



VIGOR

A Newsletter for Texas Instruments' Houston Alumni

President's Message...

Spring is in the air. A time for renewal, taking on new challenges, and even cleaning out our closets. Each year Luanne and I spend several weeks in the Phoenix area visiting family, friends, and trying something new.

This year we visited the Casa Grande National Monument. Nearly 2 hours of talks and and movies on how resourceful the ancestors of current Southwest native Americans were in surviving in such a harsh environment. We have not picked out a new restaurant to try as we have only been here less than a week.

My point is I encourage everyone to break out of our rut of daily life. Sounds like an AARP ad doesn't it?

I ask everyone to try one of the many TIHAA events this year. With the monthly luncheons, day trips, the Spring Event, TI BBQ, and the Christmas party there is something for everyone.

We always welcome your suggestions for new day trips or events you would like to have happen. We on the board are here to make TIHAA as interesting as we can for all.

For those not present at the last lunch meeting at America Buffet, I want to remind everyone that we have moved our monthly meetings from the room on the east side of the restaurant to the meeting room on the west side. This room is a little smaller, but it has doors that can close the room off from the rest of the restaurant and it is much quieter for our meeting speakers. We don't have to contend with the staff cleaning dishes next to us. So, we hope you will join us next time.

Enjoy your spring and we hope to see you at several TIHAA events.

Gary Lockett garylockett@gmail.com TIHAA phone: (832) 551-8025 TIHAA Email: tihaaemail@gmail.com



Treasurer's Report

Date March 21, 2016

TIHAA Bank Balance: \$3,178.57

YTD Expenses: \$463.80

Expenditures: Membership renewal mailings, budget meeting, a new printer & supplies, vigor and speakers.

Current Membership: 166

Welcome to new members: We welcome new member Lupe Gonzales.

If you have any updates to your email, phone number or address, please let Jean know so that she can update the Roster.

Submitted: Jean Houston, Treasurer 713-434-1235 or 281-536-3718 (cell) or
jhouston_1@myway.com 4206 Ebbtide, Houston 77045

February 10th Lunch Meeting

Attendance: 47

Program Speaker: Shondra Wygal of AARP.

Birthdays: Ralph Garcia, Deloris Baugh, Bernadine Dennis, Lawson Cook, Ed Brasher, Patricia Oates Collier.

Anniversaries: Daren & Jewel Welch, Bill & Mary Young, Thomas & Jeannette Johnson, Patricia Oates Collier.

Raffle Winners: Helen Colwell, Dolores Schellhaas.

March 9th Lunch Meeting

Attendance: 35

Program Speaker: Susan Styron, RN, CNRN, of CHI-Baylor St. Luke's Medical Center.

Birthdays: Mary Green

Anniversaries: None.

Raffle Winners: Mary Gomez, Mary Lee Cameron.

Upcoming Birthdays and Anniversaries

Birthdays: **April:** Mary Brown, Nora Morales, Mary Young, Gwen Dickey, Gladys Janczak.

May: Gary Lockett, Daren Welch, Ed Brasher, Beverly Cayton.

Anniversaries **April:** Luanne & Gary Lockett

May: None

Each issue, this list is compiled from members that attend the monthly luncheon meetings over the past year. If you know of a club member with a birthday or anniversary that is not on this list, contact Gary Lockett at 281-565-5191 and he will add them to our listing.

Upcoming Activities

April 13th Luncheon Meeting at the America Buffet, 12815 SW Freeway at 11:00 A.M.

- o Our speaker is Monica James from Houston Hospice. She will speak on *Our Loved Ones Aren't Mind Readers: Making Medical Contingency Plans Before a Crisis*.

April 23rd Day Trip to Coushatta Casino Resort. See the brochure in this issue.

May 11th Luncheon Meeting at the America Buffet, 12815 SW Freeway at 11:00 A.M.

May 14th Spring Fling Bingo Event. See the brochure in this issue.

Don't forget that we always have a free raffle for America Buffet gift cards and other valuable donated prizes at our monthly lunch meetings.

Always check our web page for the latest updates on planned activities: WWW.TIHAA.ORG



James Roy Wade 11/20/1930 — 3/19/2016

It is with much sadness that we inform you of the passing of James Wade, the beloved husband of Dorothy Wade, on Saturday, March 19th 2016, at age 85.

James' services were held on Tuesday, March 29th at 2:00 PM at the Earthman Funeral Home Southwest, located at 12555 South Kirkwood, Stafford, TX. 77477.

James' obituary is on the funeral home's website: <http://www.dignitymemorial.com/earthman-southwest-funeral-home/en-us/index.page>.

Please keep Dorothy and the family in your thoughts and prayers.

TAX TIME – BEWARE OF SCAMS

This January, the Treasury Inspector General for Tax Administration (TIGTA) announced that they have received reports of roughly 896,000 phone scam contacts since October 2013 and have become aware of over 5,000 victims who have collectively paid over \$26.5 million as a result of the scam. Just this year, the IRS has seen a 400 percent increase in phishing schemes.

Don't be fooled by a scam artist's attempt to steal your money or identity! Remember, the IRS will **NEVER**:

- Call to demand immediate payment, nor will the agency call about taxes owed without first having mailed you a bill.
- Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
- Require you to use a specific payment method for your taxes, such as a prepaid debit card.
- Ask for credit or debit card numbers over the phone.
- Threaten to bring in local police or other law-enforcement groups to have you arrested for not paying.

If you get a phone call from someone claiming to be from the IRS and asking for money, here's what you should do:

- If you know you owe taxes or think you might owe, call the IRS at 1-800-829-1040. IRS workers can help you with a payment issue.
- If you know you don't owe taxes or have no reason to believe that you do, report the incident to the Treasury Inspector General for Tax Administration (TIGTA) at 1-800-366-4484 or report it online at the IRS Impersonation Scam Reporting Page.

- If you've been targeted by this scam, also contact the Federal Trade Commission and use their FTC Complaint Assistant at FTC.gov. If the complaint involves someone impersonating the IRS, include the words "IRS Telephone Scam" in the notes.

Stay alert to scams that use the IRS as a lure. Tax scams can happen any time of year, not just at tax time. For more, visit "[Tax Scams and Consumer Alerts](#)" on IRS.GOV.

AARP's Shondra Wygal speaks at February 10th Luncheon

Our speaker this month was Shondra Wygal, Associate State Director for Advocacy and Outreach for Houston AARP. Ms. Wygal has spoken to us previously in 2014. She was introduced by Jean Houston, who was standing in for Programs Chairperson, Bobby White, who could not attend the luncheon.

Ms. Wygal told us that AARP in Houston is working with the city to encourage Age Friendly Communities, an initiative by the World Health Organization. The purpose of these communities is to help people live easily and comfortably in their homes and communities as they age. AARP encourages older adults to take an active role in their communities' plans and ensure their voice is heard.

The AARP Network of Age-Friendly Communities targets improvements in eight domains that influence the health and quality of life of older adults. The livability domains, and what they represent, are as follows:

The 8 Domains of Livability

1. **Outdoor Spaces and Buildings:** Availability of safe and accessible recreational facilities.
2. **Transportation:** Safe and affordable modes of private and public transportation.
3. **Housing:** Availability of home modification programs for aging in place as well as a range of age friendly housing options.
4. **Social Participation:** Access to leisure and cultural activities, including opportunities for older residents to socialize and engage with their peers as well as with younger people.
5. **Respect and Social Inclusion:** Programs that promote ethnic and cultural diversity, as well as multigenerational interaction and dialogue.
6. **Civic Participation and Employment:** Paid work and volunteer activities for older residents and opportunities to engage in the formulation of policies relevant to their lives.
7. **Communication and Information:** Access to communications technology and other resources so older residents can connect with their community, friends and family.
8. **Community Support and Health Services:** Access to home based care services, health clinics and programs that promote wellness and active aging.



She says that the program in Houston is currently in Phase 1: Planning (Years 1-2). That will be followed by Phase 2: Implementation (Years 3-5) and Phase 3: Continual Improvements (Year 5 and beyond)

More information on the AARP programs can be found online at www.aarp.org/tx.

Susan Styron, RN, CNRN, of CHI-Baylor St. Luke's Medical Center speaks at March 9th Luncheon

President, Gary Lockett introduced our March speaker, **Susan Styron**, to an audience of 35 at the America Buffet. Susan has spoken to us before and is always informative on health issues that relate to everyone, especially seniors.

Her topic was ***My Aching Back!*** She said that back pain is the most common reason for people to go to the doctor, miss work, be inactive and is the leading cause of disability worldwide. We started off watching a video (<https://www.youtube.com/watch?v=zfs9oyA3pKg>) that showed the back and some of the various causes of pain. Susan said that acute back pain comes on suddenly and lasts less than 6 weeks. Chronic pain lasts more that 3 months and is less common than acute.

She explained how the spinal column works and how it can cause pain. We need to understand where our pain originates, in order to explain accurately to our doctor.

Susan stressed that we should listen to the terms the doctor uses to describe our condition, so that we can be an active part of the treatment, including possibly getting a second opinion on any treatment, especially surgery.

Many factors can put you at greater risk of back pain, such as age, lack of exercise, excess weight, diseases, improper lifting, psychological conditions, and smoking.

We should go to the doctor if we have fever, trauma, numbness or tingling, loss of bowel or bladder function, foot drop, night pain, prolonged pain (6+ weeks), advanced age, IV drug use, or a medical history of cancer, suppressed immune system, osteoporosis, or chronic steroid use.

There are a wide range of therapy options, including chiropractic, acupuncture, message and yoga. Of major importance is exercise that strengthens our core. We watched two videos that showed some good exercises and afterwards, Susan led the audience in demonstrating a few of the exercises — class participation!

The program ended with some Q&A from the audience and appreciative applause for Susan and her assistant, Monica Brown.

Some of the information can be found at <http://www.chistlukeshhealth.org/baylorstlukes>.



Quotable Quotes:

Remember happiness doesn't depend upon who you are or what you have; it depends solely on what you think.

- Dale Carnegie

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has opened for us.

- Helen Keller

I've learned from experience that the greater part of our happiness or misery depends on our dispositions and not on our circumstances.

- Martha Washington

Personal News

PERSONAL NEWS IS SUPPLIED BY OUR MEMBERS FOR PUBLICATION IN THE VIGOR. WE SOLICIT YOUR PERSONAL NEWS ABOUT VACATIONS, FAMILY EVENTS, OR ANY OTHER ACTIVITY YOU PARTICIPATED IN THAT WOULD BE OF INTEREST TO YOUR FELLOW CLUB MEMBERS. A SUBMISSION FORM IS AVAILABLE ON OUR WEB PAGE. BE SURE TO INCLUDE A PHOTO!

Daryl and Brenda Moss spent the weekend of March 19-20 helping celebrate the 95th birthday of Brenda's dad, BJ Robinson, Jr. Ten members of his immediate family were present at his home in Austin on Saturday afternoon. Then they celebrated again on Sunday after the church service, along with many of his church family (about 27 attended) within the church annex. In all, three joyful occasions included two huge restaurant meals, birthday cake and ice cream servings both at home and at the church. Daryl says, stuffed beyond full is an appropriate summary.

On January 16th, **Daren & Jewel Welch** along with two of their friends set out from Galveston on a relaxing three-week Caribbean cruise. They sailed with the Carnival Cruise line on the newly refurbished *Triumph*. They called on 14 Caribbean and Atlantic ports throughout the 21 day adventure.

They initially went from Galveston to San Juan Puerto



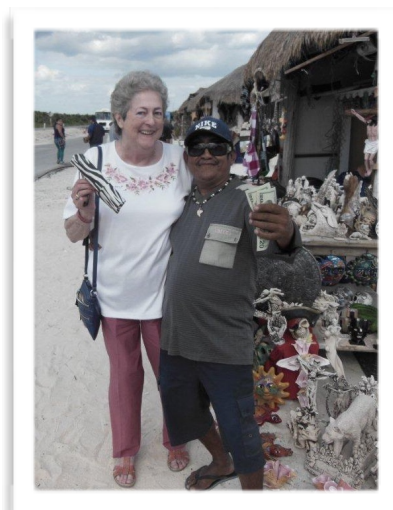
Rico. Afterwards they made stops in the Cayman Islands, Aruba, Bonaire, Grenada, Grand Turk, St. Maarten, St. Thomas, Martinique and the Bahamas. Each port was different from the others. They said the ship was smaller than some of the ships that cruise from Galveston and was just the right size and accommodations to make the 3-week trip very pleasant, and the crew and entertainment was wonderful.

Tony and Susan Leigh went on a cruise to Belize to celebrate Tony's 78 birthday on February 7th. They sailed from Galveston and visited Cozumel, Belize and finally Roatan. While in Belize they went on a trip to



visit some fantastic Mayan Ruins near the border of Guatemala. The picture shows Sue, having done a fantastic deal with a local trader and managing to get three black coral necklaces for the price of one. Even the trader seems happy.

As part of their annual trip to Arizona, **Gary & Luanne Luckett** visited the Casa Grande National Monument in Coolidge, AZ. The monument explores what is known about the 1000+ years that native Americans lived in the harsh Sonoran desert from the Phoenix area down into northern Mexico. The Ancient Sonoran Desert People as they are now known were able to build over 1000 miles of



canals to provide water for their crops of corn, beans, and squash. A guide provided an interesting narrative about the daily lives of these peace loving tribes. Only in the mid-1300s were the large adobe structures in the picture built. Before then they lived in cave like structures dug down 6–8 feet below ground level, which was cooler in the summer and warmer in the winter. Droughts as long as 30 years, along with massive floods caused the majority of the population to leave the area and move to the higher land to the north. At least 6 of the current tribes living in Arizona and New Mexico can trace their history to these little known ancestors.

Now Gary & Luanne will move on to visits with family and friends in the Phoenix area.



The following report was filed by **Israel Morales**:

No matter what the weatherman says, no matter that you know that November, December and January are our winter months, Houston's weather always catches us off guard. Yard work came early for us with never ending piles of leaves to rake up in early January. This part of keeping your yard nice and attractive sometimes is no fun. The

wind seems to blow all of our neighbor's leaves into our yard. By late January, weeds started appearing in the flowerbeds and in the lawn.

Then entered February! By early February, the heavy stuff started; removing dead plants and planting new ones, pruning, trimming, and fertilizing as much as we could.

The one thing that confused me (although I was more than pleased to see) was our lemon trees. They started to bloom by mid January. By February one of the trees was so loaded that I'll have to design a way to support the small limbs that will hold so many lemons. I'm crossing my fingers that the weather cooperates with a good harvest.



One big weather scare was last week's weather storms. Hail was predicted and I worried about those blooms coming down in a hailstorm.

No worry! Nora and I had a plan. We covered them with a makeshift tent. It took us a few minutes. Afterward, it looked odd, but it did the job. And you know what? We never got any hail. Oh well, you know the Scout's Motto.

It seems that nature springs life in His creation just about at the right time: Easter. We enjoyed taking part in our church's annual "*Eggstravaganza*" of preparing 3000 candy filled eggs for the hunt. (No hunt at all: they were laid out in plain sight.)

Nora and grandson, **Matthaus**, filled over 100 Easter Eggs with the candy for the eager hunters that enjoyed the fun filled day on the church grounds.

We pray that all had a great day celebrating Easter: the Day of the Lord's Resurrection.

TIHAA Day Trip - Wildflowers and Country Churches Tour - March 19, 2016

by
Mary Brown



March 19th turned out to be a beautiful day to look at spring flowers and country churches. We started our tour by looking at the patchwork of wildflowers along highway 290. Larry, our guide, was very knowledgeable of the territory we were covering — it seems he was raised in the area. Larry pointed out and named the different wildflowers as we drove by the fields. He knew just the spot to use for the bluebonnet pictures you see. Then we were on our way to see the churches.

The first church we visited was St. Stanislaus Catholic Church in Chappell Hill. This is a Polish Catholic Church. The original church





built on this site in 1894 was a wood structure that did not survive the 1900 hurricane. That was not the only tragic loss for this church. In December of 1921 the second church structure burned. The third church was built on the site in 1924. This is the one we visited. This church was built in the Spanish mission style with that being said this

church holds strongly to its Polish heritage so much so its present Pastor is from Poland. The group could not help but marvel at the pristine manner in which the church was maintained. We are a curious group — many of us went into the choir loft and one even pulled the bell ropes to hear it ring (which we all enjoyed). However, the ringing of the bell was not expected by the priest next door and he came to see if there was a problem. We forgot we were in the country and the ringing of the bell either meant mass was beginning or there was a problem in the community.

After this visit we

proceeded to the Antique Rose Emporium. A few of us disembarked the bus for a stroll around the gardens. The gardens became a maze for one of our guest and I had to find her and bring her back to the bus. There was no yellow brick road. By now it was a little after 1 pm and I think everyone had food on the mind. We had a change in plans on the restaurant. We went to the Chappell Hill Deli and Bakery. If you are ever on Hwy 290 I would highly recommend the restaurant. It not only serves great B-B-Q, it has kolaches, a meet market and





of course Bluebell Ice Cream YUM!!

Our next stop was Plantersville at St Mary's Catholic Church. The Priest at the church was quick to point out that this church was built by German immigrants. He made the distinction between the German and Polish immigrants by saying that the Germans came over as land owners and the Polish as tenement farmers. He also stated that the Germans and the Polish people did not get along in their home land and that not much had changed when they arrived in the United States. When the first church was built in 1894 the early mass was in German and the later mass was in Polish. Remember how hot it can get in Texas during the summer. If you had to stand outside in the heat until the German mass was over, how long would it take you before you built your own church? The answer: in 1909 St. Joseph's Catholic Church was built in Stoneham, a Polish speaking church. Father Ed Kucera pointed to about 3 objects in the church that were original to the first church structure. He explained that the original church burned in 1917. He felt that sometime during the 1920's an artist had come through the area and painted the church with German writing in the style of the painted churches of the Schulenburg area. However, during WWII he surmised that this was all painted over. So, for several years now he has hired an artist from Houston to scrape the paint off the walls to

reveal the stenciling and writing, then redo them to their former grandeur. She has also been repairing and repainting the statuary, whether it was original to the 1917 church or bought off eBay. Father Ed is very innovative. When he did not have enough room in the church, he had the sanctuary cut away and moved forward in order to add 20 more rows of pews. This is a very active church community. It has a B-B-Q pit that Rudy's would envy. Father had 3 events that the church was hosting and wanted to encourage everyone to come to: Quilt Show 4/29 & 4/30, St. Mary's Homecoming Bazaar 9/4 and St. Mary's Annual Gigantic Rummage Sale 11/5. Several of us were thinking ROAD TRIP!



If you were not able to make the trip I encourage you to go see the spring wildflowers before the summer heat wilts them away.

Our next trip will be to Coushatta Casino Resort on April 23rd. I have been asked to do this trip for the last 2 years. Please sign up soon!

Attendees: Lawson & Kay Cook, George Wolf, Lola Schellhaas with her brother, Tino Solis and her sister, Isabel Solis, Hilda Nanez and her mother, Elida Gonzales, Diane Murray, Fermina & Tom Sutter, Joan Robertson and her sisters, Linda and Joyce, DeAnn Thomas, Gurette Roep was joined by two friends Pat and Sandra, Tulie & Gi Ba Dang, Theresa Nguyen, Mary Brown was joined by six friends from Del Webb, Bonnie Woods, Cindy Pillsbury, Anne Pratka, Patty Rose, LiLa Robertson and Martha Stewart.



Bus Trip to Coushatta Casino Resort



- Date:** Saturday, April 23, 2016 (turn in money by 4/12/16)
*Sign up as soon as possible – remember must have 40 people per bus
- Departure time:** 7:00am (bus will be at TI at 6:30am)
- Pick-up location:** TI Sugar Land
- Cost:** \$17.00/per person (includes: light breakfast on the bus & snacks on return trip)
Lunch at casino is on your own
- Leave Coushatta:** 4:00pm

For more information call or email:

Mary Brown
832-498-5980 c
832-939-2433w
m-brown@ti.com

To secure your reservation send your check to:

Mary Brown
13905 University Blvd
M/S 102
Sugar Land, TX 77469

Must be 21 to sign-up
Open to Tlers, TIHAAs and friends



SPRING FLING PARTY

SATURDAY MAY 14, 2016

12:00 – 3:30 PM

AT TI'S NEW BUILDING IN SUGAR LAND

MEMBERS - YOU ARE INVITED TO ATTEND THIS LOW COST PARTY TO EAT, GAB, AND PLAY WHITE ELEPHANT (FUN) BINGO. JUST ENJOY YOURSELF WITH FRIENDS - AND IT WILL BE DURING DAYTIME TOO.

TO PARTICIPATE

ALL YOU MUST DO IS REGISTER AND THEN PAY THE \$3⁰⁰ PER PERSON (FOOD&DRINK) BY MAY 12. THEN, THE DAY OF, BRING ONLY **ONE** WHITE ELEPHANT PRIZE (PER PERSON) – VERY CASUALLY BAGGED/ WRAPPED/BOXED , e.g., A GAG GIFT, REGIFT, FUNNY, i.e., SOMETHING YOU DON'T WANT. TRADE OFF WITH ANYBODY.

MORE! AFTER WHITE ELEPHANT IS DONE, IF YOU WANT, STAY AND BUY 1 OR MORE \$5⁰⁰ BINGO CARDS IN ORDER TO TRY TO WIN MANY CASH OR CARD PRIZES. ONE FREE TIHAA DAYTRIP INCLUDED, TOO.

SO! REGISTER – PAY – COME – EAT – PLAY – WIN

BUT, WE HAVE A ROOM CAPACITY LIMIT OF 65 SO REGISTER ASAP VIA THE TIHAA 24/7 VOICEMAIL NUMBER 832/551-8025 OR CALL GARY LUCKETT (281-658-5047) or JEAN HOUSTON (713-434-1235), THEN **PRE-PAY** JEAN AT THE NEXT MEETING OR MAIL A CHECK:

4206 EBBTIDE DR. HOUSTON, TX 77045

**MEMBERS – FIRST PRIORITY, BUT
GUESTS ARE WELCOME, TOO**