



INFORMER

Anne Arundel Retired School Personnel Association

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President Barry Fader

WOW, what a winter storm! Hopefully, everyone remained safe and sound in their homes. You can celebrate that you no longer have to get up early on a school day to go into your school facility or the Central Office. I'm sure the administrators remember the days when you would be in your office and the phone would ring. Usually, it was a student or parent calling to find out if the schools were open, despite the automated phone calls and media notices. The Central Office lines were clogged with calls as to why the schools were closed, even though there was plenty of snow on the grounds surrounding the school buildings, and the buses couldn't drive safely on black ice. At home, teachers worried about how they would make up the lost instructional time. Thankfully, you and the members of your administrative and custodial staffs worked hard to make the educational buildings safe for all of the students and staff when they returned. Many of you were never thanked for your devotion in keeping our schools safe and open, and in

meeting the challenges of educating the children. AARSPA members are wonderful, dedicated individuals. Thank you for all your time and countless hours given to the children and families of Anne Arundel County Public Schools. You have certainly earned the right to now stay safe and sound in your homes when the weather is treacherous.

Well, despite the weather, our membership has been very busy. The Executive Committee met on January 7 to begin to plan AARSPA's 2016 activities. Members are monitoring the actions of the state legislature, working on fine tuning our by-laws, preparing to catch up with our colleagues in Florida, planning a luncheon cruise to several lighthouses on the Chesapeake Bay, preparing the chorus, Voices in Melody, for spring performances, visiting schools to provide donated clothes to children and toiletries to adult facilities, and preparing for our end of year events. It is my hope that you will be a part of these plans.



NEWS FLASH

Your dedication and caring over the past 75 years will be recognized by the Anne Arundel County Board of Education on Wednesday, March 2nd at 10:00 a.m. in the Board Room on Riva Road. Please take time to join us to show the Board members our appreciation for this recognition. You are certainly free to bring a family member(s), a retired AARSPA member, or better yet, a prospective new member with you. Afterwards, many of you may want to go out to lunch with your colleagues from your past years of service.



In the AARSPA Spotlight



Jacobsville Elementary
February 1960

Patient. Gentle. Kind. These are words that fellow teachers use to describe AARSPA Emeritus member Doretta Law. Throughout her career in Anne Arundel County Public Schools, Doretta was an early proponent of two educational initiatives, outdoor and interdisciplinary education. Doretta began her teaching career in 1957, at the height of the baby-boomer explosion. Her first school was Jacobsville Elementary, a school with just eight rooms, still in use today as the Pasadena Police Station. There, she taught not only the basics but also art, physical education, science, and music to 34 students in a split 2nd/3rd grade. Her creativity was evidenced in a Social Studies unit on Native American culture. A 12 foot, brown canvassed tepee rose in her classroom, furnished with an Indian rug, baskets, and other items, collected on her trips out West. Students drew symbols on the teepee in art class and when inside, they read. Later, at Germantown Intermediate School, the study of the history of the Pilgrims and Indians in November was made enjoyable for her students. A pre-Thanksgiving dinner of fried chicken and potatoes, cooked on a hot-plate, along with salad was prepared by the students,

who honed their reading skills following recipes and math skills using measuring cups and spoons. They also learned basic nutrition and table setting. Bob Kanach, who taught 6th grade at Germantown, remarked that Doretta “worked tirelessly with students but always with a smile and a positive attitude. She could find that one thing that turned a student on and used it to help him or her realize success.” Doretta finished her teaching career at Ridgeway. Her love of outdoor education was manifested when her students were taken outside and instructed to measure out a square foot of ground. They then recorded everything they observed - sand, soil types, rocks, grasses, ants, etc. In one lesson, math, science, writing, reading, vocabulary and observation skills were utilized. She also taught beekeeping, emphasizing math skills (hexagon shape) as well as science skills (pollination and the environment). Mary Dunlap, who taught across the hall from Doretta at Ridgeway, recalls that she never heard her raise her voice or lose her temper in her interactions with her charges. Doretta reflects that children should always come first. The love you give to them comes back ten times. It was her joy to bring joy into their lives through belief in them and respect.

And what did Doretta do after her retirement in 1982? She didn’t slow down! One of her first adventures was a safari in the Serengeti where she rode horse back alongside giraffes. Other exploits include snorkeling at the Great Barrier Reef in Australia, hiking around Europe, and walking on the Great Wall of China.

Volunteering has also been an important part of Doretta’s life. She believes that “volunteering inspires you to live longer.” She was involved with Girl Scouts for 33 years during which time she backpacked on the Appalachian Trail. She and her girls also enjoyed winter camping at Camp Woodlands off Riva Road, camping on sand dunes in the Ocean City area, horseback riding, bicycle day trips, cooking over a camp fire, and crafts. Doretta feels it is important to develop leadership skills in girls.

Another of Doretta’s volunteer efforts was at Arlington Echo. “If I could walk, I’d go there today!” She started as a volunteer planting and developing nature trails, interactive nature games, displays and bulletin boards, and waterfront activities, all geared to environmental education. Doretta believes strongly that we are custodians of our environment and as such should help the world be a better place.

Doretta maintains that she learned so much from her students, but it is evident that they, too, learned much from her. In addition to formal studies, they also learned to be patient and gentle and kind to each other through her example.



Doretta's first year teaching
Jacobsville Elementary
April 1958

Chesapeake Bay Lighthouses Cruise Wednesday, May 18, 2016

Welcome aboard **Watermark Cruises** luxury custom yacht for a Chesapeake Bay Lighthouse Cruise! A "Lighthouse Keeper," dressed in 19th century costume, will narrate your cruise on the Chesapeake Bay tour and take you back to the days when the Sandy Shoal Lighthouse, Thomas Point Lighthouse, and the Baltimore Shoal Lighthouse were manned in order to keep the vessels warned of danger. The "Lighthouse Keeper" will entertain, educate, and engage you with humor, anecdotes, music, tales of famous keepers, and even a ghost story or two! A friendly crew will greet you when you board the yacht which is handicapped accessible, has onboard restrooms, climate controlled conditions on the lower deck, open air and covered areas on the upper deck and a cash bar. A **boxed lunch** is included with your reservations. Your entrée choices are: caprese sandwich on focaccia bread, craisin chicken salad on wheat bread, ham and cheese on rye or a turkey and cheese on croissant. Each entrée includes fresh vegetables and fruit, mini dessert and a non-alcoholic drink ticket. This memorable time on the water is yours for only \$83.00 per person and includes transportation, the cruise, box lunch, taxes and tip for the driver. **Please complete the form below and mail it and the check, made out to AARSPA, to : Bob Kanach, 512 Augusta Drive, Arnold, MD 21012 no later than Tuesday, April 12, 2016. No refunds can be made after this date as well.**

Itinerary

- 10:00 a.m. Depart the Severna Park United Methodist Church on Benfield Road
- 10:30 a.m. Depart the Park and Ride lot on Riva Road
- 10:45 a.m. Arrive in Annapolis, MD at Watermark Cruises City Dock
- 11:00 a.m. Board the Watermark Yacht
- 11:15 a.m. Depart Annapolis on the Chesapeake Bay Lighthouse Cruise
NOTE: Box lunch included
- 2:15 p.m. Arrive back at the Watermark Cruises Dock
- 2:30 p.m. Depart Annapolis, MD
- 3:00 p.m. Arrive at the Park and Ride lot off Riva Road
- 3:45 p.m. Arrive at the Severna Park United Methodist Church on Benfield Road



Please reserve me ____ tickets for this cruise at a cost of \$83.00 per person. Enclosed is a check made payable to AARSPA to cover the cost of the tickets.

Name: _____

Address: _____

Email Address: _____ Phone: _____

I/We will meet the bus at the: ____ United Methodist Church or ____ Park & Ride off Riva Road

Meal choice(s): Below please place the name and sandwich choice of each person in your party.

NAME	Caprese	Chicken Salad	Ham	Turkey
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

FROM THE FREE SCHOOL



The Anne Arundel Free School enjoyed another busy season in 2015. The building was open for ten Open Houses, April through August, during which time there were forty-three visitors. Twenty visitors toured the school without a School Marm; 100 were given a tour by a School Marm. Three community groups visited and the Free School was also visited by AARSPA members for the annual cleaning, the June Executive Committee meeting, and artifact sorting and labeling.

FREE SCHOOL CLEANING

Periodically, a group of members gather at the Free School to clean the interior of the school and spruce up the grounds. Our next scheduled cleaning date is Wednesday, March 23, 2016, beginning at 9:00 a.m. Depending upon how many people show up, we usually complete the job within two hours. The Free School is located at 1298 Lavall Drive in the Lavall community off Rutland Road in Davidsonville.

If you would like to join the group of workers, please email Bob Kanach at rkanach@verizon.net or call him at 410-757-7393 and leave contact information: name, phone number, email address. Bob will forward your contact information to Marie Diamond, who usually organizes the work parties, and she will make the necessary contacts for the event. Come join some of your fellow members and help keep history alive at the school.



REMEMBRANCE COMMITTEE

MEMBER DEATHS

Anne Donaldson
Bruce Horner
Frances Thomas
Nancy Valentine

FAMILY MEMBER DEATHS

Marilyn Johnson- brother
Paul Metrinko - brother



If you have information concerning AARSPA members, please contact the following people:

Anniversaries and Congratulations

Millie Zipay at mz2teach@aol.com/ 410 401-0172

Deaths of AARSPA members and family members

Nina Griffith at bear1134@aol.com/ 443 304-2266

Illnesses and Accidents, etc.

Dianne Rogers at wwdsrogers@verizon.net

A leading audiologist wants you to know about four common myths when it comes to hearing loss.



Myth 1 Hearing loss only happens to old people. In fact, 40% of Americans with hearing loss are under the age of 60. Hearing loss does tend to accelerate with age, however.

Myth 2 Hearing loss is caused by loud rock concerts. In fact, there are many contributing factors to hearing loss. Those concerts didn't help but genetics, aging, medications, smoking, poor diet, and diabetes can all be contributing factors.

Myth 3 If others would just talk louder you could hear just fine. In fact, damaged hearing causes distortion. Today, hearing devices strive to make sounds louder but also to reduce background noise to help clarify speech.

Myth 4 It's OK to wait to get a hearing aid as long as you can hear some sound. In fact, the longer you wait to address the problem the harder the loss is to treat. If your auditory system isn't stimulated, it tends to stop recognizing sounds.



FLORIDA GET-TOGETHER

25th ANNIVERSARY



This year's annual Florida event will be held in Sarasota on March 8 and 9, 2016. It will be a little different this year because we do not have a member's house to go to for socialization. Instead, on Tuesday, March 8, 2016, we will be holding a "Happy Hour" at **The Starlite Room** in downtown Sarasota from 4:00 to 6:00 p.m. with appetizers and a cash bar. This will be a wonderful opportunity to renew old friendships and create some new ones. Then, instead of a luncheon on Wednesday, March 9, 2016, we will have a dinner gathering at **Marina Jacks** with its beautiful view of the water. The choices of entrées are listed below, so please carefully indicate the preference for each guest. Directions to both sites will be sent to you upon receipt of your reservation. **Reservations must be received no later than February 25, 2016. Please make your check payable to AARSPA.**



NAME: _____
ADDRESS: _____
EMAIL ADDRESS _____
TELEPHONE NUMBER _____

LAST CHANCE!

The dinner at **Marina Jacks** will consist of either Mahi Mahi topped with artichokes, sun dried tomatoes, fresh basil and lemon butter **OR** Chicken Caprese which is pan roasted breast of chicken topped with vine ripe tomatoes, buffalo mozzarella, pesto cream and drizzled with balsamic reduction. Each entrée will include a tossed salad with baby greens, tomato, cucumber and balsamic vinaigrette, chef's choice of potato or rice and vegetable du jour, rolls and butter, coffee and tea and the chef's selection of dessert. The cost of the meal will be \$40.00.

Guest's Name	Mahi Mahi	Chicken Caprese
_____	_____	_____ @ \$40 = _____
_____	_____	_____ @ \$40 = _____
_____	_____	_____ @ \$40 = _____
_____	_____	_____ @ \$40 = _____

Make checks payable to AARSPA. Total amount due: _____

I/We also plan to attend the "Happy Hour" at The Starlite Room on Tuesday, March 8, 2016. There will be _____ person/people attending this event. (This count helps with determining the amount of appetizers to order.)

All reservations and payments are due **no later than February 25, 2016.**



Mail reservation and check to:
Bob Kanach
512 Augusta Drive
Arnold, MD 21012



NEWS YOU CAN USE

Health: Walk like a penguin walk safety

No matter how well snow and ice are removed from surfaces, there is still the likelihood of icy spots. Assume any dark areas are ice. Practice the following tips to help prevent falls that could lead to broken bones and months of recovery.

- Wear shoes or boots with non-slip rubber or grooved soles.
- When entering or exiting a car, hold onto the car until you are sure the surface is ice-free.
- Point your feet out slightly like a penguin! Spreading your feet out slightly while walking on ice increases your center of gravity.
- Extend your arms out to your sides to maintain balance.
- Keep your hands out of your pockets. You can often regain your balance by spreading your arms out.
- Wear a heavy, bulky coat that will cushion you if you fall.
- Try to avoid landing on your knees, wrists, or spine. Try to fall on a fleshy part of your body, such as your side.
- Try to relax your muscles if you fall. You'll injure yourself less if you are relaxed.



All-Natural First Aid Kit

Bleeding: Cayenne powder can be applied directly to the affected area. Cover with gauze or other fabric and hold in place using direct pressure for at least 60 seconds. It induces immediate clotting.

Second-degree burn: First and second degree burns treated with honey can heal almost twice as fast as those treated with a traditional burn cream. Gently clean the burn with cool water. Then apply a thick layer of honey to a non-adherent pad, place it over the affected area, cover with another pad, and tape it in place.

Medications can impact driving:

Medications you are taking can impact your ability to drive as much as alcohol or illegal drugs, such as marijuana and cocaine. In fact, prescription drugs are the most prevalent of all drugs found in drugged drivers involved in fatal crashes. Many legal drugs can impair driving ability by dulling alertness, increasing anxiety or blurring vision. Prescription drugs to treat anxiety, depression, sleep disorders, and pain relief can severely impair driving. However, ingredients found in cold and allergy medications can have the same effect.

The AAA Foundation for Traffic Safety has developed Road-wise Rx (roadwiserx.com), a free tool drivers can use to see the potential effects of medications and interactions with other medications, supplements and common foods.



Five helpful hints for driving in winter weather



With cold weather comes the need to be extra careful on the road. They seem common sense but remembering these five tips can help you avoid trouble on winter roads.

1. **Watch the weather:** Keep an update on current or changing weather conditions and avoid travel in bad weather if possible.
2. **Slow down:** A little more caution makes a big difference when roads are slick. Slowing down by 5 mph or more will help limit your potential for damage in a collision. Keeping more car lengths between vehicles gives you more time for any sudden stops, too.
3. **Know your extra features:** The biggest example is anti-lock brakes. Where tapping brakes works for controlling skids in traditional braking, pumping ABS brakes can be dangerous. Road safety experts advise that anti-lock brakes and other features are no substitute for safe stopping distances and reasonable speeds. Some experts also warn against using cruise control on slick roads.
4. **Condition your vehicle for winter:** Keep tires properly inflated. Be sure to remove troublesome ice from your windshield and window, and big drifts of snow from the hood and roof.
5. **Stock a winter emergency kit:** Be prepared with recommended items such as a flashlight and batteries, handwarmers, blankets, drinking water, shovel and ice scraper, jumper cables and emergency lights or flares.

These helpful tips can assist drivers in keeping themselves and others safe.

IMPORTANT DATES

Executive Board Meetings - 10:00 a.m.

- April 14, 2016** Center 2A
- June 9, 2016** Free School
- July 14, 2016** Center 2A



General Membership Meetings - 10:30 a.m.

- May 12, 2016** Renditions Golf Course, Davidsonville

Other Dates

- February 25, 2016** AARSPA Legislative Luncheon, Annapolis
- March 8-9, 2016** Florida Get-Together, Sarasota
- April 4, 2016** AARSPA Informer deadline
- April 20, 2016** MRSPA Membership Workshop, Odenton
- May 10, 2016** MRSPA Annual Meeting, Turf Valley
- May 18, 2016** Chesapeake Bay Lighthouse Cruise



The AARSPA from the Heart Committee was pleased to have five of our AARSPA members inducted into the Maryland Senior Citizens Hall of Fame in October 2015, in recognition of their volunteer efforts. Now we need your help! We are looking for nominations for 2016. Nominees must be sixty-five (65) years of age or older and a resident of Maryland. A nominee must be an active volunteer in any one or combination of the following areas:

- Voluntary service of either an educational or community humanitarian nature
- Made exceptional contributions as a volunteer in efforts to improve the lives of people regardless of race, creed, or national origin
- Advocated as a volunteer on behalf of senior citizens
- Demonstrated leadership as a volunteer with skills in management, creativity, and program service administration

Paid work in any category will not be considered. If you know someone who meets this criteria and is worthy of recognition, please call Karlie Everett (410-268-8656) or Phyllis Cherry (410-747-1209) as soon as possible.



Just a Reminder!

We will be collecting new books, or money to purchase a book, for the Annapolis Youth Services Bureau at the Stanton Center at our May 12, 2016 luncheon meeting.



LEGISLATIVE COMMITTEE

The General Assembly is back in town, so let the adventures begin!! Our number one issue remains the protection of our pension. The Governor has included in his budget the funds for this year's contribution plus \$150 million for catch up money. This is excellent. This is not guaranteed yet.

We need to watch how money is allocated for the schools in general. The lines were drawn at the end of the session last year. We must look beyond the political posturing and make certain that sufficient money is allotted for our Public Schools. We must keep watch in the interest of our concern for education and in our own self-interest. If the counties do not get the money they need, then we have to worry about the funding for our health care.

Our annual Legislative Luncheon will be February 25, 2016 from 10:30 a.m. to 1:00 p.m. in the House Office Building in Room 218. This is an excellent opportunity to meet with our legislators and share our concerns with them. The more members who are in attendance, the more effective we are. If you have any questions or concerns, please contact me at (v18gardner@aol.com). Thank you for your support.

Virginia Crespo, Legislative Chair



The AARSPA Informer staff is always looking for contributions from our membership. Consider submitting an "Under the AARSPA Spotlight" article, an original short poem or travel story, or a "School Days" memory. Send your ideas or suggestions for articles to the Editor at kid3dle@aol.com.



Anne Arundel Retired School Personnel Association
 2644 Riva Road
 Annapolis, MD 21401

Scholarship Fund Donation
Scholarships are of the utmost importance to ensure the contribution of quality teachers entering the education profession.

I wish to make a donation to the scholarship fund.

Donation Amount is: _____
In memory of: _____
In honor of: _____
for:
 _____ birthday _____ anniversary
 _____ other (please indicate) _____

Please make checks payable to:
 Anne Arundel Retired School Personnel Association
 or / for
 Tax Deductible Donations, make checks payable to:
 21st Century Education Foundation, Inc.

Mail all checks to:
 Matilda Barckley
 8238 Great Bend Road
 Glen Burnie, Maryland 21061

Name and address of the honoree.
We will inform the honoree(s) and/or the family of the deceased that a gift has been made to the scholarship fund.
Send notice of my donation to:

Name _____
Address _____

Donor's Name _____
Address _____

For questions, please contact:
 Matilda Barckley • barckley@comcast.net • 410-768-3408

The 21st Century Foundation, Inc., is a 501 (c) (3) nonprofit, charitable organization, donations to which are tax deductible to the fullest extent allowed by law. A copy of the foundation's current financial statement is available upon request by contacting the 21st Century Education Foundation at 2644 Riva Road, Annapolis, Maryland 21401 (telephone: 410-222-5370). Document and information submitted to the state of Maryland under the Maryland Charitable Solicitations Act are available from the Office of the Secretary of State for the cost of copying and postage. DPS/CB 1385/28a (Rev. 7/13)