



# YRSEA News

## President's Message

### April 2026 Meeting Recap

We had 67 members at our April meeting. Our meeting was presented by Adriana L. Castillo, P.E., Utility Engineering Division Manager and Denise Parra, Public Affairs Officer, El Paso Water. They shared with us information about the Pure Water Center followed by a Q and A session.

### Association Applause!

- A great big THANK YOU to our members who participated in the Ysleta Education Foundation. We collected \$810.00 at our March meeting and an additional \$190 after the meeting for a grand total of a \$1000.00! Thank you all for making this scholarship a success and to Lydia Almeida for leaving us a heartfelt message!
- Also, a big thank you to Laura Ramirez, our 2<sup>nd</sup> Vice-President for scheduling an awesome Mission Trail field trip on Friday, April 10<sup>th</sup>. Afterwards, we congregated at Sofia's restaurant in San Elizario, Texas, for a Mexican food lunch. We had 40 people in attendance.

### Other Reminders:

We are still collecting dues for the upcoming year that officially begins July 1, 2026. There are two types of memberships for TRTA: (1) annual dues (M) are \$50 (\$35 for state and \$15 for our local chapter); (2) monthly dues (CM) are paid through TRS deductions of \$2.92/month from your annuity payment. You still need to pay your local YRSEA dues in the amount of \$15.

YRSEA has over 300 members that are categorized as (CM). The advantage to this option is the fact that you don't have to remember to pay your state dues; they are automatically deducted monthly. Please consider selecting this membership when you renew your membership. Contact our treasurer, Nancy Evans, if you want to become a (CM). Her email is nevens1947@gmail.com.

### May 2026 Meeting Info

Our next May meeting will be on Tuesday, May 12<sup>th</sup> at the Wyndham El Paso Airport. Join us in celebrating a fantastic year with many accomplishments! Your May meeting reservations or cancellations must be made by noon Tuesday, May 5<sup>th</sup>. The cost is \$26. I look forward to seeing you on May 12<sup>th</sup>!

*Cathy Czaplá, President*



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### Newsletter Staff:

Jane Almeida  
Linda R. Reece  
Jean McDaniel  
Armida Olivas  
Nancy Evans

## May 12, 2026

Wyndham El Paso Airport

Registration	10:30
Program/Meeting	11:00
Lunch	12:00

### Program:

- \*In Memoriam
- \*Hall of Fame
- \*Awards
- \*Recognitions
- \*Installation of Officers

### Reservations Required

**\$26** (Cash or Check only)

### Luncheon Menu

Caesar Salad  
Chicken Cordon Bleu  
with Mornay Sauce  
Zucchini/Yellow Squash  
Scalloped Potatoes  
Lemon Layer Cake

## Don't Forget...

**Reservations and cancellations required by May 5<sup>th</sup>.**

Contact Steve Evans at [steveevans0208@gmail.com](mailto:steveevans0208@gmail.com) or call 915-422-0561 (please leave a message)

Contact us: [ysletarsea@gmail.com](mailto:ysletarsea@gmail.com)

Find us: <https://www.ysletaretired.org>

Visit us: [YRSEA Facebook Page](#)



### Board Meeting May 26, 2026

#### Meeting Details:

St Luke UMC (9915 Montwood)  
Time: 9:30 AM

#### Refreshments

Rubina Ortega  
Rosie Rocha  
Martha Tipton



### Membership

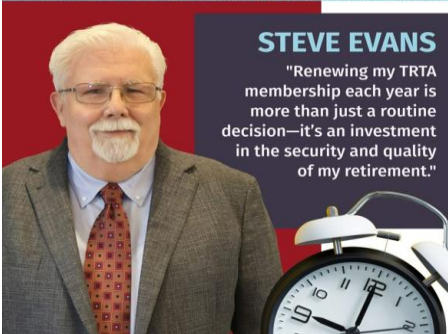
Membership in TRTA and in YRSEA means that you have a seat at the table – that you have a voice in making decisions that impact retired teachers across the state of Texas. I know that I sound like a broken record and I’m so glad that I’m writing to a group of people who actually know what a “broken record” sounds like!!

Membership renewal time for the 2026 – 2027 year is upon us. Remember that if you are a continuing member (CM), you just need to pay your local dues of \$15.00. If you are not a continuing member (M), TRTA dues are \$35.00 and YRSEA dues are \$15.00. We will have a table set up at our next meeting with necessary forms to make membership renewal easier. We will also be mailing information and renewal forms in the summer. Please know how much we value your membership!!

Do you have a friend who is thinking about joining? Please consider inviting them to our next meeting and encourage them to join. *TRTA is the only organization that advocates for our TRS retirement plan. **Membership truly matters!***

Questions? Feel free to call me or text me @ 915 203-6928.  
**Jackie Dean, 1st Vice President, Membership Chair**

## TIME TO RENEW



### Hall of Fame

Any last-minute nominations for Hall of Fame are due immediately. We will honor our new recipients at the end of year luncheon on May 12.

**Martha Tipton**



**Have a great summer. See you in Sept!**

### Book Exchange:

Come find a book to purchase at the book exchange table (at the luncheons). All money collected goes to purchase books for the Children's Book Project.

### In the Spotlight

This month our YRSEA spotlight is on the Children’s Book Project and Community Volunteer Committees.

**Children’s Book Project** chairs are David and Gloria Olivas. The children’s book project is a service activity initiated by local chapters of TRTA. The purpose is to put books into the hands of children. The committee members are involved with purchasing, labeling, sorting and distributing books to children. It’s a busy and very valuable committee.

**Community Volunteers Committee** chairman is Mary Ann Chacon. This committee encourages members to donate time and energy for other people in the community as a social responsibility. Volunteer hours are tallied for any service provided by reporting members (including prep time) with a maximum of 12 hours per day. Total YRSEA volunteer hours are sent to the state TRTA organization annually for recognition as well as determining local awards each May.

**The Big 4 Lifestyle Pillars of Longevity (Part 2; See April Newsletter for Part 1)**

No single habit determines longevity on its own. “All of the major lifestyle factors — diet, physical activity, sleep, and stress — play a role,” says Rehkopf. “It’s not about getting an A-plus in one category. It’s about balance, because they all matter for everyone.”

**3. Sleep: Ensure the Brain Gets Its Nightly ‘Rinse Cycle’**

Sleep appears to influence longevity primarily by shaping long-term health rather than acting as a standalone driver of lifespan. Adequate sleep allows the body and brain to process metabolic waste, recharge, and support the immune system, among numerous other functions.

(<https://www.everydayhealth.com/sleep/ways-not-getting-enough-sleep-is-bad-for-your-health/>)

**4. Nutrition: Eat More Plants**

(<https://www.everydayhealth.com/diet-nutrition/could-eating-better-add-a-decade-or-more-to-your-life/>) Diet appears to influence longevity largely by shaping the risk of chronic diseases that shorten life. The biggest benefits are tied to higher intake of whole grains, fruits, vegetables, legumes, and nuts, and lower intake of processed meats and sugary drinks.

(<https://www.everydayhealth.com/dementia/hot-dogs-bacon-and-other-processed-red-meats-raise-dementia-risk/>)

**Rubina Ortega**

**Children’s Book Project**

The Children’s Book Committee has been busy distributing books to children. We participated in the Dyslexia Family Night at YISD and distributed 201 books. We were also involved in the Family Academic Conference at Riverside High School. It was a wonderful event and we were able to distribute 260 books.

We will continue to take donations of new or slightly used books or cash donations at our monthly meetings. When you bring a book, you will receive a raffle ticket for a door prize. You are making a difference, THANK YOU!!!

**David and Gloria Olivas**

**REMEMBER...**

- V**alued
- O**bliging
- L**oving
- U**nflagging
- N**oble
- T**houghtful
- E**fficacious
- E**ffectual
- R**esponsible

Until we meet again, call (915) 591-6978 or send your service hours to

[mach1sun@yahoo.com](mailto:mach1sun@yahoo.com)

**Mary Ann Chacon**

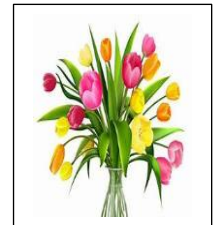
**Cards Sent**

Ramona Cook, 915-594-1029

**Sympathy**

Evelyn Bell (death of member)

Arturo Munoz (death of member)



**Please Note**



**We will begin working on the 2026-2028 YRSEA Directory soon. Please email any changes or corrections to**

[janealmeida1955@gmail.com](mailto:janealmeida1955@gmail.com)

