

VOLUME LXVII, NUMBER 4 - SUMMER 2017

the TESA CONNECTION

THE OFFICIAL PUBLICATION OF THE TEXAS EDUCATIONAL SUPPORT STAFF ASSOCIATION, INC.



President's Message



Lisa E. Gonzalez
TESA President

It seems like only yesterday I was being installed as your 2016-2017 TESA President and now I find myself a few days away from turning over the Association to our incoming TESA President, Teena Hancock. As I sit here, trying to write my last President's message, I cannot help but feel overwhelmed with mixed emotions...happiness, sadness, satisfaction, but most importantly, the emotion of humility. Many past presidents would tell me to "enjoy my year" because the year would go by very fast. Fast is not the word for it, the year literally flew by!

I can honestly say that it has been a memorable year. We had two great area workshops, productive board meetings, STEM retreat, SWC/STEM Planning meetings and an awesome summer work conference. My year culminated at the 2017 National Association of Educational Office Professionals (NAEOP) Conference in Greenville, South Carolina. The team, the TESA Executive Board and Committees, definitely played a big part in making this a memorable and successful year. No job can be done by one person, but by a total team effort. And this "team" displayed the true meaning of teamwork. Yes, we had to make some tough decisions this year, but decisions in the best interest of the association.

In looking back at the year, I have a great feeling of accomplishment in knowing that TESA continues to move forward. In having passed the gavel to Teena Hancock, I know that I leave the Association in good hands. I want to congratulate Teena, President Elect Darcy Blackstock, and the 2017-2018 TESA Executive Board. I encourage them to always keep the best interest of TESA in their hearts when making decisions. I am so proud, honored, and humbled that you, the members, gave me the opportunity to serve you this past year. The kind words expressed to me and the support you have given me throughout the year is very much appreciated, and can never be repaid. So many more lifelong friendships have been made, and I am so thankful for each of you – with a special place in my heart for you always.

I've asked myself – "What is the one memory that I will cherish?" But not just one memory comes to me, because it is the lifelong friendships and networking that I will always hold close to me. Remember to value those impressive relationships you make, stay in touch, and always be there for each other. And this is my promise to you – even though I will no longer be serving as your President, be assured that I am here to help TESA and its members in any area where help may be needed.

Before closing, I want to once again thank the 2016-2017 TESA Executive Board, Committee Chairmen, Committee Members and Mentors for all their hard work, dedication and support this past year. We had a great board that worked hard throughout the year. They worked not only within their position duties, but as a team...always willing to step up to the plate and help out wherever help was needed. Special appreciation goes out to the Summer Work Conference Committee: Melissa Rodriguez, Dorinda Bustamante, Maria Campos, and Patty Garcia – for their long hours of dedication in putting together an awesome, informative, fun-filled conference! I know that everyone in attendance had a fantastic time and great memories were made. Even members who were not able to attend enjoyed the conference via live Facebook feeds throughout the conference. I know all previous TESA Presidents have said this, but I really believe that I had the best board and committee members ever.

TESA will only be as strong as its members...and TESA needs YOU!!! I encourage you to renew your membership in TESA for the 2017-2018 school year and recruit your co-workers to join TESA. Together we can make a difference and make TESA stronger!

As a reminder, be on the lookout for the first ever TESA Connection as a newsletter coming this Fall! I know great things will come as we embark in this new direction with the TESA Connection!

It has truly been my honor and pleasure to serve as your TESA president this year. Thank you for allowing me to be part of your life and I look forward to seeing each of you at TESA events!

As a parting thought, I leave you with this quote by Mother Teresa: "I can do things you cannot, you can do things I cannot; together we can do great things." May God continue to bless each of you and your families.

With all this being said, I now sign off for the last time as your 2016-2017 TESA President.

Sincerely,

A handwritten signature in black ink that reads "Lisa E. Gonzalez". The signature is fluid and cursive.

Lisa E. Gonzalez, CEOP



Letter from the Editor & Table of Contents

From the Editor

This is a difficult year-ending for me. Not only is my term over as Editor of the TESA Connection, this is the *last magazine* for the Connection. As you may well remember, the membership voted to have a Newsletter beginning in the fall. So I write this with a heavy heart.

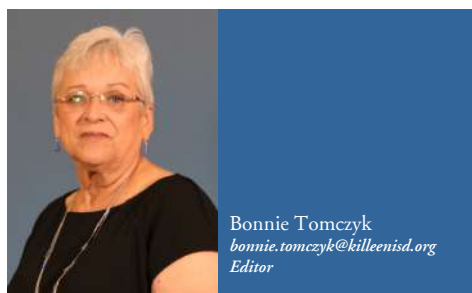
First, I want to thank Lisa Gonzalez for her faith in me to put the Connection together this year. Also I must thank my team – for without them, I could not have done any of this. Cynthia Obregon, thanks for your words of encouragement, and to Wanda Honeycutt, for your many hours of proof reading. Both of you are the best.

I am proud to announce that our TESA Connection took top honors at the NAEOP conference this year. The conference was held in Greenville, South Carolina, and we received First Place in the Magazine Category.

I do hope that you have read and enjoyed the TESA Connection – it has been your magazine! From receiving the information from our Affiliates, districts and colleges, and sharing it all with our membership, you have kept me inspired and encouraged. Publishing information on the two great workshops this year was also rewarding to me – and I hope more of you will step up in

the future to hold workshops.

As this year ends for us, on behalf of our TESA Connection TEAM, we appreciate your support of the TESA Connection over these years. It is my hope that you will equally support the TESA Connection as a Newsletter – and will enthusiastically continue to support TESA with your membership and service. We are now at Home Plate, and I feel complete satisfaction that as a unit, *the entire TESA Board has hit a Home Run!* May God bless, and thank you from the bottom of my heart.



Ben Albers - Graphic Designer

Legislative Update 3

Summer Work Conference 7-19

FEATURED ARTICLE

Health and Exercise - Understanding your Metabolism! 20

TESA Affiliates 29-45



Legislative Update

by Ofelia Barrón, TESA Legislative Consultant (Donna ISD)



Ofelia Barrón
TESA Legislative Consultant

Hello Everyone,
TESA 2016-17 is at the bottom of the ninth inning, and I'm asking, "Where did the year go?" Back on August 1, 2016, we started off running to

first base, and now we are about to make it to home plate! Yes, July 2017 is ending. I have enjoyed working as the Legislative Consultant for TESA, and I couldn't have

done it without the wonderful support of Gerald Wharton.

As I reported in my last article, this has been a year when Legislature days ended – but not without going into special session to continue discussions not completed during the regular legislative session. Items that are still being discussed include those related to public school, which affect many of our school district throughout Texas. Of those items still being discussed are topics on school finance, teacher salaries, a better benefits system, and bonuses for our Texas teachers – the latter of which will be given

based on appropriation. Additionally, another area being looked at that is important to our members, is assistance for TRS-Care participants.

I leave this position with hopes that our legislators will make the best decisions for the benefit of our teachers, and in the long run...to the benefit of all our students in the different districts throughout our great state of Texas.

Purpose Statement

We the members of the Texas Educational Support Staff Association, Inc., hold that the primary purpose of the educational support staff association is to assist, as a team member, in developing citizens who will safeguard, strengthen and improve America. *The TESA Connection* is published four times a year – fall, winter, spring and summer. Membership fees includes four online issues of the association newsletter. If you wish to receive all four issues in print, you will need to sign up for an annual newsletter subscription in addition to your annual membership. Newsletter Annual Subscription is \$10. Send requests for subscriptions to: TESA Central Office, 1460 E. Whitestone Blvd., Suite 175, Cedar Park, TX 78613.

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The passing of a beloved TESA Past-President - Jacqueline Blaise Price, 1937-2017

With heavy hearts, we share the following (in addition to the general obituary), from Jackie's daughter, Julie, writing about her mom, Jacqueline "Jackie" Blaise Price (TESA Past President 1994-1995). Knowing of the undying love that TESA has for its members, it is her concern that we have this personally from her. On May 20, 2017, Jackie died peacefully in Tyler, Texas, at Meadow Lake Memory Care. Survived by her husband Frank, he plans to move to Tyler to be closer to daughter; Julie Price O'Brien and granddaughter Haley O'Brien (Tyler, Texas). Other survivors include daughter-in-law Debi Price and granddaughter Meredith Price (Sugar Land). Jackie was so proud of her grand-daughters. Meredith, 26, is completing her fourth year teaching (7th grade Reading) at Woodcreek Junior High (KISD). She and Mark Lewis are engaged and will be married November 18th at St. Theresa's Catholic Church in Sugar Land. Haley, 18, is graduating high school! She plans to attend Tyler Junior College for her basics. Please keep the family in your prayers!

Remaining from the obituary – Jackie was born November 17, 1937, in Kenedy, Texas, to the late George and Marguerite Blaise. She was preceded in death by her parents; her son, Michael Price of Sugar Land, TX; and son-in-law, Charles O'Brien of Bullard, TX. She graduated from Kenedy High School, and was the author of Kenedy High's school song. Until recently, Jackie enjoyed annual trips with her "Kenedy Girls." She was an active parent (PTA president, Boy Scout den mother, Camp Fire Girl leader, little league softball coach, to name a few). She retired from Alief ISD (Communications Manager); was organist for Notre Dame Catholic Church in Houston, pianist (and volunteer) at St. Justin Martyr Catholic Church, Alief, and parishioner and volunteer at Sacred Heart Catholic Church, Richmond, Texas. If desired, memorials may be made to the Alzheimer's Association at alz.org or Alzheimer's Alliance of Smith County, 211 Winchester Dr., Tyler, TX 75701.

Memories of Jackie from Willetta House (Burnet)

Today I have a hard time writing about what I have been doing. I am saddened by our loss of Jackie Price. What a smart, kind woman she was. When I went to work for Alief ISD Jackie trained me to be a school secretary. I thought she knew everything and that I would never be half as good. But, she was a good teacher, and slowly got me trained. She was so patient....when I would call with a question, she would calmly explain it to me, again! Later we worked together in TESA. I learned she could make a plan and develop it and see that TESA folks could carry it out and TESA would be a better organization because of it.

To quote Nita DeTrece, another Alief person who worked closely with Jackie – she told the story of Jackie returning to a school where she had worked previously and there was such excitement that she was returning and there were signs all around the school saying "Jackie is coming!" and "---- days until Jackie will be here..." and Nita said, "It must have been like that in heaven, they knew she was coming." And to quote Nita – "The circle is smaller."

So to Jackie.....you were admired; you were a wonderful friend; you were a great leader; we won't forget your smile and sense of humor. Thanks for being a part of our lives. – Willetta House, TESA Past President 1997-1998.



How Can I Help?

by Sue Hand



Sue Hand

Ask any one of us, and I'm sure the answers will be similar to yours. Why did you join TESA? Why did you decide to serve on a committee and/or as an officer?

If you are new to

TESA, perhaps you have not yet felt the pull to take your membership to another level. When you do, the passion will develop a strong connection, giving you the desire to learn, share, and encourage others.

The past presidents group is diverse, with a heart for TESA. We stay connected

throughout the year via email even though many of us are unable to attend SWC.

Our desire is to serve as mentors to every TESA member, along with supporting the TESA executive board. We love when our members ask for guidance regarding the STEM program as well as what classes will benefit them most at the Summer Work Conference, SWC. Since we have served on numerous committees and officer positions on the board, we can offer insight as to the different dynamics of each position.

Facilitating the First Timers' orientation at SWC has become a highlight for our affiliate. As you can imagine, all of us enjoy talking, and are always willing to give advice on how to get the most out of SWC. With many different perspectives, all first timers can take

away a wide variety of helpful hints.

Most past presidents joined TESA in order to network with educational administrative assistants within a professional organization. Somewhere along the way, the desire to join a committee and become a more active member came to be. Once hooked, we wanted to serve as an officer, and the next thing we knew, a few years had gone by, and we were being installed as President.

Now, as past presidents, we are always asking, "How can I help?" We are ready to offer advice when asked, and ready to roll up our sleeves to help get the job done. Please let us know how we can help.

"Be like a postage stamp, stick to one thing until you get there."

- Josh Billings



Heat Exhaustion

by Denise B. Cazes, M.S., Faculty, University of Houston-Clear Lake



Denise B. Cazes, M.S.
University of Houston-Clear Lake

As summer progresses, the sweltering heat and humidity can really take a toll on how we feel and on our commitment to our exercise routine. Hot

weather leaves us feeling lethargic and drained of energy. When we are exposed to consistent temperatures in the 90's, we need to exercise a few precautions if we want to continue our workout routine and prevent serious problems.

Heat exhaustion is a heat related illness that occurs when one is exposed to high temperatures especially when inadequately hydrated. Some are more prone to heat exhaustion like the elderly, those with high blood pressure and those who exercise or work outside. Getting a bit over zealous while working in the yard or participating in sports event is a common contributor to heat exhaustion. The symptoms include fatigue, weakness, sweating, muscle cramping, headache and nausea. The symptoms can appear the same day or the day after exposure to the heat. If you continue to work in the heat when experiencing these symptoms, heat exhaustion can lead to heat stroke, which can be fatal. Symptoms of heat stroke

include very high body temperature with little or no sweating, being disoriented or highly agitated, rapid pulse, seizures and loss of consciousness.

If Heat exhaustion occurs, remove the person from the hot environment and cool them as quickly as possible. Place cool, wet compresses on the front and back of the neck, under the arms and the groin. Additionally, remove heavy clothing, give the person cool, non-alcoholic beverages to drink and have them rest. If symptoms do not improve, seek medical attention.

Summer heat and vacation tend to derail our commitment to exercise. There are ways to continue our routines in spite of the summer heat. It is wise to avoid exercising or doing outside work during the hottest part of the day so schedule your sessions before 8am or after 6. Find shady trails or parks to do your walking, running or biking and stay out of the sun. Utilizing a pool is another great way to get in a "cool" workout. If you aren't a swimmer, walking or running in the pool are great low impact forms of cardio. Special shoes are needed and available where pool or sporting equipment is sold. While I hate swimming laps, simply using a kickboard is a great cardio and leg workout. You still need to hit your target heart rate and sweat, but it is a lot cooler in the water!

Adequate hydration is key to preventing

heat exhaustion. Drink 2-3 quarts of non-caffeinated, non-alcoholic fluid each day. Consume ½ cup of cold fluid every 20 minutes and if activity lasts longer than 60 minutes, a sports replacement drink is advised to provide glucose for energy and electrolytes to replace those lost during sweating.

Do not stop just because it is hot! Stay on the path and stay committed to your exercise routine no matter what the temperatures or where you might find yourself during your vacation. You have one body: you have one choice!



Summer Work Conference



Our committee would like to thank all the TESA members who participated in the 2017 Summer Work Conference! It was great to see new faces and catch up with old friends. Your quest for professional development and personal growth is what made the SWC 'Hit It Out The Park'!

We would like to send a special thanks to the following businesses and friends who without them this conference would not have been possible.

The entire staff at Omni Austin Southpark Hotel

Donna ISD
Comal ISD
Lamar CISD
Weslaco ISD
Highland Park ISD
Spring Branch ISD
Tippit Dental Group
Buffalo Specialties
Felipe & Maria Campos
Lil Rod's Towing - Melissa Rodriguez
Lamar CISD Graphic Arts Department
Thelma Grohann – Avon
Elvanna Galberth – Mary Kay
Karen Harris – New York Life
Spring Branch Educational Support Association
Lamar Consolidated Educational Support-Staff Association
VESAs – Rio Grande Valley Educational Support Staff Association
TESA Board, Committee Members, Past Presidents, and Retirees
SWC Advisory Board Members and Supervisors
Extended Sessions Presenters
Breakout Presenters
STEM Consultants
Generous Vendors

Those who donated their time, goodie bag items, door prizes and supplies
And our families

To our President Lisa E. Gonzalez, your leadership qualities and devotion to TESA are a credit to the teamwork that the SWC committee will never forget! We can't thank you enough for your hard work and your faith in us.

Thank you from the bottom of our hearts!

When planning this year's conference, we wanted to bring a new perspective, a new way to showcase TESA and we are so thankful to the members for being so cooperative during the Facebook Live feeds!

Our wish for you is that you continue your professional and personal journey with TESA and we *will* see you at the SWC 2018, June 19-23.

Melissa Rodriguez
Lamar CISD
Conference Chair

Maria Campos
Spring Branch ISD
Registration Chair

Patty Garcia
Weslaco ISD
Social Chair

Dorinda Bustamante
Comal ISD
Exhibits Chair



Summer Work Conference



SWC Committee: Patty Garcia, Social Chairman; Dorinda Bustamante, Exhibits Chairman; Maria Campos, Registration Chairman; Melissa Rodriguez, Conference Chairman



SWC Committee: Teena Hancock, TESA President Elect; Dorinda Bustamante, Exhibits Chairman; Patty Garcia, Social Chairman; Melissa Rodriguez, Conference Chairman; Maria Campos, Registration Chairman; Lisa E. Gonzalez, TESA President.



STEM Committee: Eva Zamora, Area 2 Coordinator; Darcy Blackstock, STEM Chairman; Yvonne Smeltzer, Area 1 Coordinator



SWC Committee walking in Conference flag to begin Opening Session



US and Texas Flags being carried by TESA President Lisa E. Gonzalez and TESA President-Elect Teena Hancock.

Top left: Past President Barbara Jennings
Top right: Past President Debbie McFadden
Bottom left: Sem Vargas, 1st Timer from HESA, Harlingen CISD
Bottom right: Dedra White, San Jacinto College AEOP President



Summer Work Conference



Dianne Lemons saying the blessing for Opening Session



Keynote speaker - Dr. Scott Muri, Superintendent of Spring Branch ISD, motivates TESA members to #DoWhatYouCan



TESA members listening attentively to keynote speaker, Dr. Scott Muri.



Spring Branch ESA members with keynote speaker, Dr. Scott Muri.



Leslie Haack, Executive Director of Secondary Education for Lamar CISD speaking to members at the luncheon



Members attending the 'Take Me Out To The Ballpark' President's Luncheon



Summer Work Conference

Breakout Sessions



CEOP Graduation



Summer Work Conference

BANQUET AND INSTALLATION



Summer Work Conference

RECEPTION FOR PRESIDENT TEENA HANCOCK



Summer Work Conference

BRUNCH



WINNERS AND MISCELLANEOUS



We hope you enjoyed the SWC 2017 and invite you to join us for next year's

SWC 2018 June 20-23 at the Omni Austin Southpark



STEM Hits a Home Run at 2017 TESA Summer Work Conference!

The 2017 TESA Summer Work Conference featuring 15 STEM class offerings was widely attended by conference participants with over 171 registered for STEM sessions throughout the week. Through the opportunity to present so many STEM classes, members are able to complete requirements for the Certified Educational Office Professionals (CEOP) distinction and can participate in the graduation celebration at conference.

At the recent TESA Summer Work Conference, President Gonzalez, President-Elect Hancock and STEM Committee members, Darcy Blackstock, Yvonne Smeltzer and Eva Zamora conducted the TESA tradition of celebrating the CEOP Graduates with a commencement ceremony. Attendees and guests on Friday of the conference celebrated the “TESA World Series of Champions” also known as our CEOP graduates. These graduates are just

12 of the 48 TESA members who have completed the required 60 classroom hours to earn this most prestigious distinction with many of them travelling across the state to attend class.

Earning the distinction of a Certified Educational Office Professional is a momentous achievement and we are truly honored to celebrate with our members.

The graduation ceremony participants are:

Front row: Susana Ortiz, Lamar CISD; Benny Perez, Harlingen CISD; Marie Dominique Sheeter, Garland

ISD; Diana Dominguez, Harlingen CISD

Second row: Cynthia Obregon, Killeen ISD; Irene Salinas, Lamar CISD; Diana Sanchez, Harlingen CISD; Annette Gilbert, Mesquite ISD; Maya Fagggett, Spring Branch ISD; Karla Pavey, Pasadena ISD; Carol Plachy, Mesquite ISD; Sony Simon, Lone Star College



*“The world needs dreamers and the world needs doers.
But above all, the world needs dreamers who do.”*

- Sarah Ban Breathnach

Summer Work Conference



Yearbook

First Place: Richardson Educational Support Staff Association



Left to Right: Lisa Acosta, Deloria Harmon, Cesu McGee, Sherry Gray & Kendra Ramirez

Second Place: Weatherford Educational Support Association



Left to Right: Deloria Harmon, Sherry Gray, Jana Worthington & Kendra Ramirez

Newsletter

First Place: San Jacinto College Association of Educational Office Personnel



Left to Right: Lisa Acosta, Deloria Harmon, Sherry Gray & Kendra Ramirez

Second Place: Richardson Educational Staff Association



Left to Right: Deloria Harmon, Sherry Gray, Cesu McGee & Kendra Ramirez



Third Place: Weatherford Educational Support Association

Left to Right: Deloria Harmon, Sherry Gray, Jana Worthington & Kendra Ramirez



Administrator of the Year

Dr. Jeannie Stone

Richardson Educational Support Staff Association



L to R: Lisa Acosta, Deloria Harmon, Dr. Jeannie Stone, Sherry Gray & Kendra Ramirez

Nelda Van Dyke (Employee of the Year)

Patti Walling

San Jacinto College Association of Educational Office Personnel



L to R: Lisa Acosta, Deloria Harmon, Patti Walling, Sherry Gray & Kendra Ramirez

**Founders Scholarship Recipient Anthony Kiebler,
(accepting on his behalf his mother
Francisca Kiebler, Garland, ISD)**



Left to Right: Lisa Acosta, Deloria Harmon, Sherry Gray, Francisca Kiebler & Kendra Ramirez

**Lorene Roby Rogers & Dr. Michael Zolkoski
Technology Scholarship Recipient:
Sharon Mena, Texas A&M University**



L to R: Lisa Acosta, Deloria Harmon, Sharon Mena, Sherry Gray & Kendra Ramirez

Congratulations!

Summer Work Conference

Theme Basket Winners

*\$1670.00 raised for the Lorene Roby Rogers & Founders Scholarship Fund.
Thank you all for your contributions!*



Collected at all three events, Presidents Luncheon, Banquet & Brunch a grand total of \$1067.50 was collected. All money will be going to the Lorene Roby Rogers & Founders Scholarship Fund.



Winner at President's Luncheon:
Terri Craig, Mesquite ISD
L to R: President Gonzalez, Terri Craig & Lisa Acosta



Winner at Brunch:
Triny Zamora, Lamar CISD
L to R: Triny Zamora, Deloria Harmon & Sherry Gray

BIG THANKS to Kendra Ramirez and
Lamar CESA for all their help with the
50/50 Raffles!!!



Theme Basket Contest Winners

Most Unique Music Theme
Pat Crawford



Most Imagination

Lamar Consolidated Educational Support Staff Association



L to R: Sherry Gray, Deloria Harmon, Kendra Ramirez & Erica Alvarado

Best Representing Texas
SWC Committee



Back Row: Kendra Ramirez
Front Row L to R: Melissa Rodriguez, Deloria Harmon & Sherry Gray

Best Representing Conference Theme
Mesquite Educational Paraprofessionals Association



Back Row: Kendra Ramirez
Front Row L to R: Yvonne Smeltzer, Deloria Harmon & Sherry Gray

Thank You for your Support!!



Summer Work Conference

THE spirit AWARD

First Place

Harlingen Educational Support Association



Front Row L to R: Dora Elder, Nelly Elizarraraz, Benita Perez, Gabriela Borquez, Diana Sanchez, Diana Dominguez, Sem Vargas
Back Row: Deloria Harmon & Sherry Gray

Second Place

Lamar Consolidated Educational Support Staff Association



Back Row: Kendra Ramirez
Front Row L to R: Deloria Harmon, Marie Enax & Sherry Gray

Third Place

Mesquite Educational Support Association



Back Row: Kendra Ramirez
Front Row L to R: Yvonne Smeltzer, Deloria Harmon & Sherry Gray

Spirit Award Entries

Harlingen ESA, Lamar CESA, Mesquite EPA & San Jacinto College (Not pictured)



Health and Exercise - Understanding your Metabolism!

by Denise B. Cazes, M.S., Faculty, University of Houston-Clear Lake



Denise B. Cazes, M.S.
University of Houston-Clear Lake

What exactly is your metabolism?

– We hear that term frequently.

Skinny people supposedly have a high metabolism.

Overweight individuals have a

slow metabolism.

So... *What is it? How can you speed yours up?*

Basal Metabolic Rate (BMR)

Metabolism is the sum of all the chemical reactions that take place in your body.

- Your basal metabolic rate (BMR) is the minimum amount of energy or calories that an awake body needs at rest to maintain itself;
- Or – in other words, it is the calories needed to perform those chemical reactions

BMR is important because it is about 60 percent of your total caloric requirements so if yours is “high” as in the case of those who are slender and are able to eat whatever they want, then you are burning off the calories you consume efficiently. Those with a slow metabolism do not burn calories efficiently and they need fewer kcals to get the same job done. Those with a slower metabolism will gain weight more easily and also have more trouble getting that extra weight off.

Several things can affect your BMR - Some are in your control and some are not.

Gender is not in your control. Men have a higher BMR because they naturally have more muscle mass than women. Muscle tissue is more metabolically active meaning it requires more calories to stay alive and function.

Even though you can't change your gender, **both males and females can increase BMR by increasing muscle mass with resistance training.** Many women won't lift weights because they are afraid of getting too big and looking masculine. This won't happen because a lot of testosterone is needed to get really big along with a specific type of lifting program.

When women lift weights – what happens initially?

- Increase of their density or muscle mass they may have (the fat is still on top of that muscle so they look bigger)

How do you decrease your total body weight or fat weight?

- Keep working out, add some cardio to the routine – and the new higher metabolism will kick in and you will soon burn off that extra fat.
- Be patient, as it may take a while for this shift in metabolism to kick in so patience is required as is consistency in eating and exercise

Aging is also not in our control...but we can fight it -

As we get older, we lose muscle mass. Age-related changes in body composition result in the loss of one-third to one-half of your muscle mass by retirement age. This “loss of lean” problem (hence lower metabolism) is compounded by the poor diet most Americans are consuming. Starting off with more fat and less lean when we're younger, means we will be in serious trouble by the time we reach retirement. Loss of lean or sarcopenia not only reduces metabolism in the elderly but contributes to other issues like increased risk for disease and increased risk for injuries like broken bones.

Other factors that contribute to lower BMR include

- Hormone problems like low thyroid
- Reduction in growth hormone (naturally occurs with aging and low calorie diets)

A diet is just a reduction in calories or a change in types of foods eaten. There is no “magic” to ANY diet out there! When your diet is low in calories, below your BMR and activity level needs, you experience a decline in your metabolism. As mentioned earlier, you have your BMR needs but you also have to consume a certain amount of calories to meet your activity needs.

- To lose weight – you need to reduce your caloric intake slightly AND exercise
- Going below BMR and activity level needs



Feature Article

Health and Exercise - Understanding your Metabolism! continued

– results in a loss of lean and a reduction in metabolism (And your body will actually hold on to your body fat!)

If you need to lose weight –

1. You cannot just stop eating or cut out meals or food groups.
2. Skipping breakfast is a big no-no.

Best plan

- Cut out the junk and sugar
- Eat less processed and fast food
- Eat three to five servings of veggies a day

3. **Good healthy foods** which take longer to digest and help to boost your metabolism, to include

- fruits
- veggies
- high fiber grain foods

4. **Eating every three hours** keeps your blood sugar even, keeps you from getting crazy hungry and boosts your metabolism. YEA! Eating and eating frequently can actually do you some good!

So...DO NOT skip meals – but...

- **DO** plan your food intake
- **DO** eat healthier and exercise to get that metabolism revved up – this will burn calories and fat!

You have One Body: One Choice.

Denise Cazes
denise@1body1choice.com

*“Success is liking yourself,
liking what you do, and
liking how you do it.*

- Maya Angelou





Membership



Has your TESA membership lapsed?
Have you always wanted to join TESA and never did?
Well, what's stopping you . . . join **NOW!**
Become a TESA member now, join us and let the **"Waves of Change"**
help you **"Find"** your **"True Direction"** in 2017-2018!

What's in it for YOU?

- Professional growth through STEM Classes
- Information and access to Area Workshops
- Information, access, and discounts to TESA's Summer Work Conference
- Meeting other individuals who work in the same field/department as you
- Opportunities to share ideas and build lasting relationships with others in your area and throughout the state
- TESA web site at www.tesatexas.org for up-to-date information



Felipe Campos

Membership Chair
Spring Branch ISD

felipe.campos@springbranchisd.com

Tracey Fincik, Richardson ISD – tracey.fincik@risd.org
Mary Ann Gallegos, Harlingen CISD – mary.gallegos@hcisd.org
Barbara Johnson, Lamar CISD – bajohnson@lcisd.org
Sharon Mena, Texas A&M University – smena@vpsa.tamu.edu
Donna Sears, Cedar Hill ISD – donna.sears@chisd.net

Application for membership can be found on the next page or you can renew online at :
www.tesatexas.org.



NAEOP Conference

2017 NAEOP Happenings!

State Day! – Opening General Session



TESA President Lisa E. Gonzalez representing TESA and the great state of Texas



NAEOP Past Presidents: Marilyn James & Linda Sockwell



Sue Hand, Administrative Council Chairman on State Day



Some TESA Members taking a selfie before the group picture



MaryAnn Hollingsworth and Darcy Blackstock on State Day



NAEOP Conference

Briefings/Council & Area Meetings/General Sessions



NAEOP Conference

Awards Banquet



Sharon Mena being recognized for receiving her Advanced III, Option I, CEOE



TESA President Lisa E. Gonzalez accepting Certificate for First Place for the Magazine Competition



Celebration of Life



Marilyn James & Darcy Blackstock after the Celebration of Life Ceremony

Winner of Texas Pillow with Gift Cards

Susan Belliston, CEOE Idaho



Installation Banquet



Debbie McFadden being installed as the South Central Area Director



NAEOP Office Staff being recognized. Pictured in center is Linda Sockwell, NES Editor



Julianna Holmes, Linda Sockwell, Lisa Gonzalez and Darcy Blackstock



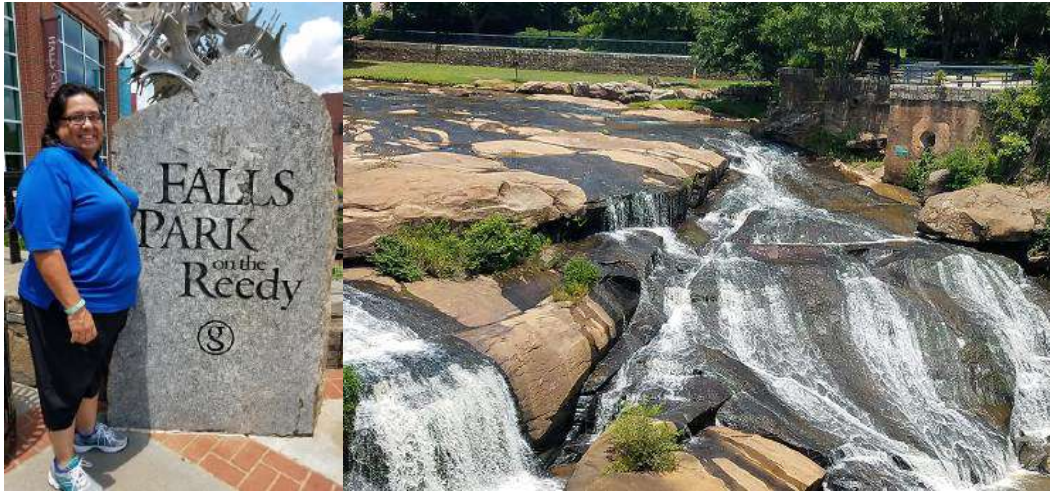
Jana Worthington and Linda Sockwell



TESA attendees at the NAEOP Conference. Not pictured is Dee Wilson.

NAEOP Conference

Excursions in Greenville





TESA AREA WORKSHOP

THANK YOU FOR A GREAT YEAR!!!!



On behalf of the TESA Area Workshop Committee for the 2016-17 School Year, we would like to thank our TESA membership for giving us the opportunity to serve as your Area Workshop Committee.

We made contact with the different affiliates and were able to schedule two-area workshops for the year. Our first workshop was hosted by San Jacinto College and the second one by Richardson ISD. Thanks to both associations for helping out and hosting a workshop in their area. I would like to also thank the Lamar Educational Support Staff Association (LCESA) for volunteering to host a workshop in their area this coming year (2017-18).

TESA Area Workshop Committee

Ofelia Barron, Chairman

Donna ISD

956-464-1600 X 1103

obarron@donnaisd.net

Kay Riggs

Pasadena ISD

kriggs@pasadenaisd.org

Juliana Holmes

Garland ISD

jholmes@garlandisd.net

Be Ready for the Start of the New Year!!!

Plan ahead for next year and consider hosting an Area Workshop in your area!

A one-day Area Workshop is an excellent way to offer professional growth, network with others in education, renew old friendships, make new friends, raise awareness and funds for your local affiliate, and promote your area of Texas.

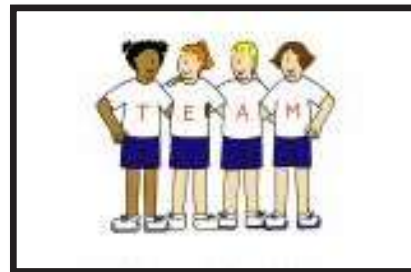
We encourage you, to host an Area Workshop in the coming year:

TESA will advertise your Area workshop by:

- TESA Connection
- Posting on the TESA Calendar
- Posting on the TESA website
- Promoting at other Area workshops

Area Workshop Committee will help you by:

- Attending your workshop and promoting it in their area
- Facilitating sessions
- Being available for anything you might need





Affiliate Services



CALLING ALL TESA AFFILIATES and Potential Affiliates

It's Not Too Late to Become a TESA Affiliate (or Renew your Status)
Join us and let the **“Waves of Change”**
help you **“Find”** your **“True Direction”** in **2017-2018!**
Well, what's stopping you . . . join **NOW!**

What's in it for YOU?

- Assistance and/or guidance available from TESA
 - Some onsite consulting services are available for a fee
- A discount (up to 25%) when hosting STEM Training
- The opportunity to have your group's activities showcased in the TESA Connection, the official publication of TESA
- The opportunity of getting a TESA representative conduct your leadership installation
- TESA web site at www.tesatexas.org for up-to-date information

For More Information Contact:
Felipe Campos, Spring Branch ISD
Affiliate Services

felipe.campos@springbranchisd.com

Becky Melendez, Lamar CISD – rmelendez@lcisd.org

Dee Wilson, Tyler Junior College – dwil4@tjc.edu



TESA Thanks the following groups for joining/renewing their Affiliation:

- El Campo Clerical Paraprofessional Association
- Garland Educational Support Staff Association
- Harlingen Educational Support Association
- Killeen Educational Support Staff Association
- Lamar Consolidated Educational Support-Staff Association
- Irving Association of Educational Office Professionals
- Mesquite Educational Paraprofessionals Association
- Odessa Association of Educational Support Staff
- Pasadena Association of Educational Officer Personnel
- Richardson Educational Support Association
- Rio Grande Valley Educational Support Staff Association
- San Jacinto College Association of Educational Office Personnel
- Spring Branch Educational Support Association
- TESA Past Presidents Association
- TESA Tomball ISD
- Texas Retired Educational Secretaries Association
- University of Houston Clear Lake - Educational Support Association
- Weatherford Educational Support Association

Application for TESA Affiliation can be found online at :

http://tesatexas.org/files/affiliates/Affiliation_Application.pdf



W.E.S.A

Weatherford Educational Support Association

WESA members have been very busy this year. We sold Jean Day stickers and Spirit Sleeves to raise funds for scholarships. We were able to award 3 \$350.00 scholarships for 2 Weatherford High School students and 1 WESA member furthering their education. WESA members also made birthday boxes for the Pythian Home. Members donated goodies to fill each box for 8 children. The children were very excited to receive their gifts.



WESA members make Birthday Boxes for the Pythian Home.



WESA member LaDawna Raper and Weatherford ISD employees Becky Salazar and Sharon Landrum getting in the spirit with their new spirit sleeves.



WESA presented Manna Storehouse with shoes and clothing to distribute to Parker County families. Pictured are Manna Storehouse of Weatherford Executive Board Member, Janice Smith, WESA President Shari Morgan, and WESA member and Manna Storehouse Executive Board member, Cathy Kosikowski.



University of Houston-Clear Lake (UHCL) Educational Support Association (ESA)

by Margaret Garcia, Caye Trahan, and Wanda Honeycutt

Reflecting on the last issue of the TESA Connection, UHCL ESA reported a very successful fund-raising. These funds commonly go to our stipend fund and for very special events. Also announced was that ESA would soon be hosting an upcoming event to honor our University President – Dr. William A. Staples, on his August 2017 retirement, after 38 years of dedicated service to UHCL. On April 10, 2017, a luncheon event was held and attended by many retirees, current members, TESA Past-Presidents instrumental in our “ESA beginnings,” plus many of our UHCL supervisors and College Deans, and other management. It was a sad occasion, yet one filled with wonderful memories. An awesome slide show was played throughout the luncheon, to illustrate ESA’s 2001 beginning, up to our current events and classes. Dr. Staples praised our team effort, but regardless of what the “team” strives to do, we bestowed on him appreciation for his strong and dedicated leadership – for without him, there would be no ESA. We are grateful for President Staples’ endorsement of professional development for UHCL support staff. This has provided us access to state and national memberships and networking with other groups. President Staples was involved from the beginning, attending several TESA Summer Work Conferences (SWC) as a member on the TESA SWC Advisory Board. For his continual “support of his support staff,” we wholeheartedly applaud and thank you Dr. Staples – you will be missed!!

Shortly following the luncheon for Dr. Staples, ESA soon began preparations for the 2017 TESA Summer Work

Conference (SWC) in Austin, June 19-24, 2017. Those attending from UHCL were Debbie McFadden, Wanda Honeycutt, Caye Trahan, Alyssa Gutierrez, and Maryam Ali. We were greeted by the greatest SWC Committee in the country!! Our team of five attended ceremonies, classes, business meetings, meals, etc. – and if it was there for us, we did it! There were opportunities to renew old relationships and develop new ones, to benefit from awesome professional development, and to take many great classes. Some of us added additional class choices that we never imagined being available – and all from some of the greatest administrators, superintendents, leaders, teachers and TESA members from across this great state of TEXAS! From the flag ceremony to the closing session on Saturday, it was all amazing. The TESA Board installation and celebratory banquet was exciting – as one member compared it to, “stepping into the ballroom of a magnificent cruise ship!” And it is for all TESA members, including this five from UHCL-ESA – and all within just a short drive to Austin. Whether a first-timer or a frequent attendee, SWC is always a new and rejuvenating experience!!

Since returning from Summer Work Conference, we have been “buzzing” with enthusiasm, and ready to ride the ‘Waves of Change’ with our newly installed 2017-2018 TESA President, Teena Hancock!” Let’s go ESA!!



Affiliates in Action



PASADENA ASSOCIATION OF EDUCATIONAL OFFICE PERSONNEL

by Kay Riggs, 1st Vice President in charge of Programs

As we close in on the end of another fun and productive school year with PAEOP (Pasadena Association of Educational Office Personnel), we have been reflecting back on some of the perks of our association's activities. President Cynthia Gutierrez's theme this year has been "Dare to Dream" and we have been visualizing great ideas all year long.

We have seven General meetings a year, on the 1st Tuesday of October, November, December, February, March, April, and May.

We "Welcome Back" all District paraprofessionals to a new school year at our October meeting. Arturo Del Barrio, our new Director of Communications, was our guest speaker and he gave us some exciting information about what new things will be going on in the Printing department this year. Looking forward to the changes!

November is one of our favorite meetings. We do a Holiday craft and this year we had one of our retirees and former PAEOP President, Genia Ripley Mahaffey, come and show us how to make a gorgeous Christmas wall hanging with a picture frame. This was a great stress reliever meeting!

We had a Caring and Sharing project at our December meeting and this year we chose

someone near and dear to our hearts. Tegeler Career Center is where some of our students who have babies attend. Tegeler has a Baby store where students can come and select items for their little ones. We brought lots of items, new and gently used, to our meeting to help restock their store. Their nurse, Doris Linton, left with many gifts of love!

We had a fun and beneficial fundraiser in December called Painting for Scholarships. PAEOP members and their friends painted snowmen on fence planks. Beautiful results and lots of fun and laughter!

In February we had Darcy Blackstock, from Channelview ISD and the 2016-2017 TESA STEM Chairman, as our guest speaker. Darcy's topic for the training was Just Do It! She gave us an insightful look at setting goals and overcoming obstacles. She also gave us an overview of TESA (Texas Educational Support Staff Association) and STEM (Staff Training for Effective Management). Very inspirational meeting!

Pasadena loves Technology! One of our wonderful district Technology Trainers, Emily Bourgeois, came to our March and April meetings and shared some tips and tricks with Excel and Word. Members had emailed

Emily questions prior to the meeting and her presentation was the answers to our questions! Very informative meeting!

May was our final meeting of the year. Darcy Blackstock was again our guest and she came to install our newly elected 2017-2018 PAEOP board and committee chairmen. The new officers are:

President, Karla Pavey; President Elect, Cynthia Gutierrez; 1st Vice President, Kay Riggs; 2nd Vice President, Ginny Perkins; Secretary, Elsa Chiachio; Treasurer, Carmen Dominguez; Scholarships, Veronica Garcia and Membership, Robin Pool.

PAEOP also awarded our annual San Jacinto College scholarship benefitting a Pasadena ISD graduating senior at our last meeting of the year. We invited this 2017 scholarship winner, his family and his school counselor, and introduced them to the membership. Alexis Villalva Reyes will be attending San Jacinto College in the fall. Winners are automatically renewed for a second year, making this \$500 per semester scholarship a \$2000 value thanks to our successful fundraising.

We are looking forward to another great year in the 2017-2018 school year as we Reach for the Stars!



Garland Educational Support Staff Association (GESSA)

by Juliana Holmes, President 2015-2017

GESSA began the year at TESA Summer Work Conference with twelve attendees. Most of the attendees were attending for the first time and had such a wonderful experience, they decided to serve on the board for the 2016-2017 school year. Once back in Garland, we got down to work planning our general membership meetings and membership campaign: GESSA...Growing Together Professionally and Personally. Our kick off meeting in September was open to all paraprofessionals in Garland ISD. We introduced several key members from administration and gave everyone an overview of the district and the importance we play to our campus and students. Then we learned how to deal with stress at our October meeting. During

October our Organizational Learning department presented a Paraprofessional Conference allowing for up to six hours of STEM credit toward recertification or CEOP. GESSA set up a table to collect membership dues, explain CEOP/STEM and encourage joining TESA. For our November meeting, our district health and wellness coordinator gave us great tips for staying healthy during the holidays. In February our Student Nutrition Services Department presented a very interesting program all about the school cafeterias and everything involved in feeding our students a healthy meal. Our March meeting was not only the election of officers for 2017-2018, but a very wonderful presentation by Kiel Pankonien, GISD Manager of Security

Operations, about the school shootings that have taken place since Columbine and how standard response protocol has changed to save more lives. It was a very moving, as well as informative, presentation. May brought the installation of officers and presentation by the fire department on staying safe during the hot summer months. We are ending the year with 334 total members, of which 208 have their CEOP and 38 are new members. We also have 15 members going to Summer Work Conference. Looking forward to another great SWC and a wonderful year ahead.

“Do what you feel in your heart to be right for you’ll be criticized anyway.”

- Eleanor Roosevelt



HARLINGEN EDUCATIONAL SUPPORT ASSOCIATION

By: Gaby Borquez

As we reflect on our accomplishments this year, we are grateful to our HESA members for their support and encouragement. We finished the year with our annual Bosses' Night... "An Evening in Paradise" held on June 7, 2017. It was a beautiful evening in which we presented the Boss of the Year, Dr. Rosalinda Cobarrubias and Member of the Year, Diana B. Sanchez with their plaque. The transferring of the gavel from outgoing president Gaby Borquez to our new President Dora Elder also took place that evening. Meal was delicious and enjoyed by all who attended. The evening ended with some karaoke, we discovered some hidden talent among us. We had a great time with a lot of laughs and great memories/pictures.



With the success of the two Chalupa fundraisers held this school year, we were able to give \$1600 in scholarships to four deserving seniors. We superseded our goal by \$400. Way to go TEAM HESA!



Our final community service project was held on April 24, 2017. Members donated white towels and other items to Valley Haven. Valley Haven just opened its doors in Harlingen and



Affiliates in Action

Harlingen Educational Support Association continued

is the only emergency shelter for the Lower Rio Grande Valley which is for children that are displaced from their home due to difficult situations. Our members were so willing to be a blessing to these children.



On May 4th, we had our final meeting and installation of officers at Stefano's. A candle ceremony took place as each officer was sworn in for the upcoming year. New officers are President, Dora Elder; Vice-President, Sem Vargas; Secretary, Julie Fonseca and Treasurer, Benny Perez.

A STEM class presented by Debbie Wade was held on February 18, 2017. She did a great job of presenting Effective Office Practices, it was well received by all who attended. Our very own



Affiliates in Action

Harlingen Educational Support Association continued

Nely Elizarraraz submitted the new name for this course which will now be known as “Effective Workplace Practices”. We encouraged our members to start their STEM certification process by taking advantage of these classes offered by our school district. We also pushed the TESA summer conference, this year we will be taking 4 new members and having 3 members graduating with their CEOP certification.



As officers, we tried to make each meeting different and exciting for our members. We hope that with all the excitement of this past year, it will increase our membership for next year, which has been our goal since day one. We always managed to end all of our Monthly meetings with a group SELFIE to show our comradery and that we are “ONE”.

Big Thank You to our outgoing officers (Diana Sanchez, Diana Dominguez, Sem Vargas, Anita Carpio, Benny Perez and Gaby Borquez.....who sacrificed many hours to plan and complete a very successful HESA year!



Spring Branch Educational Support Association (SBESA)

Delivers Final “Gifts”

By: Maya Fagge'tt

As SBESA brings the 2016-2017 school year to an end, we are proud of all that we accomplished this year. Though the work required many long hours and a tremendous amount of effort, we had so much fun doing it all. During the second semester of the school year we learned how Google can enhance our lives and jobs, had two successful fund raisers; our annual Bosses Night and a Dress Down Dinner and Dance, which we dubbed D4, and sponsored social events for SBESA members and district employees.



Our annual Bosses' Night allows SBESA members to acknowledge our bosses for supporting and encouraging us in the company of fellow colleagues. District employees also take this time to display their many talents during the talent portion of the program. The evening is not complete without the silent auction. Proceeds from the auction are used to provide scholarships to graduating seniors. The last several years, student volunteers have come out to help with set up, help serve dinner, meeting and greeting staff,

families and friends. In return for their time SBESA provides the students with community service and volunteer hours they use for Boy Scouts, college and scholarship applications.

In the spirit of this year's theme, the Ultimate Gift, SBESA members gave of themselves providing opportunities for families to spend quality time together. For Easter, SBESA Board members hosted the first ever Easter Egg Hunt and Celebration at a local park. There were over 30 people in attendance with 18 of those being children under the age of 14. The children had over 400 eggs to hunt. SBESA held another event for members and their families over Memorial Day weekend. Again new members came out to relax and unwind with family and friends over food and games. Families also spent



Affiliates in Action

Spring Branch Educational Support Association continued

time at the pool located at the park. At each event Board members saw new members in attendance and welcomed them with open arms. Our members asked for more events and we provided them.



The giving did not stop with professional development and social events. SBESA is known in district for providing to students. Therefore, it was with great pleasure to award five deserving graduating seniors with scholarships. (One scholarship is awarded to a student at each of the five high schools in Spring Branch ISD.) These scholarships are made possible from the funds raised at the annual Bosses Night Talent Show and Fund Raiser. Scholarship winners were accompanied by

family members and friends to the presentation ceremony at the SBESA Installation dinner.

The members of the Spring Branch Educational Support Association had a very event filled year serving and giving back. Our members graced the community and the district with all their ultimate gifts, from creativity to problem solving to serving and so forth, with astonishing results. All the goals that were set out to be accomplished this year were completed with a very high level of satisfaction. Now we are gearing up to have an even better one in the 2017-2018 academic year.

“Take a deep breath, count to ten, and tackle each task one step at a time.”

- Linda Shalaway



Rio Grande Valley Educational Support Staff Association (VESA)

50 Years and Still Going!

By: Lisa E. Gonzalez

On April 28, 2017, VESA held its 50th Annual Bosses Banquet at the La Villa Theatre and Event Center in Alamo, Texas. This grand event was a years' worth of work by its members to honor our bosses, install our officers and announce the winner of our Outstanding Support Staff member of the year award.

More than 100 VESA members, bosses and guests were in attendance. To make this event even more special, we were honored to have as guest speaker, Oscar Adame, Anchor for KRGV Channel 5 News in Weslaco, Texas. Background piano music was provided by Dora Cenicerros, retired teacher and a good friend to many of our VESA members. Everyone in attendance had a great time.

Installing the officers for the 2017-2019 school year was Olga Noreiga, Commissioner for the City of Weslaco and Donna ISD Purchasing Agent. Officers for the upcoming year are: Patty Garcia, President, Weslaco ISD; Belia Solis, 1st Vice-President, Weslaco ISD; Linda Chimely, 2nd Vice-President, Mercedes ISD; Mary Ann Gallegos, Secretary, Harlingen CISD; Ofelia Barrón, Treasurer, Donna ISD; and Bonnie Saucedá, Parliamentarian, South Texas ISD. Our new board is ready to get to work and promote VESA throughout the Valley.

Two deserving individuals were nominated for the Outstanding Staff Member of the Year Award. The winner this year was Julie Briseño, from Rio Grande City CISD. Julie has been employed by the Rio Grande City CISD for 36 years and is a current VESA and TESA member. She has served as an officer for TESA and on various committees. Julie is always willing to help wherever needed and always goes above and beyond what is asked of her. Her co-workers testified that her personal attributes are what truly makes her professional career a total success. Her uplifting spirit, laughter, and positive attitude are contagious in the office setting. She values friendships, working relationships, and networking that have made her career more rewarding. Whether at work or personal, Julie is always one step ahead of everyone. Regardless of what may be going on in her life, she always demonstrates a positive attitude.

VESA is excited to start off September with our newly elected Board members, as we plan our regular meetings for the year. Each district within VESA takes turns in hosting a monthly meeting, scheduled on the second Thursday at 7:00 pm.



Affiliates in Action

Rio Grande Valley Educational Support Staff Association continued



L to R: Patty Garcia, 2017-2019 VESA President; Oscar Adame, Emcee; Martin Saenz, 2015-2017 VESA President



Installing Officer, Olga Noreiga, Installing Patty Garcia as the 2017-2019 VESA President



Julie Briseño, 2017 VESA Outstanding Support Staff Member of the Year



L to R: Martin Saenz, 2015-2017 VESA President; Patty Garcia, 2017-2019 VESA President; Lisa E. Gonzalez, 2017 TESA President



Affiliates in Action



L to R: 2017-2019 VESA Officers Patty Garcia, President; Belia Solis, 1st Vice-President; Linda Chimely, 2nd Vice-President; Mary Ann Gallegos, Secretary; Ofelia Barron, Treasurer



VESA Bosses in attendance at the 50th Annual VESA Bosses Banquet



VESA Members in attendance at the 50th Annual VESA Bosses Banquet



Affiliates in Action

Rio Grande Valley Educational Support Staff Association continued

VESA in Action!

Fifteen VESA members attended the 65th Annual TESA Summer Work Conference in Austin, Texas from June 21st-24th. VESA members helped Patty Garcia, SWC Social Chairman with various duties, i.e., collecting tickets at the door, distributing door prizes, and decorating for the various events. VESA members enjoyed numerous breakout sessions as well as STEM sessions. A wonderful time was had by all who attended. VESA members learned and shared new ideas, and rekindled long lasting friendships.

VESA will continue to have representation at the state level. Ofelia Barrón was elected as Member-at-Large and will be the Nominations and Awards/Scholarship/Journalist Chairman; Mary Ann Gallegos will be serving on the Membership Committee; and Lisa E. Gonzalez is the Immediate Past President/Marketing Chairman and will also assist the Web Advisor.



Patty Garcia, 201-2017 VESA President Elect entering the opening session with the VESA Flag



Summer Work Conference Committee with 2016-2017 TESA President Lisa E. Gonzalez



2016-2017 TESA President Lisa E. Gonzalez welcoming everyone to the 65th Annual TESA Summer Work Conference



Some VESA Members in attendance with 2016-2017 TESA President Lisa E. Gonzalez



Affiliates in Action



Some of the decorations for the President's Luncheon as well as some of the over 200 door prizes that were donated



Mercedez VESA Members
L to R: Linda Chimely, Cindy Palacios and Andrew Chew



Weslaco VESA Members
L to R: Belia Solis, Angie Ramos and Patty Garcia



VESA Members and future VESA Members



Table decoration and center piece for the President's Luncheon



Affiliates in Action

Rio Grande Valley Educational Support Staff Association continued



Donna VESA members and future VESA Members at the Installation Banquet



Donna and Mercedes participants pictured with 2017-2018 TESA President Teena Hancock and her husband



Patty Garcia, SWC Social Chair helping Dorinda Bustamante with Vendor Door Prize Drawings



Final group picture with the SWC Committee and TESA President Lisa E. Gonzalez

