



INFORMER

Anne Arundel Retired School Personnel Association

FEBRUARY 2017

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President Barry Fader

President

Barry Fader
(410) 643-3472
bfader@atlanticbb.net

Immediate Past President

Charles Gable
(410) 590-9786
chasgable@cablespeed.com

Recording Secretary

Sharyn Doyle
(410) 788-2338
sharyndoyle@yahoo.com

Assistant Recording Secretary

Charles Gable
(410) 590-9786
chasgable@cablespeed.com

Treasurer

Rosemary Biggart
(410) 923-1480
rmbiggart@gmail.com

Assistant Treasurer

Robert "Bob" Kanach
(410) 757-7393
rkanach@verizon.net

Corresponding Secretary

Brenda V. Gibson
(410) 551-4062
gibsongn@aol.com

AARSPA Membership

Carol Kirby
(410) 798-0748
cmk825@msn.com

AARSPA - Riva Road

For Information
(410) 222-5000
www.aarspa.org

AARSPA Informer

Carla Duls, Editor
(410) 798-8999
kid3dle@aol.com



Where did January go? Many of our members began the month at the BOE helping to assemble insurance packages for new employees. The next day, another group came to prepare the January *AARSPA Informer* for mailing.

Superintendent Dr. George Arlotto was a guest at the January 12 Executive Board meeting. Dr. Arlotto shared ways AARSPA could support his budget. Furthermore, he responded to questions from AARSPA Board members concerning health insurance concerns, school construction projects, attendance patterns, and other issues. I will be attending a County Council meeting in the spring to share AARSPA's support for the proposed budget. If you can't attend the meeting, you can send cards and letters to your county council representatives. I will send out the date/time/location of the meeting.

Approximately ten AARSPA members attended the United

Seniors of Maryland (USM) Legislative Forum in Annapolis on January 25, 2017. There were roughly 535 people from around the state in attendance. We broke into caucus groups where we heard from our county representatives such as Mark Chang and Pam Biedle, as well as others. They addressed full funding of the Department of Aging, the Office of Health Care Quality, the Department of Human Resources, and the Department of Health and Mental Hygiene. USM supports the nationwide movement to provide aging Americans with the services, security, and the ability to remain in their homes as a choice. USM also supports changing the current one-time income tax credit for purchasing long-term care insurance with an annual credit, efforts to provide earned sick leave to help to ensure an environment safe from health care workers who are sick, and transparency in prescription pricing, which would allow the Attorney General to take legal action when necessary. USM also supports increased



programs to support seniors in need of mental health services and the implementation of an elder abuse registry to keep residents safe.

Please don't forget to consider attending our Florida Get-Together on March 9 and 10. Lastly, the Trips/Tours Committee has planned a wonderful day trip to Monticello with a delicious buffet lunch at the Michie Tavern on May 9. Reservation forms for both events are in this newsletter

Finally, AARSPA needs someone to step forward to serve as president starting in July. Please call or write me a note if you are interested, but need more information.

MARYLAND SENIOR CITIZENS HALL OF FAME

On October 25, 2016, three AARSPA members were inducted into the Maryland Senior Citizens Hall of Fame: Patricia Caldwell, Geri Award winner Tillie Barckley, and Larry Day.



Patricia Caldwell is described as someone who is known for her willingness to help people, her desire to keep others informed, and her natural ability to communicate with those she serves. These talents are seen in her involvement in community organizations and at her church. Pat volunteers one day a week at the Pascal Senior Center's trip desk registering members for bus trips. She is a founding member of the North Arundel Cultural Preservation Center that has created a traveling exhibit about the lives and achievements of African-Americans in Anne Arundel County. Pat serves her church as its historian, archivist, and as Assistant Superintendent of its church school. For many years, Pat has been the chair of AARSPA's Hospitality Committee. She and her committee members work hard to insure that the tables at AARSPA luncheons are decorated attractively.

Larry Day is active in many community organizations. He has served on the Board of Directors for the Special Olympics of Anne Arundel County as well as chairing the Fundraising Committee and co-chairing the Golf Tournament. He is active at St. Martin's Evangelical Lutheran Church in Annapolis where he has served as a member of the Church Council and the Endowment Fund Committee. He has also served on the St. Martin's School Board and as an usher and communion assistant. Larry is a member of the Annapolis Elks Club where he serves on the Scholarship Committee. He also serves on the Committee of Bay Services and volunteers with Meals on Wheels. Larry is active in AARSPA, serving as a docent at the Free School Museum and as a member of the Educator/Employee of the Month Committee. Larry is described as someone who truly embodies senior citizen volunteerism.

Tillie Barckley has filled her retirement years with a variety of volunteer activities. She is involved in numerous ministries at the Ebenezer African American Methodist Episcopal Church in Baltimore as president of the Matilda Monroe Women's Missionary Society, coordinator of the Children's Church, and Director of Promotion and Education. In her community, Tillie volunteers as a Science Fair judge at a local elementary school and serves as an Informational Specialist at the Annapolis Visitors Center where she assists visitors from all over the world. Tillie is active in MRSPA, serving as the newly appointed chair of the Scholarship Committee. She has also enthusiastically performed this task for AARSPA for several years. Tillie has participated as a member of the AARSPA from the Heart team in the Annapolis Walk to End Alzheimer's. For all of this, Tillie was honored as one of the five recipients of the coveted Geri Award. Tillie has no plans to stop. "As long as the Lord allows me, let me do it!"

GO GREEN

On January 6, 2017, we emailed the January newsletter, **AARSPA Informer**, to 1098 email addresses we have in our data base. Of those sent out, we had 595 members open the email containing the newsletter. However, 450 of the 595 clicked on the link to actually access the document. About 51% of those who opened the email accessed it from a desktop computer and the remaining 49% from an iPad, iPhone or some other handheld device. This might explain why 145 members did not access the newsletter. We are excited that the number of members who are receiving the **AARSPA Informer** electronically is steadily increasing but are disappointed that nearly 48% of the email addresses in our database are not accessing the newsletter. Our thinking is that either we have incorrect email addresses or folks have changed service providers. We will be going through our database and deleting those addresses that have consistently not opened the email containing the newsletter.

You can help us out though. If you have not received the **AARSPA Informer** electronically and would like to, please let us know. Send your name and email address to (asst.treasurer@aarspa.org) and we will be glad to add you to our mailing list. To verify that we have put your email address correctly on our mailing list, we will send you a copy of this newsletter again and ask that you open the email from AARSPA **and** click on the link to get the newsletter.

Similarly, if you are receiving the newsletter electronically and prefer it sent to you via US Mail, just email us at the same address above and we will remove you from the email database.



Monticello & Michie Tavern Buffet Lunch Charlottesville, Virginia May 9, 2017 (Tuesday)

Into the foothills of the **Blue Ridge Mountains**, we will travel for a day of **sightseeing**. We begin with a delicious **buffet lunch** served at the historic Michie Tavern by servers dressed in period attire in a rustic tavern setting, followed by a guided tour of the tavern after lunch. Next we will depart for **Monticello**, the estate of Thomas Jefferson. Highlights include a tour of the extraordinary house Thomas Jefferson built and furnished for himself and his family. The **guided house tour** covers the rooms on Monticello's first floor, followed by access to the grounds and guided outdoor tours of the **Plantation Community** and the **Gardens and Grounds**.

Note: A rest stop will be made en route to Charlottesville, Virginia, and a fast food stop will be made on the return trip home. Any purchases made there are not included in the trip price.

Itinerary:

- 7:00 a.m. Depart Severna Park United Methodist Church on Benfield Road. Be early!!
Note: Fast Food Rest Stop, en route
- 11:15 a.m. Arrive Charlottesville, VA at Michie Tavern
- 11:30 a.m. Buffet Lunch
- 1:00 p.m. Guided tour of Michie Tavern
Note: Shopping
- 1:45 p.m. Depart Michie Tavern
- 2:00 p.m. Arrive at Thomas Jefferson Monticello
- 2:40 p.m. Guided Tour of Monticello
- 3:10 p.m. Guided Tour of Plantation Community, Guided Tour of Gardens and Grounds
- 5:30 p.m. Depart Charlottesville, VA
Note: Fast Food Stop, en route
- 9:30 p.m. Arrive in Severna Park, MD



Cost Per Person \$119.00

Included: Transportation, buffet lunch, guided tour of Michie Tavern, guided tour of Thomas Jefferson Monticello, all taxes and tips including the driver and Gunther Tours Escort

**Monticello/ Michie Tavern Sightseeing Trip
Tuesday, May 9, 2017**

Please reserve _____ seat(s) for me at a cost of \$119.00 per person. Make checks **payable to AARSPA** and mail both the payment and this reservation form to:

**Bob Kanach 512 Augusta Drive, Arnold, MD 21012
Money must be in by Monday, April 17, 2017!!!**

Primary Contact Person: _____

Address: _____

Phone Number: _____

E-Mail Address: _____

Please list members of your party so you can be seated together on the bus.

FREE SCHOOL 2016 in Review

During 2016, the Anne Arundell County Free School Museum had another active year of Open Houses and Tours. Docents hosted over thirty (30) guests during the ten (10) scheduled Open Houses on the second Saturday and second Sunday of the months April, May, June, July, and August. Ten (10) special tours were given for about one hundred and seventy-five adults and children (175). Half of the tours were school field trips during which docents acted as School Marms providing lessons as the lessons would have been taught during the 1700's and 1800's. We look forward to another active year of sharing this historical gem with anyone interested in visiting the site. Phone Karlie Everett at 410-268-8656 if you would like to arrange a special tour.



Diabetes Academy Sponsored by AACPS: Saturday March 11, 2017

The Anne Arundel County Public School System is inviting local AACPS retirees to join the active employees at a Diabetes Academy on Saturday, March 11, 2017, in the auditorium/cafeteria of Annapolis High School, 2700 Riva Road, Annapolis, Maryland. The purpose of this event is to educate and share important information about diabetes. This event begins at 9:00 a.m. and will conclude at 12:00 noon. There will be three seminars offered:

- Diabetes Awareness: 9:00–9:30 a.m., presented by CareFirst
- Virtual Grocery Store Tour: 9:45–10:15 a.m., presented by CareFirst
- Managing Diabetes (Highs and Lows) & Medications: 10:30 -11:00 a.m., presented by AAMG Diabetes and Endocrine Specialists

There will also be a food demonstration by CareFirst from 11:00 a.m. – 12:00 noon. You will be able to speak to knowledgeable AACPS Benefits staff members and CareFirst representatives about insurance coverage. Approximately ten other exhibitors will be in attendance, including the Anne Arundel Medical Center. You also will be able to enter a drawing for a fitbit!

Please RSVP to attend on/before March 3, 2017. Call HR/Benefits at 410-222-5219/5221/5206 or by email at (benefits@aacps.org).

REMEMBRANCE COMMITTEE

MEMBER DEATHS

Sandra Pollock
Mary Vaeth

FAMILY MEMBER DEATHS

Louis Solano - wife



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

Anniversaries and Congratulations

Millie Gardner at mgbw16@gmail.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/
410 647-7585



FREE SCHOOL CLEANING

Periodically, a group of members gather at the Free School to clean the interior of the building and to spruce up the grounds. Our next scheduled cleaning date is **Wednesday, March 22, 2017**, beginning at 9:00 a.m. Depending upon how many people show up, we usually complete the job within several 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 cleaning up the grounds around the Free School, please email Bob Kanach at (rkanach@verizon.net) or call him at 410-757-7393 and leave contact information (name, phone number, email address). Or, if you would prefer to help spruce up the interior of the building, you can contact Marie Diamond at 410-268-8444 or send her an email at (joeandmariediamond@yahoo.com). Come join some of your fellow members and help keep history alive at the school.

VOICES IN MELODY SPRING SCHEDULE

Thursday, May 4	O'Malley Senior Center	12:30 p.m.
Monday, May 8	Annapolis Senior Center	12:30 p.m.
Thursday, May 11	Pasadena Senior Center	12:30 a.m.
Thursday, May 18	Renditions (AARSPA)	10:00 a.m.
Friday, May 19	South County Senior Center	12:30 p.m.
Monday, May 22	Arnold Senior Center	12:30 p.m.
Thursday, May 25	Future Care	2:00 p.m.
Thursday, June 1	Pascal Senior Center	12:30 p.m.



FLORIDA GET-TOGETHER



This year's annual Florida event will be held in Kissimmee, Florida on March 9 and 10, 2017. Debbie and Bryan Groff have graciously opened their house for socialization on Thursday, March 9 from 4:30 to 7:00 p.m. This will be a wonderful opportunity to renew old friendships and create some new ones. Then, our general meeting and luncheon will be held at Eagle Creek Golf Course between 11:00 a.m. and 1:30 p.m. on Friday, March 10, 2017. The choices of entrées are listed below, so please carefully indicate the preference for each guest. Directions to both sites along with some lodging information will be sent to you upon receipt of your reservation. **Reservations must be received no later than Friday, February 17, 2017. Please make your check payable to AARSPA.**



LAST CHANCE!

NAME: _____

ADDRESS: _____

EMAIL ADDRESS _____

TELEPHONE NUMBER _____

The dinner at **Eagle Creek** will consist of BBQ Chicken Flatbread (grilled chicken, BBQ sauce, cheddar and caramelized onion) **OR** the Belfry Burger (angus beef, lettuce, tomato, onion on a brioche bun) **OR** a Catch of the Day Wrap (catch of the day, spinach, mango salsa, honey lime dressing). Each entrée will include a fresh fruit cup, a house salad with zinfandel vinaigrette dressing, a non-alcoholic beverage and chef's selection of dessert. The cost of the meal will be \$35.00. Also included is a 5x7 personal photograph of each person/couple attending the event taken by AARSPA photographer John Hammond. The photograph will be mailed directly to you at the address given above.

Guest's Name	BBQ Chicken	Belfry Burger	Catch of the Day	
_____	_____	_____	_____	@ \$35 = _____
_____	_____	_____	_____	@ \$35 = _____
_____	_____	_____	_____	@ \$35 = _____
_____	_____	_____	_____	@ \$35 = _____

Make checks payable to AARSPA. Total amount due: _____

Even if you are not able to attend the luncheon on March 10, you are welcome to join us at the Groff's on March 9.
 I/we plan to be at the Groff's house for the social on Thursday, March 9, 2017, from 4:30 to 7:00 p.m.
 There will be _____ person/persons attending this event. (This count helps with determining the amount of heavy hors d'oeuvres to prepare.)

All reservations and payments are due **no later than February 17, 2017.**



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

NEWS YOU CAN USE

How Putting ICE on Your Cell Phone Can Save Your Life

If you were in a severe car accident or collapsed while walking down the street, how would someone know who to contact? Simply add the word "ICE" (in case of emergency) in front of your contacts. The steps can vary depending on the type of cell phone you have but typically you:

1. Select the name of a contact from your phone's contact list
2. Choose "Edit Contact"
3. Click on contact's first name and type "ICE" in front of it.

Let your loved ones know that you've chosen them as your ICE contacts. Review your medical alerts with them so that they are informed and understand what to do in an emergency.

Plant Power

Common household plants such as ferns, palms, snake plants and spider plants not only protect your health (by absorbing indoor toxins) but also your wallet. Their air purifying punch, costing a fraction of commercial units, may help HVAC systems work more efficiently and extend air-filter life. Plants also add humidity to the air, so you can set your thermostat a few degrees lower while saving money, being healthier and feeling more comfortable this winter. Always make sure the plant is pet-friendly before bringing it home.



Tech Support Scams

In a recent twist, scam artists are using the phone to try to break into your computer. They call, claiming to be computer techs associated with well-known companies like Microsoft. They say that they've detected viruses or other malware on your computer to trick you into giving them remote access or paying for software you don't need. These scammers take advantage of your reasonable concerns about viruses and other threats. Once they've gained your trust, they may ask you to give them remote access to your computer and then make changes to your settings that could leave your computer vulnerable or trick you into installing malware that could steal sensitive data, like user names and passwords.



Ten Steps to Stay Safe in Winter from the American Red Cross

1. Layer up! Wear layers of lightweight clothing to stay warm. Gloves and a hat will help prevent losing your body heat.
2. Don't forget your furry friends. Bring pets indoors. If they can't come inside, make sure they have enough shelter to keep them warm and that they can get to unfrozen water.
3. Remember the "three feet rule." If you are using a space heater, place it on a level, hard surface and keep anything flammable at least three feet away - things such as paper, clothing, bedding, curtains or rugs.
4. Requires supervision - Turn off space heaters and make sure fireplace embers are out before leaving the room or going to bed.
5. Don't catch fire! If you are using a fireplace, use a glass or metal fire screen large enough to catch sparks and rolling logs.
6. Protect your pipes. Run water, even at a trickle, to help prevent your pipes from freezing. Open the kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals out of the reach of children. Keep the garage doors closed if there are water lines in the garage.
7. Better safe than sorry. Keep the thermostat at the same temperature day and night. Your heating bill may be a bit higher, but you could avoid a more costly repair job if your pipes freeze and burst.
8. The kitchen is for cooking. Never use a stove or oven to heat your home.
9. Use generators outside. Never operate a generator inside the home, including in the basement or garage.
10. Knowledge is power. Don't hook a generator up to the home's wiring. The safest thing to do is to connect the equipment you want to power directly to the outlets on the generator.

For more information on how to stay safe during the cold weather, visit winter storm safety at (redcross.org)

MEMBERSHIP DIRECTORY

The 2017-18 Membership Directory will be available at the May meeting at Renditions. Please forward any change to your address, phone or email in the last year to the Membership Committee ASAP at (410) 798-0748 or (cmk825@msn.com)

IMPORTANT DATES**Executive Board Meetings - 10:00 a.m.**

April 12, 2017 Center 2A
 June 8, 2017 Free School
 July 13, 2017 Center 2A

**General Membership Meetings - 10:30 a.m.**

May 18, 2017 Renditions Golf Course, Davidsonville


Other Dates

February 16, 2017 AARSPA Legislative Luncheon, Annapolis
 March 9-10, 2017 Florida Get-Together, Sarasota
 March 15, 2017 MRSPA Presidents Meeting Odenton
 March 22, 2017 Free School Cleaning
 April 4, 2017 AARSPA Informer deadline
 April 15, 2017 Pre-Retirement Workshop Location TBD
 May 9, 2017 MRSPA Annual Meeting, Turf Valley
 May 9, 2017 Monticello and Michie Tavern Trip

CALLING ALL HORNETS!

Have you heard the buzz? Hillsmere Elementary School will be celebrating its 50th Anniversary on April 28, 2017, from 6 - 8 p.m. at the school. Organizers are looking for 50 years of memories and memorabilia. Check out the Facebook page set up for this event (<https://www.facebook.com/hornet50/>). You may also send an email to (hornet50th@gmail.com) for more information or to volunteer.

5 Reasons the World is Still a Wonderful Place

- 1. Libraries still exist:** A place where you can go without a penny in your pocket, be given a chair, a book, and access to the world.
- 2. We are not alone:** Just by being together, we can lift each other up.
- 3. Beauty surrounds us:** Being in nature improves your mood and gives you a sense of balance. You will feel better about the world and yourself when you are out in a beautiful spot. 
- 4. We have the power to change our perspective:** Instead of focusing on the negative within others, seek the positive.
- 5. We look out for each other:** The simplest acts of kindness make the world better in ways we may never know.



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.



The AARSPA from the Heart Committee was pleased to have three of our AARSPA members inducted into the Maryland Senior Citizens Hall of Fame in October 2016, in recognition of their volunteer efforts. Now we need your help! We are looking for nominations for 2017. 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.



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 • barckleya@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 1395/28a (Rev. 7/13)*