed. The result for many is a sense of isolation and feeling cut off from friends, family, and coworkers. The most important way to cope with this type of isolation is to re-establish and stick to a regular routine. Even if you are “stuck” at home, you can establish a regular schedule for activities, such as chores, reading a book, or exercise.
- **Limit media exposure.** During events such as natural disasters, terrorist attacks, and pandemics, the 24-hour news cycle can create significant anxiety, pulling attention away from consistent day-to-day tasks. The best option for news updates is a reliable source, with limited checking in.
- **Control what you can.** Consistently practicing good habits is one of the best ways to deal with worry and anxiety. The most effective ways to decrease coronavirus risk are the things you learned as a child: 1) Wash your hands regularly with hot water and soap (if you sing the “happy birthday” song while you do it, then you are washing long enough); 2) Prevent spreading viruses by coughing into the crook of your elbow; 3) Decrease likelihood of contracting a virus by not touching your face. Decreasing anxiety in others, creating good habits without focusing on the anxiety of getting sick.
- What’s with the facemask? An interesting effect of coronavirus anxiety is buying and wearing surgical masks. The intent of a surgical mask is to keep the person wearing the mask (such as your surgeon or dentist) from infecting other people. The only time you should wear a mask is if you are already sick and you want to decrease the likelihood you will get other people sick. You also can increase your risk of infection if you are frequently touching your face to adjust an ill-fitting mask.
- Get your info from reputable sources. Seeking information is a common way to cope with fearful situations. However, anxiety about the coronavirus has led to a lot of absurd myths being perpetuated from less-reputable sources. Any promises of a miracle cure for coronavirus involving essential oils, household chemicals, or herbal concoctions are inaccurate and frequently harmful. If you are worried about coronavirus and need more information, stick to these reputable scientific based resources:
 - [Centers for Disease Control and Prevention](#)
 - [World Health Organization](#)
 - [Center for the Study of Traumatic Stress](#)
 - [Occupational Safety and Health Administration](#)

Manage your anxiety symptoms. If after taking the steps above anxiety is still interfering with your daily activities, practice these tips from the [Real Warriors Campaign](#) to help manage symptoms.

- Prioritize sleep and aim to get seven to eight hours each night.
- Get active to boost your mood, reduce stress, and help improve your quality of sleep.
- Limit caffeine and alcohol which can reduce feelings of anxiety in the moment but increase fatigue and anxiety the next day.
- Reflect and relax by practicing breathing and relaxation techniques, such as meditation and yoga, or writing down your thoughts in a journal.