

May 2025

HARTbeat

<https://www.houstonretiredteachers.org/>

The *HARTbeat* is edited by Cherry Wong

March 26th Day at the Capitol



HART Members in Austin for Day at the Capitol: Rosa Espinosa, Jane Sakely, Jane Eixmann, Gary Patterson, Carolyn Jones, Margaret Preston, Marcy Cann, Johnnie Robinson, Kathryn Brown, Mary Widmier (State Legislative Chair) and Bertha St. John.

Margaret Preston and Jane met with a staff member for Senator Carol Alvarado.

District 4 Spring Conference

TRTA is divided into 20 districts, each with elected officers and committees to help local chapters in their work. HART members attended the Conference at the Steve Radack Community Center on April 3, 2025, along with representatives from 22 other chapters.

Our own Rosa Espinosa was elected to the nominating committee who will present a slate of officers at the Fall Conference.



Photo 1- Fay Dunwood, Johnnie Robinson, Margaret Preston, Carol Ann Shipp and Rosa Espinosa listening to the guest speakers. Photo 2 - Rosa Espinosa, Johnnie Robinson and Margaret Preston helping at the registration tables. Photo 3- Rosa Espinosa.

3 Early Birds Will Win

The 2025-2026 HART Membership Campaign is off to the races. Be an early bird and pay your TRTA and HART dues by July 1, 2025, to be automatically entered into a contest to WIN one of three prizes: a \$50.00 gift card, a \$50.00 membership refund, or a \$25.00 gift card. Some of you early birds who paid in February, 2025 are already included in this contest. The three prize winners will be announced in late July.

Join 3 ways:

1. Send a check for \$50 (only \$15 if your TRTA dues are deducted automatically from your annuity, bank or credit card) to HART, PO Box 6727, Houston, TX, 77265-6727.
2. Join at a meeting with a check or cash.
3. Join online at houstonretiredteachers.org Membership and Benefits. This option is only available to those who do not have TRTA dues paid through automatic deduction. A \$3.00 fee will be added.

PLEASE INCLUDE THE MEMBERSHIP FORM OR CURRENT CONTACT INFORMATION

Submitted by Rosa Espinosa, HART 1st VP of Membership, Community Involvement & Volunteer Services

Volunteering: It's good for the Soul

It is fun to volunteer. The more you give of yourself, the more you receive in satisfaction in return. Juliana and I enjoyed volunteering along with many other HART members. As members of the Astros Foundation, we have volunteered at the baseball games and in many different locales. For example, we volunteer at Kid's Meals (along with HART members), Medical Bridges, HISD Sunrise Food Distribution, Combined Arms Food Fairs at Ellington Field and Buffalo Soldiers Museum. We have also helped families who have children with cancer through Be An Angel, Sunshine Kids, and Periwinkle Summer Camps Program. Many HART members volunteer with their church ministries. I have served on mission trips to Ecuador, Honduras and Eagle Pass, Texas. When you volunteer, you get to meet many interesting people who work alongside

you. Many of our members volunteered to help their neighbors recover from Hurricane Beryl this past summer and especially from Hurricane Harvey in 2017. It is a joy to lend a helping hand to others in need. Amazingly, Juliana and I started helping others while in the student council doing a food drive during our senior year of high school. Little did I know that 58 years later we would still be volunteering together. I want to encourage all our HART members to keep volunteering. If you have not started, it is never too late to give to others. I thank you and TRTA thanks you!

Submitted by Howard Bruce

Expanding Horizons

On March 19, 2025, several HART members eagerly boarded the Harris County Precinct 4 bus for a trip to Beaumont, Texas. Our first stop was at the McFaddin-Ward House, a beautiful 12,800 square-foot mansion on 9.9 acres. The gardens were spectacular, and the home's original furnishings were amazing.

Following the tour, we had a delicious lunch generously underwritten by Regina Rogers at Pappadeaux's. Regina Rogers is a community activist and a philanthropist. She has a J.D. degree and serves as founder and chair of several nonprofit programs for underserved communities. Ms. Rogers visited us at the restaurant. We were inspired by her passion for helping others and still active at age 89.

Excursioner Linda Branch summed up the trip as follows, "What a beautiful day to experience this HART trip to the McFaddin-Ward Home in Beaumont. The grounds were bursting with color from the azaleas that surrounded this lovely home. The inside was just as gorgeous with each room displaying beautiful antiques and the rich history of this time period. We ended the day with a delicious lunch which included an appetizer, a shrimp cocktail, entree and dessert at Pappadeaux's courtesy of Regina Rogers who we had the pleasure of meeting. You really need to get out more! Hopefully, these comments and pictures from our last trip inspire you to join the upcoming Expanding Horizons adventures in 2025-6."



Membership year runs from July 1, 2025 - June 30, 2026

New or Renewing Members

Print legal name: _____

Preferred name (if different): _____

Address: _____

Street

City

Zip

Preferred phone number: _____

Email: _____

Payment: TRTA \$35 (not applicable if your state dues are paid from annuity or by credit card)

HART \$15

Donation _____ (general operations and mailings)

Total enclosed _____

Make check payable to HART and mail to HART, PO Box 6727, Houston, TX 77265-6727

OR

Join TRTA/HART online by using <https://www.houstonretiredteachers.org> A transaction fee of \$3.00 will be added for using the online feature. The online feature is not applicable if you have your TRTA dues taken from your annuity or by credit card.

I receive an annuity from **TRS**.

I would prefer to receive all **HART** communication by e-mail.



Rosa Espinosa, 1st VP of Membership, Community Involvement & Volunteer Services after the Early Bird Membership Campaign and the Brisket Lunch in her ready to go to the rodeo attire

President's Corner



“Take Time To...”

Laugh - It's music to the soul
Think - It's the source of power
Play - It's the source of perpetual youth
Read - It's the fountain of wisdom
Work - It's the price of success
Be Friendly - It's the road to happiness
Give - It's too short a day to be selfish
Love - It's a God-given privilege
Pray - It's the greatest power on earth

Thank You

A big thank you to Margaret Preston for organizing team HART Beats 1 to take part in a virtual walk across Texas. On April 2, 2025, Margaret Preston, Kathryn Brown, Linda Burch, Juliana Bruce, Jane Eixmann, Bonnie Herst, and Jane Sakely started walking. They have until the end of May to complete the 832 mile “Walk Across Texas” challenge created by Howdy Health at Texas A&M University organized to encourage people to be active.

I recommend exploring the following websites for ideas to get you moving. Please email me linda.burch@yahoo.com with ideas of your own and to tell me what you do to stay active.

<https://fithouston.org>

<https://howdyhealth.tamu.edu>

<https://walkwithadoc>

<https://texercise.com> This site has videos with exercises for endurance, strength, balance, and flexibility.

Submitted by Linda Burch, Healthy Living and Safety

TSU Scholarship Recipients

- The following students received a scholarship of \$1500 each for the summer or fall semester of 2025:
- Shakeia Edmonson: Senior; Interdisciplinary Studies; anticipated graduation date: 5/14/27; Teaching is not just a profession for Sheika. She wants to make a difference
- Todd Lyons Jr.: Senior; Kinesiology; anticipated graduation date: 12/2025; Feels that every student should be treated equally and respected
- Rickiya Mukes: Junior; English with TCER Concentration; anticipated graduation date May 2026; Rickiya wants to create an environment where every voice is heard
- Alexis Phillips: Senior; English with TCER; anticipated graduation date December 2025; Alexis wants to inspire hope and build confidence
- Tycheunneiah Williams: Junior: Interdisciplinary Studies; anticipated graduation date: 2026; Tycheunneiah wants to create a safe and nurturing environment.

HART Scholarship Fund 2024 Donations

Thank you for your support of the HART Scholarship Fund in 2024. Members and friends donated a total of \$4562, which will provide three (3) \$1500 scholarships. Texas Southern University education majors will be the recipients for 2025. The Holiday Luncheon resulted in \$440 from the poinsettias and \$1372 from the table donations; the remaining total of \$2750 was donated throughout the year.

Name	In Memory of	In Honor of
Dr. Alma Allen	Alma Tolivar Thomas	Lawrence Allen
Lin Argieard		
Judy Bristol		Johnnie Robinson
Kathryn Brown		
Juliana Bruce		
Charlotte Burton		
Emma Frances Callender	Ann Sledge	
Margaret Campbel		Rosalind Haynes
Marcy Cann		
Leticia Craw		
Lois Darrington		
Melvin Davis		
Jane Eixmann		

Leland Ellsworth		
Rosa Espinosa		Jane Eixmann; Margaret Preston
Ruthie Estes		Ann Mahan
Jon Green		Rosalind Haynes
Ann Hendrix	Jean Crouchet	
Esther Howard		
Cathy Hurst		
Laurel Kelly		Current and retired Parker Elementary teachers
Howard Lindsay	Dr. Billy Reagan	
Mary Mattison	Mary Hucherson	
Mary Mellum		
Shelia Mitchell		
Paul & Sue Ofield		
Linda Page		
Dr. Gary Patterson		
Linda Pischel	Gwen Rutledge	
Margaret Preston		
Susan Putman	Mary Walukas	
Johnnie Robinson		
Jane Sakely	Jack Chiles	
Darleen Schauer		Pat Bonner
Cappy Selig	Mary Hucherson	
Cappy Selig		
Shirley Semler		
Carol Ann Shipp		Margaret Preston
Joy Stalnaker	Mary Hucherson	
Ann Wilson		
Sheila Wolf		Rosalind Haynes

Houston Area Retired Teachers

P. O. Box 6727

Houston, TX 77265-6727

Mark Your Calendar

- May 9 – General Meeting: Celebrate a great year! Please bring books for the book sale to benefit Stilwell Retirement Community.

All General Meetings are at the Episcopal Church of the Epiphany, 9600 S. Gessner, 9:30 a.m. social time, 10:00 a.m. meeting time. Handicap parking is on the Northeast side. Please do NOT park on the grass.